



# **PLAYING RULES AND REGULATIONS**

## **Season 2021**

### **for**



## TABLE OF CONTENTS

### Contents

1	Competition Administration .....	1
2	Structure.....	1
3	Player Registration .....	1
4	Playing Format .....	1
5	Equipment.....	2
6	Start of Play and Restart after a Goal .....	2
7	Ball Crossing the touch line (sideline) .....	2
8	Ball crossing the goal line after touching the defending team last.....	3
9	Ball crossing the goal line after touching the attacking team last. ....	3
10	Method of Scoring .....	3
11	Offside.....	3
12	Goalkeeper (U8 – U16 only).....	3
13	Fouls and Misconduct .....	4
14	Mercy Rule.....	4
15	Team Sheets .....	4
16	Interchange.....	4
17	Borrowing Players .....	5
18	Forfeits .....	5
19	Post-Match Procedures .....	5
20	Player Injuries .....	6
21	Reporting an Incident or Dispute on Match Day.....	6
22	Game Leader (U6 & 7) .....	6
23	Referee (U8 – 16).....	6
24	Coach / Team Manager / Parent Helper.....	6
25	Competition Points.....	7
26	Code of Conduct – Parents and Players .....	7
27	Code of Conduct – Spectators.....	7
28	Disciplinary Procedures .....	7
29	Wet Weather .....	7
30	Other Weather Events – Hot Weather and Lightning.....	7
31	Additional Senior Summer Football Rules & Regulations.....	8



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### 1 Competition Administration

- 1.1. These rules shall cover all summer competitions conducted by Football South Coast.
- 1.2. Any matters not included in these Competition Rules must be referred to Football South Coast for a decision.

### 2 Structure

- 2.1 Teams will be organised into appropriate competitions.
- 2.2 Teams will be required to nominate the competition level they wish to be considered for – Advanced, Intermediate or Beginners/Social
- 2.3 Teams consisting of 3 or more representative players (eg. SAP, GSAP, Wolves, NPL, State League, Stingrays and/or Regional Conference) per team will be placed into the Advanced competition level and may also be considered to play in the age group above their registered age. Juniors ONLY. Teams in the U11 age group may be required to change venue, if their team is required to play up.

### 3 Player Registration

- 3.1 All players must be registered in Play Football before participating with appropriate fees paid.
- 3.2 A player's age is determined by the actual age on 31<sup>st</sup> December of the current season i.e. the age the player turns in the calendar year. A player must turn 5 by December 31 of the current season to be registered for that season.

### 4 Playing Format

Playing Format	Under 6 & 7	Under 8 & 9	Under 10 – 18+	Walking Football Social
Numbers	4 v 4	7 v 7	7 v 7	
Field Size	30m x 20m	¼ Full size pitch 40m x 30m up to 50m x 40m	½ Full size pitch 50m x 30m up to 70m x 50m	Futsal Courts
Field Markings	Markers of line markings	Markers of line markings	Markers of line markings	Marker of line markings
Penalty Area	Nil	5m x 12m	5m x 12m	As per Futsal courts
Goal Size	Pug Goals	3m x 2m	5m x 2m	As per Futsal courts
Ball Size	Size 3	Size 3	U10 – U13 Size 4 U14 – U16 Size 5	Futsal size 4 ball
Goalkeeper	No	Yes	Yes	Yes
Playing Time	2 x 20 minutes 5 minutes half time	2 x 20 minutes 5 minutes half time	2 x 20 minutes 5 minutes half time	2 x 20 minutes



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

				5 minutes half time
--	--	--	--	---------------------

### 5 Equipment

- 5.1 Teams are required to wear matching playing uniforms as supplied by FSC. For Senior teams, gear does not need to be supplied by FSC, however matching uniforms must be worn.
- 5.2 Players in all matches must have shin-pads, socks and approved enclosed footwear. Players may have extra equipment as per the Laws of FIFA (Law 4 and its interpretation) providing it poses no danger to the player or other players. *Laws of FIFA Law 4 – Safety.*
- 5.3 **Under no circumstance can jewellery be worn by players. This means earrings; studs and piercings must be removed before playing. Taping is not allowed. Laws of FIFA Law 4 – Jewellery**
- 5.4 Where colours clash, bibs should be worn to distinguish teams.

