

Match Rules

Duration of play

Games will be allocated 40 minutes in total divided in 4 quarters.

Number of players

Each squad may have a maximum of 9 players of whom 5 can be on the field at any one time (7 for the PL and CS). If you need to borrow a player from another team the player can only come from the league below! You can only borrow a player to make up your squad (i.e. in a 5 a side game if you have 4 players you can borrow a player and in the 7 a side if you have 6 players you can borrow a player) You cannot borrow a player if you have enough players to field a team! Please note that a player can only be registered for one team during the season. A player cannot play for 2 or more teams on regular basis.

Rotation sheet (High 5's Only)

Make sure you fill in one of our rotation sheet provided and follow it throughout the match.

Jewellery

Players may not wear anything that could endanger themselves or other players, specifically:

No adornment or jewellery may be worn.

Fingernails must be short and smooth.

Hair must be suitably tied back.

Any player asked to remove jewellery during the game will have to leave the court and not return until after a goal has been scored.