

Rules and Regulations: Football

Competition Rules

RULES AND REGULATIONS FOR SMALL SIDED GAME

1. Team Composition:

- Teams consist of a maximum of 5 players on the field at any one time.
- Squads can have up to 8 players (including 3 substitutes).
- The game is typically played with 4 outfield players and 1 goalkeeper.

2. Offside Rule:

- There is no offside rule in five-a-side football.

3. Throw-ins and Corner Kicks:

- No throw-ins: are allowed.
- When the ball goes out of bounds, play restarts with a kick-in by the opposing team.
- corner kicks .
- If the ball goes over the goal line behind the goalkeeper from your own teammate, a corner kick is awarded to the opposition.

4. Restarting Play:

- If a team kicks the ball out of the pitch, the match restarts with a restart taken by the goalkeeper of the opposing team.
- All free kicks are indirect.
- If a player plays the ball onto their own back net, an indirect free kick is awarded to the opposition.

5. Dress code :

- * Jersey and Shorts
- * Football shoes and Stockings
- * Shin Guards compulsory

General Rules and Regulations:

- Respect the referee's decisions.
- Follow the rules and regulations of the game.
- Listen to and follow the coach's instructions.
- Wear proper football attire, including cleats and shin guards.
- Stay hydrated and take care of your physical well-being.
- Be respectful to teammates, opponents, and officials.
- Arrive on time for matches and practice sessions.
- Keep the playing field and surrounding areas clean.

Football: Etiquettes to be followed

- Respect opponents, teammates, and officials.
- Shake hands or show respect to opponents before and after the match.
- Follow the referee's decisions without argument.
- Avoid unnecessary aggression or confrontation.
- Congratulate opponents on their achievements.
- Be respectful to the game.

- Maintain the stadium and facilities.
- Arrive on time for matches and practice sessions.
- Wear proper football attire.