



Football Rules

Team Set Up

Team size: 5 a side (1 x Goalkeeper and 4 outfield players)

Squad Size: Max 8 (3 sub per team)

Set up and Scoring

Pitch Size: 5 a side pitch

Format: Timed innings (depends on the number of teams)

Scoring: The team with the highest score wins

Scoring: 3 points for a win, 1 point for a draw, 0 point for a loss

Playing Rules

- Subs can be only be made when the ball is out of play, the game cannot be stopped unless there is an injury
- No metal studs are allowed to be worn and shin pads are recommended
- Thrown in's will be awarded when the ball goes out of the playing area
- Goal kick is awarded if the ball goes off the back line
- After a goal the game will reset back to a centre kick
- All players are allowed in the 'D' and goals can be scored inside the are

Goal Keepers

- GK cannot leave the 'D' area
- GK can throw the ball if collected in their hands or placed the ball on the floor to kick (can't kick from hands)
- Goal kicks are from the floor and all opposing outfield players must be outside the 'D'
- Goalkeeper gloves are recommended to be worn

Free Kicks

- If a free kick is awarded the opposing team will need to be at least 3m away from the ball
- A direct free kick will be awarded if the opposing GK leaves the 'D'
- All other rules will follow standard FA small sided game rules.