



Extreme Football's Rules and Regulations

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1. Introduction

The following document outlines the rules and regulations that are implemented at extreme football. If you have any queries please don't hesitate to contact us at 0499 555 510 or at smallsidedsoccer@caulfieldparksportsclub.com.au

Please note: The onus is on the Team Captain or Organiser to ensure that all team members know and understand these rulings. In simple terms, it is the responsibility of each player to be familiar with the Rules of Competition.

2. Match Fees

Weekly Match Fee **\$90**

Registration Fee \$90 Registration fee is to be paid every season for all teams.

Match Fee: The match fee must be paid before the commencement of the game (Registration fee must be paid before the first game of the season). Payment can be made by either cash, credit card or bank transfer.

Teams **will not be allowed** onto the pitch if they have not paid their match fee.

3. The Team and Use of Fill in Players

Each Team shall consist of 5 total players, being made up of 4 outfield players and 1 goalkeeper.

The minimum number of players required to commence a match is 3

There is no limit to the amount of substitutes that a team may have

Players may not be members of more than 1 team that play on the same night

In the scenario where a team is short on players, they are more than welcome to bring in friends or other players (from different leagues) to play for them that night. Furthermore, if a team is struggling to find players, they can contact Extreme Football who will send out an email to the database requesting fill in players.

A player must have played at least 3 game for a team during the season to be able to play in the Finals.

Any breaches of the above rules may result in an automatic loss for the team and potentially further consequences up to the discretion of extreme football.

4. Match Details

Match Length: Matches consist of 2x21 minute halves

Season Length: Season lengths vary depending on which season. You will be notified in the weeks prior of the season about the length.

League Fixtures and Times: Fixtures will be released prior to the season. Preferences for time slots are allowed and we will do our best to accommodate these preferences, however this is not always possible. In fairness to all teams, we try to spread the match times out evenly.

Once the league starts, match times are set and cannot be changed. Misreading the fixture will not be considered as an acceptable excuse for missing the game.

Matches will go ahead at **all times**, including **all weather** conditions, unless Extreme Football decides otherwise. Games may be called off if the temperature makes play unsafe, to the discretion of Extreme Football weather policy. The Extreme pitch is an all-weather pitch and is not affected by rain.

Competition Points:

Win= 3 points

Draw = 1 point

Loss = 0 points

Bonus Points: 1 point for every 6 goals scored

Forfeit: A forfeit will result in an 8-0 loss to the forfeiting team.

5. Player Equipment and Attire:

Team Jerseys: All team members must wear the same primary colour shirt (bibs will only be provided, when there is a colour clash between teams).

If there is a colour clash in a certain fixture, the away team will be provided with bibs by the Venue Manager.

All Jewelry (chains, watches, earrings etc) must be removed before playing. Wedding rings may be taped, but this is up to the discretion of the referee

Shin pads are not compulsory but are highly recommended

Footwear: Boots are permitted (no blades or metal studs) as are futsal shoes and runners. A player will not be allowed to play if they do not have closed shoes.

All other equipment matters are up to the discretion of the referee.

6. Illegal Drugs/Alcohol

No individual will be permitted to participate in a match if it is suspected that he/she is under the influence of illegal drugs or alcohol. Offending players will face serious consequences.

7. Forfeits

The team that creates the forfeit will suffer the forfeit loss of 8-0. Please do everything you can to find in fill in players before making the decision to forfeit. Forfeits not only disrupt the running of the competition, but also result in the disappointment of the opposing team.

If a team forfeits a match **within 24 hours** of their game they will be required to pay the **\$90** game fee for that game.

If your team has no other option other than to forfeit, you must notify extreme football at 0499 555 510 or email.

If a team fails to complete a match or refuses to play against a certain team, the match will be forfeited and awarded 8-0 to the opposition team.

Friendly Scratch Match: In the case of a forfeit, Extreme Football will organize another team to play the team affected by the forfeit (who will still be required to pay the match fee) and an 8-0 win will be recorded. If a scratch match cannot be arranged, no match fee will be required.

