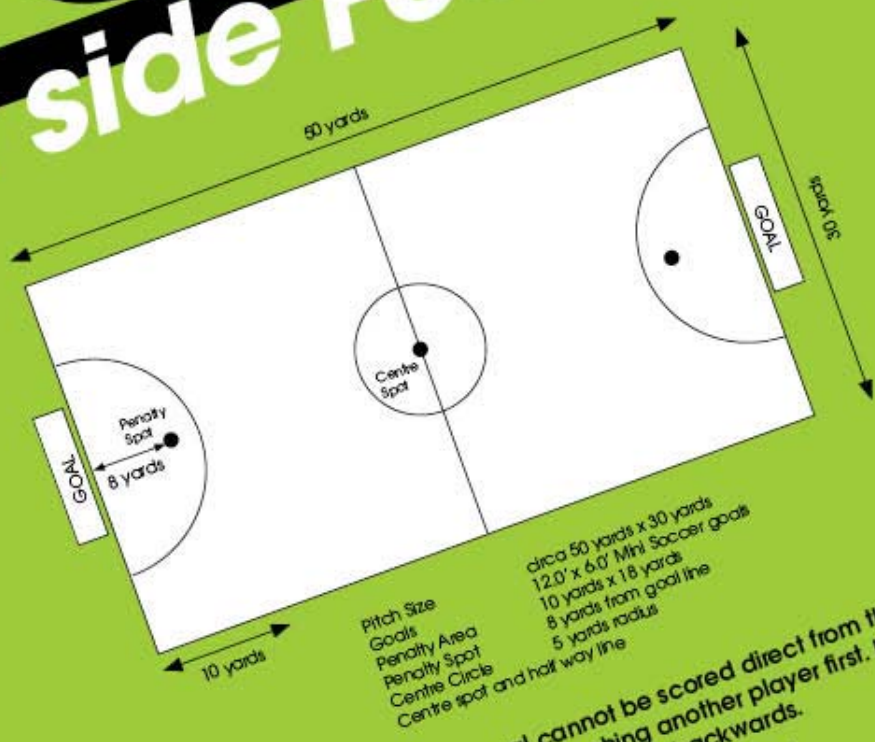


RULES of 5 a side Football



As for Association Football except :

- No offside rule.
- Duration of play – 5 minutes each way.
- The ball may not be played above head height. However if the ball deflects up off a goalkeeper making a save, play will continue.
- Back passes to the goalkeeper are allowed. However after receiving the ball from the goalkeeper it cannot be passed straight back to the goalkeeper.
- The ball may be played off the side and back walls.
- No one is allowed in the penalty area except the respective goalkeepers.
- The goalkeeper is not allowed out of his/her penalty area
- The goalkeeper from within his area may only roll the ball out under-arm.
- Sliding tackles are not allowed.
- The opposition must be a minimum of 2 metres from any free kick.
- A goal cannot be scored direct from the kick-off, without touching another player first. Kick-offs may go either forwards or backwards.
- A Penalty will be awarded if:
 - A player enters his own penalty area.
 - A goalkeeper goes out of his own penalty area.
 - The Penalty taker may only take one step.
 - An indirect free kick will be awarded if:
 - The ball is played above head height
 - The goalkeeper kicks or throws (over-arm) out of the area.
 - A player plays the ball straight back to the goalkeeper having received it from the goal keeper.
 - A direct free kick will be awarded if:
 - A sliding tackle is made.