### 6 Start of Play and Restart after a Goal

- 6.1 At the beginning of each game, a coin toss will take place. The winner will determine which goal they will defend, whilst the other team shall kick off. The second half will commence with teams switching ends and the team who won the toss taking the kick off.
- 6.2 All players must be in their own half of the field of play.
- 6.3 Opponents must be at least 5m away from the ball until it is in play.
- 6.4 The ball may go in any direction.
- 6.5 A goal may be scored from the kick off.

### 7 Ball Crossing the touch line (sideline)

- 7.1 There are no throw ins.
- 7.2 Under 6 & 7  
A player from the opposing team that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play.
- 7.3 Under 8 and Over  
A player from the opposing team that touched the ball last before crossing the touch line will place the ball on the touch line and kick the ball into play. The player cannot dribble the ball.
- 7.4 Opposing players must be a minimum 5 metres from the ball.



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### **8 Ball crossing the goal line after touching the defending team last.**

#### 8.1 Under 6 & 7

There are no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

#### 8.2 Under 8 and Over - Corner kick.

A player from the attacking team places the ball inside the corner arc nearest the point where the ball crossed the line. Opponents must be at least 5 metres from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

### **9 Ball crossing the goal line after touching the attacking team last.**

#### 9.1 Under 6 & 7

Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

#### 9.2 Under 8 and Over

Goal kick from anywhere within the penalty area. Opponents remain at least 5m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area.

### **10 Method of Scoring**

10.1 A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

### **11 Offside**

11.1 There is no offside.

### **12 Goalkeeper (U8 and over only)**

12.1 There is no goalkeeper in the U6 & U7's.

12.2 The goalkeeper is allowed to handle the ball anywhere in the penalty area.

12.3 To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from their hands or played from the ground with their feet, within 6 seconds. The ball must not be kicked or drop kicked directly from their hands.

12.4 Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play.

12.5 The ball is in play once it moves out of the penalty area.



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

- 12.6 An indirect free kick is awarded if the goal keeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

### 13 Fouls and Misconduct

- 13.1 Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken.
- 13.2 Under 8 and over  
For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goal keeper in position. All other players must be outside the penalty area and be at least 5m from the penalty mark.
- 13.3 Slide tackles are not allowed and will be considered as a foul.

### 14 Mercy Rule

- 14.1 The match official can invoke a mercy rule (14.2) when the score exceeds a difference of 5 or more goals.
- 14.2 The match official may vary or add a rule to the team winning the match. The changes could be and are not limited to:
- two/three touch
  - number of passes before a goal can be scored
  - stand a player down (i.e. reduce 7 players to 6)
  - last goal scorer stands down for a minute
  - add subs to the other team – play with 8 or 9

The match official shall inform the teams of the variation before the restart of play.

### 15 Team Sheets

- 15.1 An official FSC Summer football team sheet must be completed by both teams.
- 15.2 The maximum number of players which can participate for a team are
- Under 6 & 7: seven (7) players; four on the field and three substitutes
- Under 8 and over: ten (10) players; seven on the field and three substitutes unless FSC approves otherwise.

### 16 Interchange

- 16.1 There are unlimited interchanges
- 16.2 Substitutions must be made at the half way line, and the player coming on must wait until the other player is off the field.
- 16.3 The ball must be out of play for an interchange to take place.
- 16.4 The referee must be notified.



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### 17 Borrowing Players

#### 17.1 U12 – U18

If a team does not have eight (8) players then they may borrow players from

- (1) Other teams within the age group
- (2) a younger age group team providing the player is either one or two years younger than the age group he/she is being borrowed for.

Should a player arrive late for a team then a borrowed player must cease playing.

#### 17.2 Under 6 – 11

If a team is short of players then they may borrow players from

- (1) Other teams within the age group
- (2) a younger age group team providing the player is either one or two years younger than the age group he/she is being borrowed for

#### 17.3 Seniors

Teams may borrow players from other teams under these circumstances only:

- (1) Less than five (5) regular players are available
- (2) Players borrowed are registered players in that competition
- (3) Players borrowed adhere to the age and gender requirements of that match

### 18 Forfeits

18.1 Matches shall at all times be played on the ground set down and shall commence at the scheduled time unless otherwise directed by the Competition Secretary or Ground Marshall. A period of grace of five (5) minutes shall be allowed before a forfeit can be claimed if a team is late.

