

## Over 35s 7-a-side Competition Regulations 2022

All players are responsible for reading and understanding the rules contained herein. If there are any rules that are not clear, please discuss these with the referee or competition administrator prior to the commencement of the game or at half time. Due to the time constraints of this competition the referees will not clarify rules or rulings during the game.

All participants are also required to read and understand the FA Code of Conduct, FNT Code of Conduct and FNT Social Media Policy. Unless otherwise stated in these competition rules, IFAB Laws of the Game (2022-23), FNT Disciplinary Regulations and FNT Senior Regulations 2023 will apply. In the absence of the 2023 Senior Regulations, the 2022 version will apply. All laws and rules are open to the interpretation of the referee and their decision is final. FNT Competition administrator/s may assist the referees in situations where they need assistance. FNT Competitions has the right to change the competition regulations without any notice to the teams participating.

### **RULE 1: TEAM COMPOSITION & PLAYER REQUIREMENTS**

- 1.1 A team may have a maximum squad of twelve (12) players.
- 1.2 Seven (7) players are allowed on the field at one time, one of which is the goalkeeper.
- 1.3 Four (4) players is the minimum number of players that a team can have without a forfeit resulting. Teams may commence games with four players.
- 1.4 In the event a team is permitted to play a game under 1.3, fill-ins are allowed. Fill-ins are only allowed up to the maximum of 2 substitutes. In the event where a team is found in breach regarding fill-ins, the competition administrator and/or match official will take the necessary actions. Matches may be counted as forfeit for the team who have more than the allowed fill-ins in their team.
- 1.5 In the event that the above rules are breached, an indirect free kick will be awarded to the non-offending team at the position of the ball at the time the offence is identified.
- 1.6 If a team forfeits 3 times, that team will be removed from the competition, however players from a removed team can join another existing team.



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- 1.7 All players must be registered and approved in Play Football for FFNT Social season prior to the match commencing.
- 1.8 All players are required to wear shin pads and will not be permitted to play if they do not wear them. NO SHIN PADS, NO GAME
- 1.9 No jewellery is permitted including but not limited to watches, necklaces etc

## Definitions

**Forfeit** – teams must notify the competition administrator before 12pm on the day of the match. If the notification takes place after 12pm, it will be deemed a no-show. A forfeit will result in a loss of 1 competition point.

**No show** – teams that do not turn up by the required kick off time or do not have the minimum number of required players result, will be deemed a no-show. A no-show will result in a loss of 2 competition points.

## RULE 2: FIELD

The field dimensions will be minimum 55m x 35m with a maximum of 60m x 40m with the goal dimensions 5m x 2m. Cones may be used to mark the fields when line marking is unavailable.

## RULE 3: BALL

Size 5 ball will be used.

## RULE 4: GAME DURATION

- 4.1 Games consist of 2 x 20min halves with the half time break not exceeding three (3) minutes. Teams must change ends at half time.
- 4.2 No clock stoppages will be made except under exceptional circumstances at the discretion of the Referee and Competition Administrator.
- 4.3 If a game commences late (and is not deemed a forfeit) then it still must finish at the scheduled time. If such a circumstance arises, the halves may be shortened. This is at the discretion of the Referee and Competition Administrator.



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## **RULE 5: GAME COMMENCEMENT**

- 5.1 Teams should arrive 15 minutes prior to the commencement of their match to allow for smooth transition of games.
- 5.2 Any team that is not ready to commence play with a minimum of 4 appropriate players (Rule 1), ten (10) minutes after the referee has signaled the game can start will incur a 0-5 forfeit loss. **NB.** The game may go ahead after 10 minutes; however, the 0-5 loss will stand regardless of the actual score.
- 5.3 If the game goes ahead as per Rule 1 and at any stage the number of players for any team falls below minimum requirement of 4, the game will be counted as forfeit loss. This includes a sin-bin player resulting in the team being reduced to less than minimum requirement.
- 5.4 In all circumstances, the game must finish at the scheduled time.

## **RULE 6: THE REFEREE (POWERS AND DUTIES)**

- 6.1 Where a referee has been appointed to a match, the referee has full authority to enforce the Laws of the Game in relation to the match. The referee's decisions will be made to the best of the referee's ability according to the Laws of the Game. The referee's decision is final.
- 6.2 This competition is social. Any rough play, abusive language, backchat or challenge to the referee's authority etc. **will not be tolerated.** Team captains must take responsibility for their team and ensure all matches are contested in the spirit of the game.
- 6.3 The referee may show yellow or red cards and, where competition rules permit, temporarily dismiss a player from entering the field at the start of the match until after the match has ended, including during the half-time interval and kicks from the penalty mark.

## **RULE 7: INTERCHANGE**

- 7.1 Players can re-enter the game as many times without notifying the referee, but it must occur only when the ball is out of play.
- 7.2 Substitutions must take place within three (3) metres of the halfway line.
- 7.3 The exiting player/s must be completely off the field before the substitution can take place.
- 7.4 The goalkeeper may also be substituted as many times as they like however, the referee must be notified, and substitution of a goalie can only occur when play is stopped by the referee. A goalkeeper must be clearly identified with a different coloured strip than outfield players.



