

Summer 7-a-side Competition

Rules and Regulations

Updated 18/09/17

1 THE BALL

Standard size 5 ball supplied by the AUSC with two balls provided per pitch.

2 NUMBER OF PLAYERS

2.1 On the Pitch

Each team may have up to 7 players (6 on the field and 1 goalkeeper) on the pitch at any one time. Each team must also have a minimum of 4 players on the pitch before the game may start. Failure to have the correct number of players to play a fixture will result in a forfeit, implying a 3-0 loss.

2.2 Substitutes

There is no limit to the number of substitute players per team providing each individual player has registered, and an unlimited number of substitutes may be made at any time. Substitutions must be made from the outside the centre line of the pitch. Swapping or substituting a goalkeeper may be done at an appropriate stoppage in play with the permission of the referee.

2.3 On-time starting

There will be a 5-minute grace period for teams that are late. The game will begin after this time as long as there is the minimum number (4) of players. Failure to start on time will result in a forfeit as outlined in 2.1.

3 EQUIPMENT

3.1 Shoes

Normal soccer boots are not to be worn. Players are only to wear shoes or boots permitted in indoor or artificial pitches (grasscats).

Players will not be allowed to start if they are in breach of this rule. If there is an oversight and a player is discovered to be playing in non-approved boots, the player must be substituted or sent off until they find appropriate boots.

Recurrent breaches of this rule by any individual team will result in further penalties being applied, which may include immediate forfeiture or expulsion from the competition.

Exceptions to this rule

If it has rained or is forecast to rain, which will make the pitch slippery, the organiser of the competition will permit the wearing of normal boots. This determination will be made prior to the start of the game by the organiser. **PLAYERS ARE ENCOURAGED TO HAVE THEIR NORMAL BOOTS WITH THEM AS WELL AT ALL TIMES.**

3.2 Shin Pads

Shin pads are strongly recommended but not compulsory. Since there are no studded boots allowed, the individual player will take responsibility for not wearing shin pads.

3.3 Shirts

All players (excluding goalkeepers) are encouraged to wear numbered shirts (not mandatory) of the same colour or pattern. In the case of 2 teams wearing similar shirts, the 2nd written team on the schedule will be considered the away team and must wear an alternative strip or bibs (supplied by each team).

4 THE REFEREE

The referee is to follow FIFA rules and regulations and all rules and regulations in this document. No assistant referees are required.

The referee is expected to check all footwear before the game to ensure compliance but the ultimate responsibility is the manager's of each team to make certain that there is compliance. **THE REFEREE IS NOT HELD RESPONSIBLE FOR IMPOSING THE PENALTY OUTLINED IN 3.1.** This is the responsibility of the competition organiser on the night.

5 MATCH DURATION

Each game will be played in two 25-minute halves with a 5-minute interval. On nights that include back-to-back timeslots, the matches on the pitch(es) with back-to-back matches will be two 20-minute halves.

6 PLAYING THE BALL FROM THE SIDELINES

If the ball is played out over the sidelines, a player from the opposing team may restart play by kicking the ball in from the sideline. The attacking player must be behind the line

whilst doing, which will otherwise result in a foul and the control of the ball will be passed to the other team. The defensive player must retreat to a 5m radius away from the kick in location.

7 OFFSIDE

The offside rule does not apply.

8 FOULS AND MISCONDUCT

8.1 To follow FIFA rules and regulations and in particular,

8.2 Abuse or threats of referees, officials or opposing team

There is a zero tolerance policy on any abuse or threats to referees, officials or opposition. Anyone who abuses or threatens in any manner will immediately be expelled from the match or competition, and depending upon the severity of the breach, penalties may apply to the team responsible for that player. As per current FIFA laws, "A player who is guilty of using offensive, insulting or abusive language or gestures must be sent off". Referees will be briefed on enforcing this to mitigate any aggressiveness in games and promote a healthy playing environment.

8.3 Slide tackles **are not permitted**.

This includes a player who has fallen to the ground and is attempting to play the ball, once a player is on the ground they must do their best to get back up, otherwise they have no rights to be in play at all.

9 FREE KICKS AND DELIVERY FROM THE GOALKEEPER

9.1 Opposing players must stand at least 5 metres away from the ball. This also applies to kick-off, corners and balls played from the sideline.

9.2 If a free kick is awarded near the D, the kick must be taken 5 metres from the D at the direction as determined by the referee.

9.3 Goal kicks must be taken from the ground by the goalkeeper at any point within the D.

Any time the goalkeeper distributes the ball from within the D, it must **touch the ground or a player** before it crosses the halfway line, or will result in a free kick for the opposition from the halfway line closest to where it landed.

9.4 The goalkeeper cannot pick up a back pass with their hands. An infringement will result in a free kick for the opposition 5 metres from the D at a 45o angle to the edge of the nearest goal post. A wall along the D may defend this free kick.

9.5 The ball may be passed back to the goalkeeper within the D who cannot pick it up. It must be put back into play within 6 seconds otherwise it will result in a free kick for the opposition atleast 5 metres from the D at a 45° angle to the edge of the nearest goal post. A wall along the D may defend this free kick.

9.6 The goalkeeper may come out of the D but will be immediately considered a field player with all the relevant rules applied.

9.7 No players are allowed intentionally inside the D at any time otherwise this will result in a free kick or a penalty.

If a defending player is inside the D at all (i.e. a visible part of the foot), this will result in a penalty. The penalty will be taken 5 meters from the top of the D, in line with the middle of the goal, with all outfield players 5 meters from the ball and behind the line of the ball.

If an attacking player moves inside the D, the ball will be considered dead and the goalkeeper will take a free kick from inside the D.

9.8 Shots at goals must be delivered outside the D but players may be carried, with the momentum, into the D after the kick without penalty. Exception to this rule is if referee considers the attacking player to be committing an infringement by running into the D.

10 DISCIPLINE

10.1 Yellow Cards

Yellow cards will be issued for breaches as per FIFA rules and 2 yellow cards for the same player will result in a red card, send-off.

10.2 Red Cards

Red cards mean an immediate send-off and the player will not be replaced. The offending player may play the following week unless further disciplinary measures need to be taken by the competition manager.

11 HEAT POLICY

No games are to be played if the weather exceeds 35 degrees. The temperature must be 35 or above at 5pm before a game is cancelled.

12 DISPUTE RESOLUTION

If a player argues against a competition rule or loss of points, the situation will escalate to the competition manager who has the authority to resolve any issues.

If the issue is of such severity that the competition manager cannot resolve it, it will escalate to the Chairman of the AUSC for a final ruling.

TEAM REPRESENTATIVE ACKNOWLEDGEMENT

Please Return this portion to the AUSC via the Adelaide University Sports Office with team payment or hand in at one of the pre competition meetings.

As team representative, I am authorised to act on behalf of my team and will pass on all relevant information to members of my team. Further, as representative, I understand the rules of the competition and will ensure to the best of my ability to ensure compliance with all requirements by all team members.

Team Name: _____

Representative Name: _____

Representative Signature: _____

Date: _____