18.2 For U12 and over, a team must field at least five (5) registered, eligible players. Failure to do so shall result in a team being deemed to have forfeited the match.

18.3 If a match is not played due to a forfeit but there are sufficient players to play a friendly game that can be done providing all players are registered. The Official team Sheet for the forfeited game must be clearly endorsed "Friendly game".

### 19 Post-Match Procedures

19.1 A coach or other team representative should check the team sheet at the completion of any competition match (U8 – and over). Any discrepancies should be brought to the attention of the Ground Official.



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### 20 Player Injuries

- 20.1 When play is stopped for an injured player, then initially the coach or manager should go to the aid of the player when called upon by the referee.
- 20.2 Where possible the injured player should be taken from the field of play and receive treatment. This is only to occur if the player is able to move of his/her own free will. The consent of the player's parent or guardian should be obtained if he or she is in attendance. A stretcher should not be used.
- 20.3 If the injured player has sustained a serious injury and cannot be removed from the field of play then:-
- (1) The first priority shall be the safety and well-being of the player.
  - (2) Play will be stopped until the player is treated and removed.
- 20.4 There is no extra time for injuries in normal competition rounds
- 20.5 Injuries must be reported via the Incident/Injury report form.

Information and forms for Insurance Claims can be found at:

<https://footballsouthcoast.com/injury-and-insurance/>

### 21 Reporting an Incident or Dispute on Match Day

- 21.1 If a person wishes to report an incident, a referee, or any other issue then they may approach the Ground Official to notify them of the issue.

A FSC Incident Form may be completed within 48 hours which is available then from the FSC website - <https://footballsouthcoast.com/resources/>

### 22 Game Leader (U6 & 7)

- 22.1 There is to be ONE game leader on the field whose main role is to keep the game moving fluently, limit stoppages and assist players with all match restarts.
- 22.2 The game leader shall be from the Home Team (the team noted first on the match schedule).

### 23 Referee (U8 and over)

- 23.1 Official referees may be appointed to all games by the Ground Official, 8 years and above.
- 23.2 Where there are no official referees appointed, either team can provide a suitable referee via mutual agreement. If no agreement can be reached between the teams the match will be abandoned and no competition points awarded.

### 24 Coach / Team Manager / Parent Helper

- 24.1 All coaches, managers or parent helper of teams (maximum of 2) must remain within a distance of five (5) metres on either side of the halfway line on the same side of the field or in the marked technical area during the course of a game. In all matches there is only one adult on the field of play which is either the game leader or the referee.





## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### 25 Competition Points

- 25.1 No competition points shall be awarded. However, the referee will record the score (U8 – U18).
- 25.2 Competition points will be recorded for seniors.

### 26 Code of Conduct – Parents and Players

- 26.1 All players and parents upon registration must agree with the respective code of conduct.

### 27 Code of Conduct – Spectators

- 27.1 FSC implements a code of conduct to ensure all spectators are able to enjoy a Football match in a safe and secure environment.
- 27.2 Any person(s) found not to comply with any part of this code of conduct, or who otherwise causes a disturbance may
  - (1) be reported to the relevant Authority
  - (2) be evicted from the venue
  - (3) be banned from attending any further FSC matches

### 28 Disciplinary Procedures

- 28.1 Cautions and sendoffs shall be dealt with under the FSC Disciplinary and Disputes Regulations.
- 28.2 Alleged breaches of a code of conduct shall be referred to the Disciplinary Commissioner and shall be dealt with under the FSC Disciplinary and Disputes Regulations.

### 29 Wet Weather

- 29.1 In the event of wet weather, every effort is made to contact team officials. Managers should be the first point of contact for players. FSC will also provide information via Team App and the FSC website - <https://footballsouthcoast.com>

### 30 Other Weather Events – Hot Weather and Lightning

- 30.1 FSC will adopt as its Hot Weather Policy, the FNSW Hot Weather Policy and associated documents.  
This document can be found at <https://footballnsw.com.au/>

Recommended Maximum Temperatures for cancellation/postponement

CHILDREN (Up to and including 17 years of age):  
Cancel or postpone events involving Children at a temperature of 32 degrees Celsius.

