

NAM 5-ASIDE FOOTBALL RULES

1. All matches will be played according to the playing rules of Association Football, with the exceptions as below.
2. Any 'throw in' awarded from the side line, will be under arm only. The ball will be deemed to be thrown if it doesn't touch and remain on the ground within 2 metres from where it was released. A foul will result in an indirect free kick to the opponents from where it was taken or from the penalty spot in the case of a goal kick.
3. Opponents must stand 1 metre away from the 'thrower' at throw ins or behind the nearest opponent. Failure to do this will result in an indirect free kick.
4. The ball may NOT be passed back to the goalkeeper at any time during the match. If the ball rolls into the area, and is not directly kicked there, the goal keeper may kick it out to a player. He/she CANNOT pick it up and throw the ball. If the goal keeper does pick the ball up an indirect free kick will be awarded.
5. NO player is allowed within the goal area or on the goal line, with the exception of the goal keeper. In the case of a defensive offence, a penalty kick will be given. If a defender enters the goal area to prevent the ball crossing the goal line he will be sent off and a penalty awarded. For an attacker offence, an indirect free kick from the goal area will be awarded. If the goal keeper leaves the penalty area he/she will be treated as any other player but he cannot return to the goal area with the ball.
6. If the goal keeper or any other player handles the ball outside of his/her area, thus preventing a goal being scored, he/she will be immediately sent off.
7. The goal keeper is allowed to swap with another player if he/she wishes.
8. NO sliding tackles will be permitted whatsoever, due to the surface and for safety reasons.
9. **NO studded footwear AT ALL may be worn on the synthetic pitches.**
10. If a penalty is awarded, the player taking the penalty may take any number of steps previous to the penalty, however this must be within reason and is at the referees discretion. The ball should be placed 3 metres from the top of the semi circle in line with the centre of the goal.
11. When a free kick or corner is taken, opponents MUST stand 2 metres away from the ball unless it is less than 2 metres of the defending side's goal area, when the defenders may stand just outside the goal area. The attacking team may then, if they wish, move the ball away from the goal area in a direct line with where the offence took place up to a distance of 2 metres away from the goal area.
12. No offside laws will be applied to games in the league.
13. Matches will be 7 minutes each way, with a 1min period for half time. All matches MUST start on time. Central timing will be in operation and will be controlled by the table, a hooter will sound to signify the start/finish times for all matches.
14. All players within a team must wear the same colour strip, if a clash occurs the second named team must wear bibs as available from the table. It is the responsibility of the captains to check this information before all matches.
15. Teams may have up to 8 team players within their squad.
16. A maximum of 3 substitutions may be made.
17. All matches must be played according to the **referees interpretation of the rules**. They have final say on any situation arising. It is the captain's responsibility to state the rules to all players *before* the start of the match.
18. There must be a minimum of 4 players (per team) on the pitch in order for the match to go ahead.
19. Points will be awarded as follows:
 - Win = 3 points
 - Draw = 1 point
 - Lose = 0 points
 - Walk over = 4-0.
20. Points will be deducted as follows
 - Miss a playing match = -1 point