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- 7.5 It is the responsibility of individual teams and team captains to ensure that they maintain the appropriate number of players on the field in accordance with Rule 1. It is **NOT** the responsibility of the referee to monitor this.

## **RULE 8: TEMPORARY DISMISSAL (SIN BINS)**

- 8.1 A temporary dismissal is when a player commits a cautionable (YC) offence and is punished by an immediate 'suspension' from participating in the next part of that match. The philosophy is that an 'instant punishment' can have a significant and immediate positive influence on the behaviour of the offending player and, potentially, the player's team.
- 8.2 Temporary dismissals apply to all players (including goalkeepers) but not for cautionable offences (YCs) committed by a substitute or substituted player.
- 8.3 The referee will indicate a temporary dismissal by showing a yellow card (YC) and then clearly pointing to the temporary dismissal area (the player's technical area).
- 8.3 The length of the temporary dismissal is the same for all offences; 5 minutes.
- 8.4 The temporary dismissal period begins when play restarts after the player has left the field of play.
- 8.5 Competitions must decide who will help the referee time the dismissal period – it could be the responsibility of a team manager/coach, FNT Staff on site or neutral volunteer; conversely it could be a team official.
- 8.6 Once the temporary dismissal period has been completed, the player can return from the touchline with the referee's permission, which can be given while the ball is in play.
- 8.7 The referee has the final decision as to when the player can return.
- 8.8 A temporarily dismissed player cannot be substituted until the end of the temporary dismissal period.
- 8.9 If a temporary dismissal period has not been completed at the end of the first half (or the end of the second half when extra time is to be played), the remaining part of the temporary dismissal period is served from the start of the second half (start of extra time).
- 8.10 A player who is still serving a temporary dismissal at the end of the match is permitted to take part in kicks from the penalty mark (penalties) Laws of the Game 2022-23.



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- 8.11 A temporarily dismissed player should remain within the technical area (where one exists) or with the team's coach/technical staff, unless 'warming up' (under the same conditions as a substitute).
- 8.12 A temporarily dismissed player who commits a cautionable (YC) or sending-off (RC) offence during their temporary dismissal period will take no further part in the match and may not be replaced or substituted.
- 8.13 Temporary dismissals may be reported to the competition administrator and further disciplinary action may be taken e.g. suspension for accumulating several temporary dismissals, as with cautions (YCs).
- 8.14 All cautions (YCs) are punished with a temporary dismissal, match official can use temporary dismissal on their discretion also. A Temporary dismissal could be used to control the behaviour of the players.
- 8.15 A player who commits a second caution (YC) in the same match will:
- receive a second temporary dismissal and then takes no further part in the match;
  - may be replaced by a substitute at the end of the second temporary dismissal period (this is because the team has already been 'punished' by playing without that player for 2 x temporary dismissal periods).

## **RULE 9: RULES DIFFERING FROM FIFA LAWS OF THE GAME**

- 9.1 Re-starts of play - All opposition players must be a minimum of 5m from the ball at any free kick restart.
- 9.2 Goal keepers - Goal keepers have 4 seconds to play the ball when in their hands. The ball can be thrown out or played off the ground. Drop kicks or punts are not permitted.
- 9.3 Goal keepers cannot pick the ball up directly from a deliberate pass back by a teammate. If this occurs, the opposition team will receive an indirect free kick on the 10m line.
- 9.4 Goal kicks - Goal kicks can be taken anywhere within the penalty area.
- 9.5 Slide tackles - Slide tackles are not permitted and will result in a caution and sin bin.
- 9.6 Penalty kicks - If an offence is committed that results in a penalty kick, the penalty kick will be taken on the 10m line.
- 9.7 Yellow Cards (YC) - All YC will result in a sin bin; as per Rule 8.



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## **RULE 10: WET SEASON STORMS**

- 10.1 Games will only be cancelled due to severe weather (lightning or cyclone) and will be at the discretion of the competition administrator or referee. Games will be played in the rain. No refunds will be given for games cancelled due to weather.
- 10.2 If a game is cancelled because of weather before the first half is complete, the game will result in a draw. If the game is cancelled during the second half period, the score at the time of the cancellation will stand as the final score of the game.

## **RULE 11: POINTS**

Points are awarded in matches as per below:

Win: 3 points

Draw: 1 point

Bye: 0 points

Loss: 0 points

Forfeit: -1 point

No-show: -2 points

In the event of tied points at the end of normal round matches, team placings will be determined by goal differential.

## **RULE 12: DETERMINING A WINNER**

Preseason 8 week (8 Feb – 29 Mar 2023)  
Social competition; no finals series

Main season 16 week (19 Apr – 20 Sep 2023)  
The competition will include a finals series. The team at the top of the ladder after the end of the completion will be deemed Premiers. Top four teams will play for Championship. Finals will be over two rounds. In semi-finals, first team in ladder at the end of competition will play the 4th team and second plays the third. Grand finals will be played between winners of semi-finals. Winner of Grand Finals will be deemed champions.

Post season 8 week (11 Oct – 29 Nov 2023)  
Social Competition; no finals series



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