



North Eastern Region Inter College Tournament Assam Don Bosco University, Azara

Email: nerict@dbuniversity.ac.in , Web: <https://nerict.dbuniversity.ac.in>



Rulebook for Football

Inside the field- 5-on-5 Football

1. A maximum of eight players per game may be used. All players must be listed and checked off on the referee's team sheet prior to kick off.
2. Each team may field four outfield players and a goalkeeper on the pitch at any one time. Teams have a maximum of three players for substitutes.
3. Substitutes can only be requested:

- after a goal has been scored
- when a team's keeper has the ball in his hands

NOTE: If the referee grants permission for the substitute, the opposition may also make a substitute provided they do not delay the game.

4. There are no limits to the number of substitutes that a team can make. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

5. A change of goalkeeper must be authorized by the referee.

6. For the safety of ALL players: No bare feet, thongs or sandals are permitted to be worn by any player. All other sporting footwear is permitted unless specifically stated by sports management. All players must wear shin pads. The wearing of any form of jewellery, including watches, is not permitted during play.

7. All teams must wear matching-coloured shirts or playing strips. No club or international jerseys may be worn onto the field. For the first infringement of wearing inappropriate jerseys, NERICT will supply bibs.

8. A goal cannot be scored directly from a centre kick. The ball must first be touched by another teammate before a goal will be awarded.

9. The defending players must keep a distance of two meters from the center kick.

10. The goalkeeper is the only player allowed to play or handle the ball inside the goal area.

The goalkeeper may pick the ball up any time it is in the goal area. The ball is deemed to be in the goal area if it is touching the goal circle.

11. The ball must not be played above kick-board height (1.2m). An indirect free-kick will be awarded against the last person to play at the ball before it goes above kick-board height, at the point where the ball was played.

12. A goal may be scored from any point within the field of play. Goalkeepers cannot score directly in general play (the ball needs to touch another player on the way through- the opposing



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goalkeeper does not count), but can take part in penalty shoot-outs. Goalkeepers are not permitted to take regular spot penalties.

13. Players must maintain their feet at all times when they are engaging the ball and /or other players. Slide tackles are forbidden. Players must not use defensive slides to intercept a ball regardless of whether they are near another player or not. Players must not use attacking slides when shooting for goal or when passing.

14. Body checks, or charging of opponents is not allowed. There should be only minimal contact of players when near the boards.

15. When the ball is played into the corners of the pitch, the player who retrieves the ball must be allowed to take the ball out unhindered by the opposition, without delay. A defending player who makes contact with the ball player while he is in the corner will have a direct free kick awarded against him. The ball player will have no more than 5 seconds to bring the ball back into play.

16. Serious foul play will be penalised with a spot penalty and the guilty player may face sin bin, send off, suspension or banning. Spot penalties for fouls are at the discretion of the referee.

17. Foul play includes the following:

- unnecessarily rough play (severe body checking, deliberate tripping, bringing down an attacker in a goal scoring situation etc.)
- spitting
- insulting language / racial vilification
- violent conduct
- insulting / obscene gestures
- repeated infringements

18. The goalkeeper must maintain a position directly in front of the goal when a spot penalty is being taken. Players may take a maximum of one step whilst taking a penalty.

Example: A right footed kicker's only movement will be either to his left foot before kicking, or kicking with the right foot from a standing posture.

19. Penalty shootouts- Every player on the field at the final whistle must take one kick each, (i.e. 5 shots each team) and if scores are still level sudden death rules apply. Sudden death is when a team reaches a goal advantage after an equal number of shots per team.

REFEREE'S decision will be the final decision:

The Referee's decision on all on-field matters is final and no discussions will be entered into either on or off the field with him / her about any decision. Players repeatedly disputing decisions may face yellow or red card action from the referee, and may be subject to suspension and/or ban.