



Match rules

1 Duration of play

Games will be allocated 45 minutes in total with a half time.

2 Number of players

Each squad may consist of any number of players of whom 5 can be on the field at any one time. Substitutions can be made at any time during a break in the play and a player once substituted can return to the field of play at any time to replace another player.

3 Goalkeepers

Goalkeepers may handle the ball anywhere within the goal area. Once the ball has been held by the goalkeeper it must be cleared with an underarm roll not thrown or kicked. Goalkeepers may not leave the penalty area at any time - if they do for any reason whatsoever a penalty shall be awarded.

4 Free kicks

All free kicks will be direct and the opposition will be at least 4 yards from the ball until it is played. The ball must also be at least 4 yards from the side boards and at least 4 yards outside the goal area.

5 Play within the goal area

Only the goalkeeper is allowed within the goal area. Penalties for infringement of this rule are as follows:

Attacking player inside goal area

– goalkeeper's possession.

Defending player inside goal area

– penalty awarded to the attacking team.

6 Slide tackles

No slide tackles are permitted. If a player attempts a slide tackle a free kick will be given to the opposition. Sportsmanship is expected at all times and any player expressing unsportsman-like behaviour will be asked to leave the pitch.

7 Footwear

No football boots, blades or moulded boots are allowed on the pitches. Only trainers or astroturf boots are allowed. If any players are found with the wrong footwear on the pitch they will be asked to leave the pitch.

8 Points system

League - 3 points for a win, 1 point for a draw and 0 points for a loss.

9 Walkovers

If a team fails to turn-up to play a match then the opposition will receive a walkover and 3 points. The winning team will be awarded a 5-0 result.

10 Overall Winners

The winner will be decided firstly by the total points, then goal difference, then goals for, and finally the results between the challenging teams.

Trophies will be awarded to the winners and runners up of each league as well as the top player for each division (if there is a tie for top player, the trophy will be awarded to the player who's team finishes higher in the league).