

GENERAL RULES:

1. Players may enter the goal area to attack or defend: The ball is playable in the area.
2. Players can score in the area only if the ball strikes an opposing player with the exception of the goal keeper.
3. If the ball is in the area, standing foot must be outside the area and on the ground, then a direct goal can be scored this also applies to headers. If you jump you must land outside the area otherwise a goal will not be given.
4. All referees decisions are final. Do not argue as they are not going to change their minds. Arguing is a card offense.
5. Time starts when the referee blows the whistle upon entering the court. Not from kick off.
6. PLAY BY THE RULES.
7. To play SENIOR Leagues players must be 16 years and over.

SUBSTITUTIONS:

1. Substitutions may be made when the ball is out of play or on a stoppage, the referee MUST acknowledge all substitutions made.
2. No substitutions can be made in the last 3 minutes of each half. (Injured players can be replaced at referees discretion.)

CARD OFFENSES:

1. YELLOW CARD – WARNING, RED CARD - SEND OFF 2 YELLOW CARDS = RED CARD.
2. Red card is automatic 1 match suspension, harassing a referee is automatically 2 weeks suspension, fighting is automatically minimum 2 weeks suspension. Management has final say on all suspensions.
3. A player using bad or offensive language or behaving in a way that may discredit the centre may be sent off or asked to leave the premises.
4. Any player disputing the referees decision by word or action will be booked. This applies ON or OFF the field.
5. Any player pushing another player into the wall, this can be a card offense for dangerous play.
6. Any player DELIBERATELY ENDANGERING another player may receive a STRAIGHT RED CARD.
7. You cannot jump on or into a player, obstruct a player, hold back a player or charge a player into the wall, all are fouls and may result in a red or yellow card.
8. Each extra send off sentence will double. If a player gets sent off 3 times in 1 year, player shall receive a 1 year suspension.
9. Avoid the use of derogatory language based on GENDER: RACE: OR IMPAIRMENT all are card offenses.
10. Any player sent off or suspended at the centre CAN NOT play on ANY NIGHT, until sentence is served or suspension is completed and all fines paid. If suspended, an all clear from the management must be given before commencing play again. A 5-0 loss will apply.
11. If a player receives a red card he/ she can be replaced by another team member. The player sent off will be given a suspension by the centre.
12. ABUSE at ANY STAFF member will affect your time at the centre. This includes ALL players and their spectators of which the CAPTAIN is responsible.
13. See the card offense sheet.

MIXED COMPETITION EXTENDED RULES:

1. TEAMS MUST HAVE TWO GIRLS OUT FIELD ON THE COURT AT ALL TIMES (DOES NOT INCLUDE GOAL KEEPER).
2. TEAMS CAN ONLY SCORE FROM THE ATTACKING HALF OF THE COURT. KEEPERS FREE KICK WILL APPLY. BALL CANNOT GO OVER HALF WAY ON THE FULL