



## **RDS Summer Football Rules**

### **Team Rules:**

- 9th/10th grade to setup Goals (Please arrive 10-15 minutes before the first game)
- Youth/Senior to move goals/take down nets and pack up after their last game.
- Teams on the field consist of seven players at one time
- A maximum of 3 substitute players
- All players must be registered for the teams they play in
- Teams must start the game with 5 players at least or lose by default
- All teams must provide their own referee for a half each

### **Equipment:**

- Teams must have an IDENTICAL coloured shirt (NO RDS KITS!) Bibs will be provided should there be a clash.
- Moulded/plastic boots & Turf/indoors shoes allowed – NO bare feet or Metal studs
- 9th – 12th grade – Shinpads are a must
- Youth/Senior – Shinpads are a must



### **Playing Rules:**

- 9-12th grade Matches will be 15 minutes each way with instant turn around.
- Youth/Senior matches will be 20 minutes each way
- Rolling substitutions
- Games commence on the sounding of the 'Hooter'
- The 'Hooter' will sound for half-time, which is a straight turnaround with no stoppage
- The referee's decision (right or wrong) is final

### **Above rules apply with the following exceptions:**

- There are NO slide-tackles permitted whatsoever (Free kick will be given)
- There are NO offsides
- NO throw ins, instead, place the ball down and kick in below the knees
- Goalkeeper CANNOT pick the ball up from a pass back (Indirect free kick will be given)
- No shooting within the goal D area except from when a corner is taken
- Both players and goalkeeper are allowed inside and outside the D goal area
- Goalkeepers can only use their hands to handle the ball inside the D goal area
- No goal kicks roll outs only from the D area
- Juniors – There is no retreating lines