

Football Competition Rules

Sport Rules:

1. Pitch allocation/group draws for the AM competition will be done on a random basis.
2. The start and end of matches will be controlled by a match referee's whistle
3. The first named team will choose a goal. The second named team will kick off the match.
4. A goal cannot be scored from a direct kick off.
5. YELLOW CARD - If a player receives two yellow cards they will be sent off and miss the next match.
6. RED CARD - If a player received a red card, they will be sent off and will miss the next match.
7. The 'roll-on-roll-off' rules apply to substitutions. Substitutions can only be made during stoppages in play and with the approval of the referee.
8. Substitutions must wear a different colours top when not playing.
9. After a goal is scored, there will be a restart with a centre kick by the team who did not score the goal.
10. All free kicks are direct. Free kicks must be taken where the offence was committed, opponents must be five yards from the ball.
11. ANY type of throw can be made for any re-introduction to play EXCEPT corners, where the ball is placed and kicked in.
12. Goalkeepers are not allowed to kick the ball from their hands to introduce the ball into play.
13. The goalkeeper may leave the goal area.
14. Goalkeepers are not allowed to take penalties, expect during sudden death penalty shoot-outs.
15. Sliding tackles are not permitted.

Foul or abusive language will be penalised by the referee at their discretion by awarding a direct free kick.