

# **INSPORTZ SOCCER RULES**

## **RULE 1. THE PLAYING AREA**

- a) The game is played in an area of 30 x 10 m.
- b) The goal post is within the playing area and is 2m in length and 1m in height.

## **RULE 2. EQUIPMENT**

- a) The ball is supplied and approved by the management and referee of **INSPORTZ -DUBAI**.
- b) Players must wear appropriate footwear - Sports shoes with a non-marking sole are permitted. Outdoor football boots, hiking boots, leather shoes and work boots are not permitted.

## **RULE 3. THE TEAM**

- a) A team consists of a maximum of 5 (five) players for any one match. 4 players on court at any given time including the goalkeeper.
- b) For junior games, four field players and a goalkeeper can take the court at any one time. In the adults games three field players and one goalkeeper are permitted.
- c) A minimum of 3 players is required to begin a match.
- d) Teams must pay tournament / game fees prior to commencement of the game, and must arrive at least ten minutes prior to the match to organise these fees.
- e) Teams must be present and have a minimum of three players before 15 minutes have passed in the first half. Failure to do so will result in a forfeit.
- f) Each team must wear matching uniforms / Bibs.

## **RULE 4. THE GAME**

The game will be played in the following format – 10 minutes full game without stoppage. The team that scores the most number of goals will be declared the winner. 4 (Four) points will be awarded for a win, 2 points for a draw and 0 for a loss. A Bonus point will be awarded for every three goals scored by a team.

## **ULE 6. SCORING**

- a) For a goal to be scored, the ball has to completely cross the line between the goal post and the cross bar. The final decision is for the referee.
- b) Goals can only be scored from a shot in the attacking half.

## **RULE 7. THE GOAL KEEPER**

- a) Goalkeepers can only change whilst in possession of the ball. The referee has to be notified.
- b) Only the goalie may catch the ball and throw the ball **underarm**. The goalkeeper must stay within the confines of the keeper's area.
- c) The goalkeeper has five seconds to play the ball. The referee will give one warning before a free kick is given on the penalty spot.

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- d) The keeper cannot reach outside the box to play at the ball.
- e) The goalkeeper has to be in a standing position and on the goal box line before a penalty is taken.

### **RULE 8. SUBSTITUTIONS**

- a) Substitutions can only be made when that team's keeper is in possession of the ball or the ball is dead.
- b) The referee must be notified that a substitution is to be made.
- c) To substitute, a player must simply exit the court before the substituting player can enter. Failure to comply will result in a free kick to be taken on the penalty spot.

### **RULE 9. FREE KICKS (ALL INDIRECT)**

#### ***A FREE KICK WILL BE AWARDED IF:***

- a) A player kicks or attempts to kick an opponent.
- b) A player trips an opponent.
- c) A player uses his body to push off an opposing player from the ball.
- d) A player makes a tackle from behind and contact is made with the legs of the opposing player. (i.e.) tackles may be made from behind as long as no direct contact of legs is made.
- e) A player strikes or attempts to strike an opponent.
- f) A player holds or pushes an opponent.
- g) ***Obstruction:*** A free kick will be given if a player intentionally runs between the player and the ball or interposes his body in such a manner so as to prevent the opposing player from playing the ball when he is not in possession of, in control of, or is not playing at the ball.
- h) Slide tackles or tackles made from the ground are also prohibited.
- i) A player plays at the ball whilst in a kneeling or lying position.
- j) A player kicks the ball over shoulder height. (The average height is taken into consideration by the referee whose decision is final).
- k) If a player kicks the ball which then deflects off the goalkeeper and goes over shoulder height it automatically becomes the "keeper's ball".

#### ***IN GENERAL***

- a) No player may enter the goal area unless he is the designated "***Goal keeper***".
- b) Players may not persist in playing the ball from one player to the goalkeeper or into the defenders area with the intention of time wasting. If in the referee's opinion this is the case a free kick will be awarded. Wasting time is determined by the referee as having played the ball from a defending player to the goal keeper back to the player and back to the goal keeper again, without a third player being involved in the play.

#### ***ADVANTAGES***

At any time the referee may call "***play on***" for the advantage of the team in possession of the ball. This may be done in any situation, even in a player's own defending half. Due to the close proximity of all players, fouls are bound to occur but all attempts to keep the game "***flowing***"

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will be made by playing such advantages. No advantages may be allowed for balls played into the top net.

### **RULE 10. PENALTIES AND PROFESSIONAL FOULS**

#### ***PENALTIES MAY BE AWARDED:***

- a) If in the view of the referee, a player uses illegal means, (such as the hand) to impede the ball from passing through or into the net.
- b) If a defending player impedes an attacking player by illegal means, where the attacking player was in a goal scoring position.
- c) If a player enters the "Keepers Area"

These penalties will be taken from the penalty spot directly in front of the goals after the referee whistles. Penalties will be taken with only one step before the kick. Professional fouls will be decided at all times by the referee and considerations such as time left on the clock, position of the player, score line tempo of the game and the record of a particular player from that and previous games will be used to determine if it is a professional foul.

### **RULE 11. SIN BIN AND SUSPENSIONS**

The sin bin (sent from the field) will be used if a player executes a professional foul, the player will be given the "*yellow card*" and sent from the field for a period of 2 (two minutes). The player may be replaced at this point in time. The player is required to give his / her name at the time of send off, failure to comply will result in the yellow card being upgraded to a "*Red card*".

A repeat offender or a player who commits a more serious offense will be given a "*Red Card*" and sent off for the remainder of the game and may not be substituted. Red-carded offenders may however return to play the next game.