

University of Reading – Campus Sports 5-a-side Football

RULES

1. Teams must field 4 outfield players and 1 goalkeeper.
2. Substitutions are unlimited during a game. When making a substitution the ball must be dead and the referee's consent is required.
3. Teams may not change their goalkeeper more than once during a game. If you decide to change your goalkeeper, enquire with the referee prior your change to gain their authorization.
4. No studs or blades allowed. Only moulds, astro trainers or trainers.
5. Matches will be 15 minutes per half. 1 minute break and then teams will swap ends. The clock should only be stopped for either an injury or when a ball goes over the fence, the 15 minutes should otherwise include all delays during the match.
6. During play, the ball cannot go over head height. The only exception is when the goalkeeper has made a save and the ball rebounds in the air, no matter how high, play should continue. Any time the ball reaches head height, a free kick should be given to the opposing team from where it was originally kicked.
7. If the ball rebounds off the fence behind the goal (ie a shot goes over the bar and comes back out), the ball will be returned to the goalkeeper.
8. If a player passes the ball back to his own goalkeeper, he will be able to receive it straight back. However, the rule remains that if a goalkeeper gives the ball to a defender, the defender CANNOT pass the ball straight back to the goalkeeper as this can cause extremely negative tactics in match situations. This would result in a penalty to the opposing team. Hopefully this is clear!
9. A player is only allowed one step for a penalty. Goalkeepers must stay on their line when a penalty is being taken.
10. The goalkeeper must throw the ball out UNDERARM, an overarm throw or kicking will result in a free kick two yards outside the area. The defending wall must be no further forward than on the edge of the area.
11. Goalkeepers are not allowed outside of their penalty area. If they do come out of the box a penalty shall be awarded to the opposing team.
12. Goalkeepers cannot score a goal unless they're taking a penalty in a penalty shootout.
13. ANY free-kick is direct but must wait for the referee's permission to take the kick. Opposing players must be at least 2 feet away from the free kick.

14. Outfield players are not allowed in either penalty area. If a defender goes into their box, a penalty shall be awarded. If an attacker goes into the box, the ball will be given to the goalkeeper.
15. Slide tackles are not allowed. If a slide tackle happens, a free kick shall be awarded to the opposing team.
16. If a foul is committed a free kick (direct) must be taken from the offending position. If the severity of the foul requires disciplinary action, the referee can show a red or yellow card.
17. Violence will not be tolerated. If a violent scenario occurs, a report will be provided by the referee. Once the report is observed by the SportsPark team, strong disciplinary action will be carried out on the offending players/team. There will be no limit to the disciplinary action.
18. Games can only be rescheduled if the fixture clashes with an official university study day/field trip or exam day. They cannot be rescheduled due to lack of players for that fixture. In this event, the team that cannot field enough players will forfeit the match and have the result recorded as a 3-0 loss.
19. Each match will be refereed by a representative from a team in the other league. The team chosen to ref will be selected by the fixture manager. It is down to you to pick whom from the team itself will referee the match. Failure to send a player to referee the match will result in goals being taken off the team's total goals scored and in cases of continued failure to referee matches, the team may suffer points deductions.