Lateness: If a team is running late, the referee will start the clock 5 minutes after the designated starting time and the opposition team will start with a 2-0 score line and an additional goal will be added for every 2 minutes late. If the team has not arrived 15 minutes after the start of the game, they will officially forfeit the match (8-0).

8: Rules of Extreme Football

The referee's decision is final. The referee must be treated with respect from all teams. If a player or team is found guilty of abusing or intimidating a referee, they can be removed from the competition.

1. Unlimited substitutions can be made unless it is in the last minute of the first half or the last 3 minutes of the 2nd half. Within these periods **no substitutions can be made**
2. Teams must play with a designated Goalkeeper (the goalkeeper can change throughout the game but **must comply with the substitution rule**).
3. Substitutions are only to be made when there is a stop in play and the team wanting to make the substitution has possession of the ball. The team without possession of the ball **can** make a substitution at this time. Both teams can make a substitution after a goal.
4. Kick offs must be played backwards and are indirect, meaning that it is not a goal unless it touches another player on route to goal.
5. Play is **continuous** off the boards – there are NO outs
6. For safety reasons, minimum contact with other players is permitted on or around the pitch kickboards
7. Players cannot rest against the kickboards and use it to their advantage. A warning will be given, followed by free kick will be awarded against the offending player
8. There is no offside
9. If the ball leaves the field, the opposite keeper to the team that last touched the ball will resume the match. If the ball gets stuck in the net, or the referee is uncertain whom the ball touched last, the Goalkeeper whom was closest to the ball will gain possession.
10. Outfield players are not allowed inside the 'D' area and Goalkeepers are not allowed to be outside the 'D' area. These rules do not apply if the violation does not affect play. If a team violates this rule in the opposition's 'D' area, it will result a goalkeeper's ball. If a team violates this rule in their own 'D' area it will result in a penalty kick against them. If the ball is touching the D line, it will be considered still in play for both keepers and outfield players.
11. Opposition players must move back 2 metres when free kicks are taken. If they fail to do so, a yellow card may be awarded. If the free kick is within 2 metres of the D, the ball is moved back 2 metres from the D to allow opposition players to defend. If the free kick occurs on the wall, the ball will be placed on the white marking line closest to the board.
12. Heading is **not permitted**; a free kick is awarded against this infringement. This does not include unintentional touches on the face

13. **No tackling from behind** – our referees are trained to watch this rule closely. This is to be interpreted as not to tackle a player in possession whilst their back is toward you, **especially** when they are around the walls. You are allowed to stand your ground, and a player backing into you will be called play-on
14. **No slide tackles** – if the referee deems a foul to be of a dangerous/harmful nature, a yellow or red card may be awarded.
15. Players may not play the ball while they are on the ground. A violation of this rule will result in a free kick
16. **All Free kicks are direct**
17. A defender who has received the ball from the player's goalkeeper **may not intentionally return the ball directly with the goalkeeper**. A minimum of one other player from either team must make contact with the ball first. A breach of this rule will result in a direct free kick against the offending team, to be taken from where the ball was played. Should a goalkeeper decide not to touch the ball from a direct pass back, described above, but the ball stops inside their D area, this will be deemed a pass back as the goalkeeper has no option but to handle the ball.
18. Players must not use the corner or boards to waste time during a match. You will be asked by the referee to bring the ball out of the corner (given 3 seconds), and failure to do so will result in a free kick to the other team. There is an onus on the defending player as well to not 'blockade' a player in the corner
19. Players are not allowed to disrupt the goalkeepers attempt to release the ball (even if the player is outside the 'D' area).
20. The clock will always run unless there is a significant forced break in the match; these include injuries to players, time wasting (kicking the ball away) and also deliberate fouls towards the end of a half
21. Goalkeepers must release the ball **in an underarm motion (less than 90 degrees)**. The ball may be put down and kicked by the goalkeeper, but may not be dropkicked or kicked out of the hands.
22. If the referee has to stop the game for reasons not mentioned, the Goalkeeper whom was closest to the ball will gain possession.
23. A goal will be rewarded only when the **entire** ball has crossed the line.
24. If the whole ball has not crossed the line when the siren goes it will not be considered a goal (except in the case of a penalty or direct free kick).
25. Direct free kicks and penalty kicks awarded before the siren, must be played.

