

# UNIVERSITY RECREATION WELLINGTON

## INDOOR FOOTBALL SOCIAL SPORTS LEAGUES

### GENERAL INFORMATION

#### Teams

- 5 players per team are allowed on the field at any one time (one being the goalkeeper).
- Teams must have a minimum of 4 players to start or they will forfeit the game.
- Teams are allowed as many substitute players as they want.

#### Game Times

- Games consist of two approximately 13-minute halves, with a 2-minute half time break.
- Due to the tight nature of bookings, games will start at the scheduled time whether teams are ready or not.
- If a team is more than 3 minutes late then they will receive 1 penalty goal against them.
- If a team is more than 5 minutes late then they will default the game.

#### Defaults

- It is expected that teams are able to play every week; defaults should be avoided where at all possible and no-shows will not be tolerated.
- In the case of a default, a 3-0 score will be awarded to the non-defaulting team.
- **Any team who does not turn up to their match without providing at least a day's notice, will receive one warning and repeat offenders will be removed from the league without a refund.**

#### Misconduct

- The emphasis of the leagues is on fun, enjoyment and a social atmosphere. They provide an opportunity to get active in a friendly environment. While healthy competition is encouraged, this should not be at the expense of these goals.
- Players and teams must compete and conduct themselves in a spirit of fair play and should accept officials' decisions without gesture or argument. Aggressive play, violent misconduct and foul language will not be tolerated, and any incidents of this nature will be dealt with seriously. Consequences can include the withdrawal of specific players or a whole team from games/the league, without a refund.
- Any players (or spectators) who are intoxicated will be asked to leave the facility.
- If you have any concerns relating to any behaviour or incidents that occur during the leagues, please complete a feedback form that will be given to the Sports Manager.

#### Eligibility

- Players must have played two games during pool play to be eligible to play during finals rounds. The exception to this is if both teams agree that a fill-in player can be used; in this case, the fill in player can play and the result of the game will stand.
- Participants can play for multiple teams throughout the different leagues but are only allowed to play in ONE team in any given league. Exceptions may be granted in special circumstances.

## **Finals Rounds**

- In finals rounds (quarters/semis/finals – depending on the format of the league), a result is required in all games.
- If teams are tied at the end of a game in finals rounds, the game will be decided on a penalty shootout.
- Each team gets three penalty shots, followed by sudden death penalty shots (if necessary) to determine a winner.
- For the 1<sup>st</sup> and 2<sup>nd</sup> placing final only (both divisions), an extra time period of 2 minutes will be played if the teams are tied at the end of the game. If extra time still results in a tie (the full 2 minutes is played out), then penalties will be taken following the above format to determine a winner.

## **Warming Up**

- Players are responsible for ensuring they are sufficiently warmed up and physically prepared to participate in sporting activity. It is recommended that a warm-up involves some light cardio and stretching to help reduce the chance of injury.

## **Clothing**

- Bibs are provided.
- Suitable sports shoes or moulded (firm ground or artificial turf) football boots must be worn – no bare feet.
- No metal or screw in studs or jewellery to be worn.

## **Injuries**

In the case of an injury, umpires may be required to stop play. Injured players can be substituted, and basic First Aid support will be provided. Play will continue from where it was originally stopped. Given the tight nature of bookings, the timer will continue during the stoppage and extra time will not be added on.

**Indoor Football rules are outlined on the next page.**

**Please note these are subject to change.**

# INDOOR FOOTBALL RULES

## Sidelines

- There is **one** sideline. This is on the rollerdoor side of the Arena. If the whole ball goes over this line it is out and played back in by the opposing team off the ground as a sideline kick.
- There are **two** goal lines. If the whole ball goes over these lines it is out and it will either be a goalie's ball or a corner kick depending on which player touched the ball last. Balls can be played off the remaining wall and remain 'live'.
- Goals can NOT be scored directly from a sideline kick.
- Defenders must be back 2 meters from a sideline kick.

## Free Kicks

- **All free kicks are indirect.**
- All free kicks are to be taken where the infringement occurred.
- All defending players must be back 2 meters from the ball until the ball has been played.

## Hands on the Wall

- A free kick to the opposing team may be awarded if a player deliberately uses the wall with their hands to their advantage. This is at the referee's discretion.

## Goal Keepers

- Goal keepers may only change when there is a stoppage in play or when the goalkeeper has possession of the ball. The referee must be informed when the change happens.
- The goal keeper's area is the white rectangle. The goalkeeper is allowed out of here and people are allowed in here, but the goalkeeper can only use their hands in this area.
- Goal keepers cannot throw the ball overarm or throw/kick the ball past halfway on the full.

## Offsides

- There are no offsides during the run of play. The only time a player can be offside is during a kick off from the halfway mark after each half or a goal is scored, where they must be in their own half of the field.

## High Ball

- The ball cannot go above 'shoulder height' (the referee's reference for this height is the white line that goes around the Arena). If this occurs, a high ball is called, and an indirect free kick is awarded to the opposition team from the point where the ball was deemed to be called a high ball. High ball will not be called for a goal keeper's save or an obvious deflection – including if the ball goes on to hit the roof (this is a tricky one to manage; if the referee cannot see someone clearly kick the ball high, they will call 'play on').

## Fouls

- Fouls will be called by the referee and an indirect free kick will be awarded to the opposing team.
- Deliberate, dangerous fouls or overly aggressive play may lead to the player being stood down for 2 minutes.
- If a specific player continues to foul, then they may be removed from the game for the remainder of the match at the referee's discretion.
- If the referee considers the game is too aggressive then they may call the game off for safety reasons. Such an incident will be reported to league management for assessment.

### **Substitutions**

- Teams are allowed as many substitutes as they want with no limit as to how many changes they make.
- Substitutions must be made during a stoppage in play.

### **General Rules**

- No tackling from behind, no slide tackles, no soles/studs up challenges, no pushing or purposefully obstructing players.
- No heading the ball (no matter what height the ball is at).
- No handling the ball, unless you are the goal keeper and inside the goal box.
- Interpretation of the rules is at the referee's discretion and adjustments to rules may be explained by the referee before a given game.