



Rules of 5 A Side

ALL LEAGUES ARE AFFILIATED TO THE NORTHUMBERLAND FOOTBALL ASSOCIATION

- 1) A match shall be played by two teams each consisting of not more than five players, one of whom shall be a goalkeeper.
- 2) Players may only be registered for one team per league; anyone found to be playing for more than one team will face disciplinary action.
- 3) A match will not be considered valid if there are fewer than four players in each team.
- 4) All free kicks are direct.
- 5) No heading of the ball is allowed-penalty for this is a free kick where the offence was committed.
- 6) The referee is the sole arbitrator in what constitutes a high ball, (normally above the height of the crossbar and rebound wall).
 - (a) A high ball off the goalkeeper gives a free kick on the corner spot.
 - (b) A high ball off an outfield player gives a free kick where the offence was committed.
- 7) **Players must stand two metres away from the ball at free kicks.**
- 8) Goals can be scored off the walls
- 9) The goalkeeper must return the ball with an underarm throw only, no kicks are allowed. Penalty for this is a free kick two metres outside the penalty area where the infringement took place.
- 10) Teams are only allowed one pass to the goalkeeper. Before an outfield player touches the ball. Penalty for this is a free kick where the second pass was made.
- 11) Teams are allowed two substitutes per game which can be rolling and made at the discretion of the referee.
- 12) No attacking player is allowed into the opposing team's penalty area. Penalty for this is a free kick where the player entered the area.
- 13) No defending outfield player is allowed into the opposing team's penalty area. Penalty for this is a penalty kick taken from the penalty mark.
- 14) The goalkeeper is not allowed to come out of the penalty area. Penalty for this is a penalty kick taken from the penalty mark.
- 15) Injured players who are bleeding will be sent from the field to seek medical attention and will not be allowed back on until they have been adequately treated. And the bleeding stopped.
- 16) **PROFESSIONAL FOUL.** A player, who is moving towards the opponent's goal with an obvious opportunity to score a goal, is impeded by unlawful means i.e. an offence punishable by a free kick, thus denying the attacking players team the goal scoring opportunity, the offending player should be sent off for serious foul play and a penalty kick awarded.

17) **Penalty kicks.**

- (a) A player may take two steps for the penalty before kicking the ball.
- (b) The ball must be placed on the penalty mark.

18) All teams must be in the same coloured shirts or they may be asked to play in skins. In the event of a colour clash, the away team must always change

19) To start and restart the game after a goal has been scored, the ball must be kicked off from the centre circle. The ball must be played backwards.

20) Teams arriving late may be penalised 1 goal for each minute late up to 5 minutes. After 5 minutes the game will be declared void and the rule 21 will apply.

21) Teams failing to turn up for a game will lose the game 0-5 and must pay the full court fee i.e. their own plus the oppositions fee.

22) **DISCIPLINARY ACTION**

All cautions and sending's off will be recorded and will result in the following suspension.

SENT OFF – Suspended for 4 weeks from **all leagues games**. Commencing one week after the incident. Notification will be sent to the secretary.

Professional Foul – Suspended for 2 weeks from all leagues.

2 cautionable offences – Suspended for 2 weeks from all leagues.

CAUTION – Suspended for the next game in the relative league in which caution took place.

A player will be cautioned for the following offences:

- (a) Unsporting behaviour.
- (b) Persistent misconduct.
- (c) Dissent.
- (d) Entering the field of play without permission.
- (e) Playing in a manner deemed by the referee to be dangerous i.e. shoulder charging, slide tackling.

A player will be sent off for the following offences:

- (a) Use of foul or abusive language.
- (b) Any act of serious foul play, professional foul.
- (c) Persistent misconduct after receiving a caution.
- (d) Any act of violent conduct.
- (e) Threatening behaviour, either before during or after the game.

23) **Disciplinary Procedure**

Cautions are automatic with no appeal. If a team secretary wishes to appeal against a sending off he must do so by letter only, this will be considered by the Management Committee within 48hours of the incident.

It should be noted that in all but exceptional cases the referee's decision will be upheld.

For more serious offences the Northumberland Football Association may be informed in such cases the discipline will be handled by them.