

1. **Pitch:** 60m x 40m approx. Goal dimensions 5m x 2m. The pitch perimeter will be identified by cones/markers. The goal area will be identified by different coloured markers.
2. **Ball:** All games will be played with a size 5 football.
3. **Teams:** Each team to have a maximum of 7 players on the field – unlimited interchanges are permitted. Each team must field a minimum of 5 of their **own** registered players otherwise the match will be awarded to the opposition as a forfeit (3-0). The match can still be played using fill ins (once the match has started as a 'forfeit' this cannot be reversed). A game can be played if a team only has 5 players, the captains from each team and referee will hold a discussion about this prior to kick off. Only players registered with FFNT 2018 over 35 competition are permitted to take part in this competition.
4. **Equipment:** As per FIFA rules i.e. no jewellery, shin pads must be worn. Teams to wear kit colours as indicated on registration form (away kit may be required if team colours clash), all shirts to have individual numbers, goal keepers must wear a shirt which distinguishes them from outfield players. Each team must have a designated captain on the field of play identified by a distinctive armband.
5. **Referee:** The referee has full authority to control the game. Fouls and misconduct to be dealt with as per FIFA rules. Red and Yellow cards can be issued. Players sent off must immediately leave the field of play and vicinity of the playing fields. There will be no replacement for players sent off. Any disagreements in relation to the interpretation of the rules will involve a discussion between the on field captain and referee, no other player is permitted to approach the referee in these circumstances.
6. Where possible a referee will be supplied by the FFNT, where this is not possible a neutral referee is to be sought from a team with an alternative kick off time.
7. **Game time:** Games will be 2 x 20 minute halves, with a 5 minute half time break.
8. **Kick-off:** Home team will kick off – Away team will decide which way they wish to play the first half.
9. **Free kicks/penalties:** Defending free kick in the penalty area can be taken from anywhere in the area. All free kicks are indirect, attacking free kicks in opposing penalty areas to be taken from 10m line (edge of keeper's box). Penalty spot on apex of area 10m. All players must remain behind the ball until a penalty is taken.
10. **Re-starts of play:** All opposing players to be 5m from ball. Players must enter and leave the field of play at the halfway line during the match. Subs may take place at any stoppage of play.
11. **Goal Keepers:** Keepers have 4 seconds to play the ball. The ball can be thrown out or played off the ground. Drop kicks or punts are not permitted.
12. **Back passes:** The ball cannot be passed directly back to the goal keeper after being played out (this will result in a free kick to the opposing team from the 10m line). Goal keepers cannot pick the ball up from a deliberate back pass, doing so will result in a free kick to the attacking team from the 10m line.
13. **Throw ins:** All throw ins to be taken from the side lines, the same rules apply as per 11 v 11.
14. **Goal Kicks:** Goal kicks can be taken from anywhere within the penalty area, 4 second rule applies.
15. **Offside:** No offside rule applies.
16. **Tackles:** Slide tackles are **not permitted**.
17. **Kick-off:** All games will start on time, by a central timer. If teams are not ready the clock will start anyway, any time lost will not be added on. A 2 minute warning will be given to teams prior to the kick off timer starting. Games on both pitches will start and end at the same time.

18. **Administration:** All teams will complete a team sheet prior to their game kicking off. Any irregularities may result in the game being forfeited with a 3-0 result being awarded to the opposing team. All teams must fulfil their financial obligations prior to their game kicking off.
19. **Discipline:** A direct red card served upon a player will draw the match suspension as tabled in the FFA National Disciplinary Regulations under the Table of Offences. The FFA National Disciplinary Regulations can be found on the FFA and FFNT websites. Players receiving two yellow cards during a game followed by a red will serve a one match suspension. Five accumulated yellow cards will result in a player serving a suspension in line with FIFA rules (1 game). Teams who fall foul of the laws of the game on the pitch or who fail to control players/supporters on the sideline will face disciplinary action. Serious offences may result in a player/s or team being temporarily suspended from the competition until the offence is investigated by FFNT representatives.