



LEAGUES RULES

1. TEAMS RULES

1.1 Teams will receive 3 points for a win and 1 for a draw and zero for a loss. League standings will be decided by points earned, followed by goal difference, followed by goals scored, followed by the aggregate result between the two teams in question, followed by a play-off.

1.2 Teams that cancel at any point before their scheduled match will result in a loss and deducted 3 points from their standings. (Exception: If both teams come to an agreement to re-schedule).

1.3 Teams may only register a maximum of 10 players (unless another figure is arranged by league organizers) and no player can be registered to more than one team in the same league division.

Any team playing an unregistered or suspended player will have 2 points deducted from their league total per suspended or unregistered player. Players playing while suspended will have a further three match ban added to the end of their current suspension.

1.4 All teams must be at the center and ready to begin the match at the appointed kick-off time. If a team is more than 5 minutes late their opponents may take a 1-0 lead. After 10 mins, this goes up an additional 2 goals to a 3-0 lead. After 15 mins, the game is abandoned, and the team takes a 3-0 win.

** League deposit is required upon registration; this includes paying for your last two games upfront. In return, you will receive your last two game FREE of charge**

2. GAMES RULES

2.1 Each team may have four outfield players and a goalkeeper on the field at any time.

2.2 Open Substitution

2.3 The match will consist of two equal minute halves – half lengths will vary depending the division.

2.4 Each half will begin with one team kicking off at midfield. After a goal has been scored the game will be re-started at midfield again. The ball must go backwards off a kickoff.

2.5 The ball is in play as long as it remains inside the field of play. Balls may be played at any height and can be played on rebounds off boards, cage, and netting.

2.6 No slide tackles are allowed. Infringement of this rule will lead to an indirect free kick being awarded against the offending player's team.

2.7 Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

2.8 An outfield player that enters his own goalkeeper's area and plays the ball will have a PENALTY KICK awarded against his team.

2.9 A goalkeeper gaining or seeking to gain an advantage by playing the ball when it is outside the area will cause a PENALTY KICK to be awarded against his team.

Teammate receiving the ball directly from the goalkeeper may not return the ball back to the goalkeeper - the ball must first make contact with another teammate or an opponent. Infringement will lead to a PENALTY KICK being awarded against the offending team.

2.10 An outfield player entering his opponent's goal area to seek advantage will be penalized by the award of an indirect free kick against the offending team from where the infringement took place.

2.11 Free kicks for fouls are direct. All other free kicks are indirect. Observe the referees signal. Opposition players must be at least five feet from where any free kick is taken.

2.12 Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the referee.

2.13 NO screw-in studded footwear is permitted to be worn by any player on the fields. Only training shoes, blades (not metal), molded studs and turf shoes may be worn. All Players must wear shin guards (dependent on organizer). The wearing of any jeweler is not permitted during play.

2.14 In the knockout stages (not league play), if the scores are level, penalties will decide who progresses through to the next round. (No extra time is played.)

Penalties consist of 3 per team - the winner is the team with the highest total. If scores are level after 3 penalties, the fourth and fifth player who finished the regular game MUST take the next penalties (inclusive of goalkeeper). Penalties from this point onwards (fourth penalty) are SUDDEN DEATH. No substitutes are allowed to take ANY of the penalties. After 5 penalties, if the scores are still level, teams continue to rotate kickers until a winner is decided. Players may not take any step before striking penalty kicks.

3. DISCIPLINARY RULES

3.1 Players may be sent to the 'sin bin' at the referee's discretion. Depending on the offence, the duration of the sin bin will vary at the referee's discretion. A player may only be sin binned once per game as a second offence would involve a sending off.

3.2 Players sent off for any reason will be suspended for one match and will miss the team's next game. Players sent off for serious foul play, foul or abusive language will be suspended for further games at the discretion of the referee and management.

If a player is sent off whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

If a team is permanently reduced to three players due to sending offs the game will end. The match will be awarded 3-0 to their opponents. If the score at the time produces a goal difference greater than 3-0 then that score will stand.

If a match is abandoned for any reason the team at fault will receive a 3-0 defeat unless the opposition already has a greater advantage in which case the score will stand. If both teams are judged to be at fault, then both teams will receive 3-0 forfeits against them.

The decision of the referee in all matters pertaining to the playing rules of an individual game is final.

The decision of LAB FIVE in all matters pertaining to the administration of the league is final.

LAB FIVE may overturn any rule if they feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.