



# *Summer 7's*

## Senior Rules

1. **STRICTLY NO BOOTS TO BE WORN**, only trainers or futsal/5-a-side shoes to be worn. Shin pads are strongly recommended.
2. The match lasts 2 equal periods of 20 minutes.
3. A siren will sound to designate the start, halftime and end of the game. There is no siren for the restart of play after half time.
4. Teams not turning up to play (for any reason) will forfeit the game (3-0 loss). Teams not ready to play 4 minutes after the siren has sounded for the start of the game will forfeit but may play a friendly.
5. No more than seven players from each team will be allowed on the pitch at any time.
6. All shirts within a team must be the same colour (bibs are provided for shirt clashes).
7. Players may substitute at any time on an interchange basis. Teams should not attempt to gain an advantage when substituting players.
8. Goalkeeper's rules.
  - a. Goalkeepers are not allowed to handle the ball outside the penalty area
  - b. A back-pass to the goalkeeper is permitted, but the goalkeeper is not allowed to pick the ball up. In the event of a breach, a free kick is awarded at the point the ball was handled.
  - c. Goalkeepers have 6 seconds to release the ball back into play.
9. Recommencement of game.
  - a. Game starts/restarts from the centre spot when a goal is scored.
  - b. Ball out of play (sideline). Play recommences with a kick-in. The ball must be placed on the sideline at the point where the ball went out.
  - c. Ball out of play (behind goal). A goal kick or corner is awarded. Goal kick when the attacking team last touches the ball; corner when the defending team last touches the ball.
10. All free kicks, kick in's and corners:
  - a. Are indirect - a goal cannot be scored directly without the ball being touched by another player (from either team).
  - b. Players have a maximum of 6 seconds to restart the game from the moment the ball is placed on the pitch or the referee (if designated) has signalled recommencement of play.
  - c. The opposition team must be a minimum of 3 metres away from the ball.
11. **STRICTLY NO SLIDE TACKLES ARE ALLOWED ON OPPOSITION PLAYERS**, an indirect free kick is awarded.
12. **FOUL LANGUAGE &/OR AGGRESSIVE BEHAVIOUR WILL NOT BE TOLERATED** and may result in the individual or team's dismissal from the field or competition (at the discretion of MCFC).
13. Respect the officials and each other.
14. Players participate at their own risk.
15. Teams who play first please help set up the goals; teams playing last please help to bring them in.
16. Scores are to be given to the Co-ordinator at the end of the game.