Caution: These are the maximum cancellation temperatures Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions and player wellbeing and acclimatization.

- 30.2 If thunderstorms are in the area, FSC will apply the FNSW Lightning 30-30 Policy.



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

### 31 Additional Senior Summer Football Rules & Regulations

#### 31.1 SUBSTITUTIONS

- a) Substitutions can only occur within the prescribed substitution zone.
- b) A player can only be replaced once the player leaves the field of play.
- c) Players may be cautioned for incorrect use of the substitution procedure.
- d) Teams will swap technical areas each half. Their substitution zone will be that of the side of which they are defending.

#### 31.2 THE START AND RESTART OF PLAY

- a) The home team according to the team sheet will kick off. The team named first is considered the home team.
- b) A goal may not be scored directly from the kick off.
- c) The ball is kicked in from the sideline to restart play.
- d) The Goalkeeper must throw the ball out to restart play with a goal-kick clearance.
- e) During a corner or sideline kick in, the ball must be stationary and opposition players must stand a minimum of 3 metres from the kicker.
- f) Kickers have 4 seconds to restart play; failure to do so will result in the kick being awarded to the opposition.
- g) In the event that the 4 seconds is exceeded during an attacking corner, a goal-kick clearance is awarded to the opposition.
- h) In the instance where the goalkeeper delays the restart of play, an indirect free kick will be awarded to the opposition from the edge of the penalty area.
- i) In instances where the 4 seconds is exceeded during a corner kick, the opposing team will be awarded a goal clearance.

#### 31.3 FOULS AND MISCONDUCT

- a) A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referees to be careless, reckless or using excessive force:
  - Kicks or attempts to kick an opponent
  - Trips an opponent
  - Jumps at an opponent
  - Charges an opponent
  - Strikes or attempts to strike an opponent
  - Pushes an opponent
  - Tackles an opponent
- b) A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

- Holds an opponent
  - Spits at an opponent
  - Handles the ball deliberately (except for the goalkeeper within his own penalty area)
    - i) A direct free kick is taken from the place where the offence occurred. The above offences are accumulated fouls.
    - ii) A team may only commit five (5) accumulated fouls in one half of the game, subsequent fouls thereafter will result in a penalty kick being awarded to the opposition from the 10 yard penalty spot.
    - iii) The accumulated fouls restart at the start of the second half.
- c) An indirect free kick is awarded to the opposing team if a goalkeeper commits any of the following two offences:
- Touches the ball with his hands inside his own penalty area after it has been deliberately kicked to him by a team-mate
  - Touches the ball with his hands inside his own penalty area after he has received it directly from a kick-in by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referees, a player:

- plays in a dangerous manner in the presence of an opponent
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits against a team-mate one of the nine offences penalised with a direct free kick if they are committed against an opponent

Misconduct is penalised with a caution or send off.

Sliding is not permissible in five-a-side under any circumstance – including slide tackling an opponent or sliding to block a shot on goal.

Referees may play an advantage if deemed appropriate. When play stops, the referee will call an accumulated foul against the infringing team.

Players are permitted to play the ball from the ground providing it is not considered dangerous.

### 31.4 SUSPENSIONS

Players who have received an accumulated 3 cautions during the competition will be suspended for one (1) match.

Players sent off for a double yellow card will be suspended for one (1) match.

Players sent off for any other reason will be dealt with by Football South Coast with a suspension advised based on the seriousness of the incident.

### 31.5 PROCEDURES TO DETERMINE THE WINNER OF A MATCH



## FSC SUMMER: REGULATIONS PROCEDURES AND PLAYING RULES

A forfeit result will be six (6) – nil (0) and three (3) points  
All games drawn at full time will result in a tie – one (1) point each

### 31.6 FINALS SERIES MATCHES

The finals series format will be determined by the competition manager prior to each competition. This is dependent on the number of participating teams and divisions. All teams will be notified prior to the competition start date the format of the finals series.

In the event of games being drawn at the conclusion of full time during these matches, a penalty shoot out will determine the winner.

If a match goes to penalties, three (3) kickers from each side will take penalties. If still drawn, the penalties will continue (sudden death). The same kicker must not take another kick til such time the opposition have all taken a penalty (this includes the goalkeepers).

*Updated 20/07/2021*