



## UWA-NEDLANDS FC Rules



### Before the game

- ⊕ All players must be registered.
- ⊕ Players are to arrive with their Joey Soccer t-shirt, ball, sunscreen and water. **Shin pads must be worn.** Mouth-guards are not essential but recommended.
- ⊕ Teams are to assemble at their assigned pitch and prepare for pre-game practice, which will be run by the team's managers/coaches. A match ball will be provided in each teams' kit bag.
- ⊕ Games leaders should get together for a quick chat and agree how the game is to be facilitated eg whether to jointly or individually "lead" the game; whether to experiment with multiple balls; what to do if one team is totally dominant over the other e.g. mix the teams up. Players should be encourage not to "hang around" to goals.

### During the game

- ⊕ Refrain from instructing players, just let them play. NO WHISTLES PLEASE.
- ⊕ The coach from each team will facilitate the game. We recommend each team facilitates one half each. The facilitator should keep off the pitch as much as possible, enabling free movement of players at all times.
- ⊕ **Max** 5 players from each team on the pitch during the game; subs used as often as you want.
- ⊕ Remember NO Goal keepers, NO offside, NO throw-ins, NO positions & NO headers.
- ⊕ **Kick-off:** One team should kick-off the first half and the other team the second half. All players should be in their own (defensive) half at kick-off.
- ⊕ **Re-start after a goal:** – a player from the team that concedes the goal will kick, pass or dribble the ball into play from **anywhere along the halfway line**. The other team (defenders) **must** be behind the halfway line and move once the ball is in play.
- ⊕ **Ball out of play** – game leaders should shout FREEZE or STOP and a player from the team that did not kick/touch the ball out of play should kick, pass or dribble into the field from the side where the ball went out of play. Defenders should be a few meters away from the ball.
- ⊕ **Ball crossing the goal line after touching the defending team last** – kick, pass or dribble ball into play from anywhere along back line. Opposition retreat to half way line and move once the ball is in play.
- ⊕ **Fouls and misconduct**, try to avoid awarding free kicks except for acts of flagrantly aggressive behaviour and preferably after a gentle warning. If this happens there is a free kick with defenders approx. 4 meters from the kicker. No penalty kicks should be awarded.

### HAVE Fun!

