

Football Rules

1. 7 a-side with roll on, roll off substitutions.
2. Each half is 20 minutes long.
3. Goalkeepers may not drop kick the ball out of their hands.
4. When a team is awarded a goal kick, the opposing team must retreat to their own half.
5. Offsides are not played.
6. Heading is currently allowed.
7. Normal throw ons.
8. Referee supplied by the home team