Intra Mural 5-A-Side Rules

1. Teams will consist of a maximum of 9 players. No player can play for two different teams in the same league. Team lists must be supplied to reception before the start of the competition.

2. Players must be staff or students at the University. Each team will play two games per session. The games will last 15 minutes straight through. There are eight teams in each competition.

3. The league will be a Round-Robin format on a ‘home and away’ basis. Over seven weeks each team will play each other twice. Week eight will be play-offs/finals.

4. All fixtures will be refereed independently to ensure fair play.

5. All results and goal scorers are logged. Three points will be awarded for a win and one for a draw.

6. Falling behind on payments or failure to pay will result in no fixtures for that team and two 3-0 losses.

7. The schedule of matches will not be changed unless decided by the (organiser). A team will be awarded a 3-0 victory should their opponents fail to field a team.

8. Sending’s off are treated very seriously incurring an immediate two match ban, possibly longer. You may even be subject to the University Disciplinary Procedure.

9. Individuals will not be health screened prior to play and are advised to contact their GP if suffering from injury or illness that may be affected through participation.

10. All players will be provided with personal accident insurance cover, details may be obtained from the Manager of the Indoor Centre. Team captains are responsible for ensuring all players representing their teams are made fully aware of the Rules and Regulations before playing.

11. To start the game the referee will drop the ball between two opposing players. The game will restart from the goalkeeper when a goal has been scored.

12. There will be no half-time or change of ends. The first named team will be at the cricket nets end and will wear the coloured bibs. All games will start/finish on the whistle/hotter.

13. Once handled a goalkeeper must roll the ball out (no over arm throwing or kicking), infringement – **PENALTY.**

14. A player receiving the ball from the goalkeeper is not allowed to pass the ball straight back – **PENALTY**. If the ball comes to rest, or is in the area for a period of time – **PENALTY.**

15. There is to be **NO** slide tackling. An intentional slide tackle (referees discretion) – **RED CARD.**

16. All penalty takers are permitted to have only one step before striking the ball.

17. If a defender intentionally goes in the area – **PENALTY.** If the goalkeeper comes out of the area – **PENALTY**. If an attacking player goes in the area it’s a goal kick.

18. If a goalkeeper deliberately causes the ball to go above head height – **DIRECT FREE KICK** on the edge of the area (yellow line). In the case of a save the match shall continue.

19. The normal rules of football will apply including the red and yellow card systems, except for the following:

* All free kicks are direct
* Once handled, a goalkeeper must roll the ball out **(PENALTY)**
* Ball must be below head height
* No off sides
* No heading the ball **(FREE KICK)**

20. In the event of the whistle/hootoer blowing for full-time; if a **PENALTY** has been awarded it shall be allowed to be taken with the game being ended immediately after the kick has been taken (no rebounds).

21. All teams must provide their own kit predominantly of the same colour. In the case of a kit clash bibs will be provided.