



## Rules Of Competition Cheat Sheet

### Game Times

- U14+ age groups only - All games are 2 x 20 minute halves with 5 minute H/T break.
- U8-13 age groups only - All games are 2 x 15 minute halves with 5 minute H/T break.

### Match Rules

- A correct throw in technique will be encouraged at all times by referees, but if there is no clear advantage then the referee can allow play to continue to save on time wasting in the shorter tournament style game.
- U8-13 age groups only - Goalkeepers cannot kick the ball out of their hands after making a save. The ball must be thrown or played from the ground. There will be no retreat rule in this situation so once the ball is placed down it is in play.
- If the GK purposely bounces the ball to volley down field the referee will bring it back to replay. Consistent drop kicks may result in a direct free kick from the edge of the penalty area.
- From goal kicks, referees will encourage opposing teams to move back a reasonable distance from the edge of the box (approx 5m). Coaches should also encourage this to happen quickly from their teams.
- Slide tackles can occur in all ages. Referees will address any foul play during the match.
- Substitutions are interchange - coaches however must alert the referee and wait for approval before making any changes. In latter periods of games referees may not allow consistent frequent substitutions to stop any time wasting.
- All free kicks (outside the penalty box) are direct. Inside the penalty box (back pass etc) are in-direct.
- Offsides are applicable in the Under 13 and above age groups for general open play.
- However, offsides will be given from free kicks in ALL AGES. (This is to stop players standing and obstructing Goalkeepers in these situations).