

Football Rules

FIELD OF PLAY:

- Size of field is 35x25m for 5's
 - The field of play is divided into two halves by a halfway cone, which joins the midpoints of the two touchlines.
 - For Cashmere 5's the goal area is marked with cones 5m x 8m box from the centre of the goal.
- If the goal differential between the teams exceeds 5 then either:
- a) The team that is losing can add a player on to the pitch
 - b) The team that is winning can withdraw a player.

MATCH TIMINGS:

- Games will be 40 minutes long. 2x20 Minute half with a 2 minute break in between.
- Please be ready to kick off at your allotted time.

THE PLAYERS:

- Cashmere 5's: A match is played by two teams, each consisting of not more than five players 5-a-side, one of whom is the goalkeeper.

SUBSTITUTIONS:

- All teams may have a maximum of 3 subs on the match day. It is acceptable for a team to take the field with no subs.
- The Rules of the Competition allow for "rolling" substitutes to be used. A player who has been replaced may later return to the playing area as a substitute for another player. A "rolling" substitution is one which is made when the ball is out of play. The referee's permission is not required.
- Any of the other players may change places with the goalkeeper. A

goalkeeper should be changed a maximum of **once during each half**, or at half time to minimize extended stoppages during the game. If a goalkeeper is injured, the referee may stop the game to allow a team to change their goalkeeper.

GOALKEEPER:

- Goal area is in operation
- Keeper is allowed out of the goal area (whilst out he will be treated as any other player).
- Keeper is allowed to save or stop the ball with their hands inside the goal area only.
- The keeper can return the ball into play with a throw inside their goal area.
- The Keeper is not allowed to handle the ball after a pass or kick-in from their own team but may use their feet to distribute the ball.

- After holding the ball the goalkeeper must immediately return the ball into play with a throw or kick within 4 seconds.
- If the ball deflects off a cone used for field marking, for example, the goal area, the goal shall stand as the cone is a part of the field of play. • The Keeper **cannot** kick or throw the ball over half way on the full from there area at any point.
- Persistent infringement

FREE KICK:

- The opposition must stay 4m away from the location of the free kick.
- All Free Kicks are indirect

PENALTY KICK:

- A penalty kick is awarded against a team that commits an offence inside the goal area.
- The ball is taken from 5m from the goal (**Edge of the box**) at a point determined by the referee.
- The player taking the penalty kick must be properly identified before taking the kick.
- The Player taking the penalty kick must take a two (2) step run up when taking the penalty.
- The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked
- All players must be behind the ball.

KICK IN:

- **Kick-ins** are taken from both sidelines of the pitch when the ball goes out of play.
- The opposition must stay 4m away.
- A goal **cannot** be scored directly from a kick-in.

GOAL THROWS:

- A goal throw is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.
- The keeper can return the ball into play within the semi-circle by using their hands only.
- All players must be outside of the semi-circle until the keeper releases the ball.

CORNER KICK:

- A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.
- A goal may be scored directly from the corner kick.
- The ball must be placed within 30 cm of the corner cone nearest to the point where the ball crossed the goal line

- The corner cone must not be moved
- Opponents must remain at least 4 m from the ball until the ball is in play

RESPECT THE GAME :

All players need to be respectful other players, coaches and Referees. This is a fun coemption