

Appendix 3 Summer Competition Rules

All FIFA rules apply outside of the following modifications:

- Only six (6) players are on the field at any one time.
- Unlimited interchange. (During play is permitted)
- A goal can only be scored by kicking the ball from outside the semi circle.
- If a player is inside the semi circle he/she has the following options:
 1. Head the ball into the goal, or
 2. Kick or pass the ball outside the semi circle and then a goal may be scored.
- If a player kicks a goal from inside the semi circle then a free kick is awarded to the defending team.
- The goal Keeper may not throw, kick or by any other means, the ball over the half way line on the full. This is the same from a goal kick, penalty inside the circle or a kick out into play. (This rule is in place because of the small field sizes).
- Should the above rule be broken a free kick to the opposite team on the half way line close to where the ball landed is awarded.
- No offside rule is in place. However, it is not good sportsmanship to place players up close too the opposing goal keeper and this should bring on a warning.
- If a goal is scored by a player who would normally be considered to be in an offside position (very obvious) then the goal should be disallowed.
- Red & Yellow cards can still be used for the most serious of incidents.
- 2 x 20 minute halves with a 5 minute break at half time will be played.
- All Free Kicks are indirect, so they must touch another player before scoring a goal.
- No player is allowed to slide at the ball or tackle. If a player goes to ground trying to play the ball or slides, an indirect free kick is given.

Referees must ensure that the team co-ordinator completes a team sheet prior to commencement.

This competition is a means to maintain fitness over the summer months and should be played and refereed with fun in mind at all times.