

Local League Rules 2024 – 2025 Season

Basic Rules

- **No Running** - One foot must always be on the ground.
- **Three touch** - After third touch you **MUST** move away from ball.
- **Crossbar Height** - Referee's decision on crossbar height.
- **Absolutely No Contact** - No tackling from behind, no tackling from the side.

Running Fouls – Team Count

- Reaching **Four Running** fouls for **a team** is a Penalty to the opponents.
- Count resets to zero after the penalty.

Contact Fouls & Abuse

- These are dealt with by the Referee.
- Based on severity the Referee can issue an immediate Blue or Red Card.

Goalkeeper Related Rules

- **Pass back** - No restrictions on passing to and from the goalkeeper.
 - However, time wasting will be penalised.
- **Goalkeeper's area:**
 - Defender intentionally in the goalkeeper area – penalty.
 - Goalkeeper intentionally outside the goalkeeper area – penalty.
 - Attacker in goalkeeper area is goalkeeper's ball.
- **Goalkeeper Saves**
 - Ball goes behind the goal is always a corner ball.
 - Ball goes high and back onto pitch is goalkeeper's ball.
 - Ball goes high and falls back into the goal is a goal.
 - Ball goes high and off the pitch crossing the sideline is kick-in.

Restarts - Opponent must be three metre distance from all restarts.

Penalties - Spot is 1 metre outside goalkeeper area, penalty takers have 1 metre walk up.

Violent conduct or any abuse is an immediate **Red Card**.

Denying of a goal-scoring opportunity (DOGSO)

- Penalty to the attacking team and a **Blue Card** for the offender.

Blue Card sin bin – player must leave the pitch without replacement for 3 minutes.

The Referee's Decision is always Final..!!!