

SIMPLIFIED RULES OF THE GAME

- 1) Each team must have five (5) players on the court – one of who must be the designated Goalkeeper.
- 2) Team squads can have up to twelve (12) players nominated.
- 3) Unlimited 'flying' substitutions are allowed throughout the game without notifying the referee. Players must substitute within their own half.
- 4) A goal cannot be scored directly from a goal clearance, sideline kick, indirect free kick or a kickoff (starting or restating the game).
- 5) Other than listed above, a goal can be scored from anywhere on the court.
- 6) The whole ball must cross the whole of the line to award a goal, corner kick, sideline kick, goal clearance.
- 7) There are no offsides.
- 8) Slide Tackles are not permitted in any AFA officiated game by any player other than the Goalkeeper (See #19)
- 9) Shoulder charging is not allowed.
- 10) Aggressive/Dangerous play is not allowed.
- 11) There is a five (5) second limit placed on all set plays (corners, kick ins, free kicks etc)
- 12) Five (5) accumulated team fouls are allowed during each half of play (per team). Each subsequent foul is rewarded by a ten (10) metre penalty kick to the opposition team.
- 13) To restart the game from the sideline the ball must be placed on the ground and kicked in. The player must have both feet on the outside of the sideline when the kick is taken.
- 14) A corner kick in restarts the game when the ball crosses a goal line (outside of the goal) after being touched last by a defending player.
- 15) When the ball goes 'dead' over the goal line (being touched last by an attacking player) the goalkeeper must throw the ball back into play within five (5) seconds but not over the 2/3rd line on the full.
- 16) If a goalkeeper catches the ball during the game (within his/her penalty area) he/she may throw, dribble or kick the ball back into play (throws not over 2/3rd line). Goalkeeper drop kicks are not allowed.
- 17) Goalkeepers are allowed to play/touch the ball in the opposition half of the court with no restrictions. However they have a five (5) second time limit in their own half. Once a goalkeeper distributes the ball, they may not receive the ball back until their team has either lost possession or the ball has travelled over halfway. (Two-Touch Rule)
- 18) A goalkeeper may NOT handle the ball from a back pass (from a team mate).
- 19) Goalkeepers can only slide (side on) within the confines of their own penalty area. Sliding feet first towards an opponent is illegal (dangerous play).
- 20) Goalkeepers may only handle the ball legally within their own penalty areas.
- 21) Players must retreat at least three (5) metres from the ball at all 'set plays' (corners, free kicks, etc)
- 22) Players cannot play the ball whilst 'lying' on the ground if a player is within playing distance of the ball.

- 23) Referees always have the final say in all match decisions.
- 24) Referees control games, if necessary with Yellow (caution) and Red (expulsion) cards.
- 25) AFA Judiciary Panel is responsible for deciding penalties (match suspensions) for those players found guilty of persistent rule breaking, foul play, dissent etc

MIXED RULES

- 1) Each team must have a minimum of two (2) women/girls on the court at any one time.
- 2) If a male scores then a female must score next.
- 3) At the start of the second half it goes back to either a male or female can score, irrespective of who scored the last goal in the first half.
- 4) Goalkeepers may not be changed after a penalty/free kick has been awarded by the referee (until after the conclusion of that particular free kick/or unless a goalkeeper has been injured and not able to continue playing).