26. A player may only take **one step** when taking a penalty (from their starting position) – all other players must stand behind the ball and the keeper must stay on their line until the ball has been kicked.

Accumulated Fouls:

Once a team has accumulated 5 **contact fouls** the ensuing fouls will result in a penalty kick against that team.

The accumulated fouls resets back to 0 at half time.

Discipline:

Yellow Cards:

Any player issued a Yellow Card is subsequently placed on a warning for an infringement of the rules.

Receiving two (2) Yellow cards in one match is equivalent to a Red Card and will result in a minimum one (1)-match suspension.

Three (3) Yellow cards incurred in a season will result in a 1-match suspension.

Red Cards:

Any player given a Red Card is to leave the court for the rest of the game with a minimum suspension of one (1) week, possibly more, depending upon the severity of the offence.

Teams may not replace a player who has been given a red card.

The appointed referee also has the right to request the offending member(s) vacate the facility depending on the offence

Player Conduct:

All individuals participating at extreme football are expected to adhere to the rules of the game and act in a civil manner at all times. All players are to demonstrate respect for the opposition, referees, venue managers and the facility itself. Any breach in behavioural standards will result in expulsion from the league.

Extreme Football is fully committed to providing a fun, fair and safe environment with players and teams playing in the right spirit. Extreme Football has a zero-tolerance policy towards violence and racial abuse.

Other Incidents:

Blood Rule: If a player is bleeding, the player must vacate the court immediately to seek treatment and may only return once the wound has been covered with appropriate bandaging. Furthermore, a player cannot return to the field if blood is on their clothing/body, the clothing must be changed before returning to the field.

Hot Weather Policy: If the temperature exceeds 35 degrees, games will contain a further stoppage halfway through each half, for at least 2 minutes, allowing the players to have a water break. Furthermore, the referee may consider shortening the game, if they deem that the hot conditions are excessive.

9: Finals

If teams are on equal points at the end of the season, positions will be decided on the following (in order)

- Goal difference
- Goals scored
- Goals conceded

If teams are still tied after these 3 differentiators, action shall be taken by Extreme Football

10 team leagues will have 2 weeks of finals with the following format

Week 1:

Major Finals:

Team that finishes 1st vs. Team that finishes 4th

Team that finishes 2nd vs. Team that finishes 3rd

Minor Finals:

Team that finishes 5th vs. Team that finishes 8th

Team that finishes 6th vs. Team that finishes 7th

Other Fixture:

Team that finishes 9th vs. Team that finishes 10th

Week 2:

Major Grand Final:

Winner of Semi Final 1 vs Winner of Semi Final 2

3rd place playoff:

Loser of Semi Final 1 vs Loser of Semi Final 2

Minor Grand Final:

Winner of Semi Final 1 vs Winner of Semi Final 2

Other Fixtures:

Loser of Semi Final 1 vs. Team that finishes 9th

Loser of Semi Final 2 vs. Team that finishes 10th

If it is a tie at the end of regular time, a penalty shootout shall occur (best of 3 penalties). If after 3 penalty kicks, the teams are still drawn, penalty kicks will continue under a sudden death format.

10. Extreme Football Management

Any issues not covered within this document are up to the discretion of the Referee and Venue Manager of Extreme Football.

At Extreme Football we have a strong emphasis on enjoyment, participation, fitness and fun, whilst maintaining a competitive spirit. The rules and regulations are in place to ensure that this is the environment when players are on and off the pitch at Extreme Football.

If you ever have anything constructive to say, please do not hesitate to contact us at smallsidedsoccer@caulfieldparksportsclub.com.au or on 0499 555 510.

Extreme Football Management