



Football 5-a-side Rules & Regulations

1. 5 a-side teams playing in a league may field four (4) outfield players and a goalkeeper on the pitch at any one time.
2. Substitutions are unlimited during the game. Outgoing players being substituted must firstly leave the field of play before a replacement enters the playing area. The oncoming player is active immediately and can receive the ball.
3. A change of goalkeeper during the match is allowed under two provisions; a. Clearly stipulated to the referee and verbally acknowledged by the referee. b. The ball is not within your defensive half.
4. Moulded boots are recommended to be worn – no screw in studded footwear.
5. Shin pads are recommended to be worn by all players.
6. No jewellery of any form is permitted to be worn on the pitch at any time.
7. Matches will consist of two 20-minute halves with a five-minute break between halves.
8. Each half will begin with one team to take a centre with the other team starting the second half taking a centre.
9. After a goal has been scored the game will be restarted by the team who conceded the goal by taking a centre.
10. If a defender enters their own D (goalkeeper's zone/area) a penalty kick will be awarded against his team from the spot.
11. If an attacking player enters the opponents D (goalkeeper's zone/area) a free kick will be awarded; to be taken by the goalkeeper.
12. A goalkeeper is able to handle the ball with either their hands or feet whilst inside their own D; with the exception of a back pass (a direct pass from their own team) where only their feet can be used.
13. The goalkeeper's distribution of the ball from the defensive D must either touch a teammate or bounce at least once within the defensive half before moving into the attacking half. If this does not occur, a free kick will be awarded on halfway to the opposing team.
14. A teammate receiving the ball from the goalkeeper may not return the ball directly to the goalkeeper – the ball must first be touched by another teammate or an opponent. A direct free will be given to the opposing team from the position of where the back passed occurred.
15. If a goalkeeper has possession of the ball outside of their own D (goalkeeper's zone/area) they cannot bring the ball back into their own D. A penalty kick will be awarded to the opposing team from the spot.
16. If the ball goes out of play, the game will be restarted by the goalkeeper from inside the D from the opposing end by which the ball went out from.
17. A goal may be scored by any player.
18. No slide tackles are permitted at any time. A free kick will be awarded against the opposing team. a. Playing of the ball on the ground is allowed as long as it is not in the act of performing a tackle or attempting to dispossess an opposing player.

19. All free kicks will be indirect. Opposing players must be a minimum of two metres from the ball. If a free kick is awarded on or near the D, the free kick spot will be moved up to two meters backwards to allow space for defenders.
20. Each team is allowed to commit five (5) fouls per half, with the sixth foul resulting in a penalty spot kick. For the remaining of the half, every second foul will be a penalty spot kick. At the commencement of the second half the tally starts back at zero.
21. The goalkeeper must be on the line then a penalty is being taken. The player taking the penalty may take only one (1) step back.
22. Yellow card offenses: a player receiving a yellow card must leave the pitch (playing arena) and remain off for a duration of 3 minutes (the offending team cannot replace the yellow carded player during this 3-minute penalty). a. As a result of a player receiving a second yellow card during the same game, that player cannot return to the field of play and cannot be replaced by another player for the duration of the game. A second yellow card in the same game will result in an automatic 1-week suspension.
23. Red card offenses: players who receive a red card must leave the pitch (playing arena) immediately and cannot return for the remainder of the match. The player cannot be replaced and the offending team must play the duration of game a player down.
24. Rough conduct: players must not intentionally shoulder or push opposing players into the rebound walls at any time. The resulting disciplinary action will be at the referee's discretion.
25. Violent conduct on or off the pitch will result in the immediate suspension of the individual and subsequent banning from Goals Australia. Goals Australia reserves the right to ban any individual/team from any participation or access to the premises within Goals Australia.
26. These league rules are not exhaustive and may be added to or amended at any time.
27. A referee's decision on ALL on-field related matters is final, and NO discussions will be entered into (on or off the pitch) with him/her about ANY decision.
28. Anyone with a complaint (valid) towards a match referee or official must be put in writing within 48 hours of said matter. The complaint should be addressed to Goals Australia Management, and their decision on the matter will be final.
29. Referees must be treated with respect from all teams. Teams/players and spectators found guilty of abusing referees will be removed from the Leagues and or premises.

