

League Rule Summary

Duration	2 x 25 minutes
Players	5 min - 7 max. No more than 4 males in co-ed on pitch
Default	Insufficient players 5 minutes after scheduled k/o
Kick-ins & Ceiling	Indirect
Kick-off, Goal & Corner Kick	Direct
Free Kick & Kick-in Distance	At least 5m from ball
Substitution Distance	No more than 5m from team bench area
Penalty Restraining Distance	At least 3m from ball
Penalty	On top of penalty arc. Ball must move forward. No player (except goal keeper) may be in front of or in line with the ball.
Attacking Indirect Free Kick in Penalty Area	Outside penalty area, parallel to infringement and at top of area.
Cautions (yellow card)	2 minutes, player short, expires on goal.
Dismissal (red card)	Player dismissed, team plays short for duration of match
Intentional Pass-back Handled by Keeper	Allowed only on kick-ins
Offside	NO
Slide Tackle Challenge	NO – cannot challenge opponent by sliding with feet. Refer to slide tackling document
Casts	NO