

# Simplified Laws of the Game

(Guide only – refer to full FIFA Laws for details)

## Setup & Pack Down

- First teams on pitch → set up a goal each on your field.
- Last teams on pitch → take a goal each and return to the lock-up zone.

## General Play

- Kick-off: ball can go forward or backward. You cannot score directly from a kick-off.
- Teams: 5 players on the field. Max 10 players per night (players can change week to week).
- Substitutions: Unlimited “flying subs” from your own half (no need to notify referee).
- No offside rule.
- **Ball out of play:**
  - Over sideline → place ball on line, kick in from stationary position to another player.
  - Opponents must be 2m away.
  - Over goal line → ball must be fully over for out/goal.
- **Scoring:**
  - Cannot score directly from a kick-in (must touch another player).
  - Can score directly from a corner.
  - Can score from anywhere in open play

## Timing & Restarts

- 4-second limit for kick-ins, corners, and free kicks
- Games are 2 x 13-15 min halves with no stoppage at half-time (straight turnaround).

## Fair Play & Safety

- **No slide tackles** or playing on the ground.
- **No dangerous play.**
- This is a social competition – teams are expected to referee their own games.
  - *One person from each team referees a half or 1 person agreed to by both teams*
- **Respect the referee and the opposition, be honest, play fair. No arguing.**

## Other Rules & Conditions

- Players must be 15 years old or older
- Shinpads recommended
- Men's teams: no special scoring rules.
- Mixed teams: goals scored by a female = 2 points (*if more than 3 women on pitch at one time; goals revert to 1 point each*)
- Points system:
  - Win = 3
  - Draw = 1
  - Loss = 0
  - No corner points
- Approx. game times: 6:30 / 7:10 / 7:50.