



NSFA WOMENS OVER 30'S
6-A-SIDE RULES

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Playing Rules

All rules and regulations of the Laws of the Game (Laws 1 -17 inclusive) will apply unless otherwise directed below.

Number of Players

- a) The minimum number of players required for a team to take the field is 4, one of whom must be designated as the goal keeper.
- b) The maximum number of registered players for a team is 12.
- c) The maximum number of players on the match card is 10.

Match Ball

The Match Ball should be size 4.

Borrowing of Players

- a) If a player is registered in the Sunday Women's Over 35 competition they may play in the Women's Over 30 6 Aside competition for the same club.
- b) Where a club has more than one team in the Women's Over 30 6 Aside competition, a maximum of two players may be borrowed by any one team.

Interchange or Substitution

A substitution may be made at any time, whether the ball is in play or not. To replace a player with a substitute, the following conditions must be observed:

- The player leaves the pitch via his own team's substitution zone.
- The substitute only enters the pitch after the player being replaced has left.
- The substitute enters the pitch via the substitution zone.
- The substitution is completed when a substitute enters the pitch via the substitution zone.
- The substituted player may take further part in the match.
- If a period is extended to allow a penalty kick, a kick from the second penalty mark or a direct free kick without a wall to be taken, only the goalkeeper of the defending team may be substituted.

Changing the goalkeeper

- Any of the substitutes may change places with the goalkeeper without informing the referee / s or waiting for a stoppage in the match.
- Any player may change places with the goalkeeper.
- The player changing places with the goalkeeper must do so during a stoppage in the match and must inform the referee / s before the change is made.
- A player or substitute replacing the goalkeeper must wear a goalkeeper's jersey with his number on the back.

Match Officials

- a) Fully qualified referees will be appointed to games where possible.
- b) If a fully qualified referee has not been appointed to your game, the "Home" team shall supply their own volunteer referee.

Duration Of Matches

- a) Playing time allowed for each game shall be twenty (20) minutes per half with no half time break
- b) There will be no added time for injury and other stoppages.

Start and Restart of Play

- a) A kick-in shall be taken when the ball crosses the sideline. The following conditions apply: -
 - i) The ball is placed either on the touchline or outside within 25 centimetres of the touchline before kicking.
 - ii) The kicker's foot not kicking the ball must be outside or at least on the touchline; if it crosses the touchline wholly into the pitch, the kick-in is given to the opposing team.
 - iii) The kick-in must be taken within 4 seconds; if it is not, the kick-in is given to the opposing team.
 - iv) The kicker cannot play the ball a second time until another player has played it; infringement of this rule entails an indirect free kick to the opposing from the point of infringement.
 - v) All opposition players must be at least 5 metres away from point of kick-in.
 - vi) A goal cannot be scored directly from a kick-in. Any player within the field of play must touch the ball first, prior to wholly crossing the goal line.
- b) Corners that are taken incorrectly or which exceed four (4) seconds will result in a goal clearance being awarded to the defending team.
- c) Goals can NOT be scored directly from a kick off.

Offside

There will be no offside rule applied in any game in the competition.

Free Kicks

- a) All free kicks will be awarded as direct or indirect, as adjudicated by the referee.
- b) The minimum distance an opposing player may be from the ball in any free kick situation is five (5) metres.
- c) Once the referee has signalled to take a direct or indirect free kick the team has four (4) seconds (not penalty kicks).
- d) Penalty kicks are to be awarded when a defending team commits a "direct free kick" offence inside the "D" radius.
- e) Penalty kicks are to be taken six (6) metres from the goal line, in the centre of the "D" radius.
- f) Sliding tackles **are permitted** in 6-a-side football, PROVIDED the player makes contact with the ball, not the player in possession of the ball.
- g) There will be no offside rule applied in any game during the competition.

Accumulated Fouls

- Are those penalised with a direct free kick or penalty kick.
- The accumulated fouls committed by each team in each half period.
- The referees may allow play to continue by applying the advantage if the team has not previously committed five accumulated fouls and the opposing team is not denied a goal or an obvious goal scoring opportunity.
- If they apply the advantage, the referees use the mandatory signals to indicate an accumulated foul to as soon as the ball is out of play.
- If extra time is played, accumulated fouls from the second period continue to accumulate during extra time.

Direct free kick beginning with the sixth accumulated foul in each period

- The defending team's players may not form a wall to defend free kicks.
- The goalkeeper remains in his penalty area at a distance of at least 5 metres from the ball.
- The players, except the kicker and the defending goalkeeper, remain behind an imaginary line that is level with the ball and parallel to the goal line and outside the penalty area, at a distance of 5 metres from the ball. They may not obstruct the player taking the free kick. No player, except the kicker, may cross this imaginary line until the ball is in play.
- If a player commits his team's sixth accumulated foul in his own half of the pitch between the imaginary 10 metre line and the goal line but outside the penalty area, the attacking team decides whether to take it from the second penalty mark or the place where the infringement occurred.

Goal Keepers

- a) The Goalkeeper cannot punt kick or drop-kick the ball (out of their hands) over the half-way line **on the full**. This infringement will result in an indirect free kick to the opposition at the half-way line where the ball crossed the half-way line.
- b) The Goalkeeper cannot throw the ball (out of their hands) over the half-way line on the **full** in general play or from a "Goal Clearance". This infringement will result in an indirect free kick to the opposition at the half-way line where the ball crossed the half-way line.
- c) The Goalkeeper **CAN** kick the ball on the full over half-way from general play (i.e. only from the ground).
- d) The Goalkeeper cannot pick the ball up directly from a "kick-in" taken by a member of his / her own team. This infringement will result in an indirect free kick at the point of the offence.
- e) The Goalkeeper must release the ball within four (4) seconds of gaining control of the ball in their hands and / or feet. The penalty for this indiscretion will be an indirect free kick at the point of the offence.
- f) The Goalkeeper is not permitted to touch the ball for a second time unless an opponent has touched it or a team-mate has touched it after it has crossed the halfway line.
- g) The usual goal-kicks are taken by throwing the ball (out of their hands) into play beyond the radius circle. This is called a "Goal Clearance".
- h) If a ball is thrown by the Goalkeeper directly into his / her own goal, wholly crossing the goal line, play is recommenced with a corner kick to the attacking team.

Cautions / Send Offs

- a) The referee may sin bin a player for periods of thirty (30) seconds and up to two (2) minutes at their discretion for offences committed. A player may not be substituted whilst in the sin bin.
- b) Referees at their discretion may issue cautions.
- c) Referees at their discretion may send players from the field. All players sent from the field cannot return to the field but may be replaced by a named substitute after two (2) minutes.
- d) Players are subject to the provisions of NSFA Competition Regulations 4 – Protest, Disputes & Disciplinary and Appeals.