



**A team is composed of:**

- 5 players
- 4 field players, 1 goal keeper

**Game Format:**

- Game times vary with each tournament.
- 2 minutes warm-up period before each game starts
- Teams must be ready before the start of a game

**Code of Conduct for Freedom Sports Soccer:**

1. All games are to be played under the official Freedom Sports Indoor Soccer Rules.
2. Number of Players - At least 5 players must be registered but a maximum of 12 per team. Mixed teams must have 1 female on court at all times.
3. Uniform - Must be of same colour, shade and design. Bibs are available from a Freedom representative.
4. Registration fee is to paid in full prior to start of tournament..
5. Late arrivals - Teams failing to arrive on court at the designated game time will default the game.
6. Defaults - Any team not able to play a scheduled game should notify Freedom Sports before midday of the day of play.
7. Food and Drink - Not permitted into the playing area.
8. Expulsion from the Freedom League - Breaches of Freedom Code of Conduct, especially violent conduct, dangerous play, persistent infringement, swearing, or showing disrespect toward the referee may result in a player or a team being expelled from the League. Verbal or written warnings will be given at the discretion of the soccer co-ordinator.
9. Disputes - Must be referred to the Referee through the Team Captain, or in writing to the soccer co-ordinator. The referee's decisions during the game are final. Remember this is all about FUN.

**Rules for Freedom Sports Soccer Leagues:**

1. A minimum of 4 players are required to start the game.
2. Kick-off must travel forward of the halfway line. During kick-off the opposition must be standing behind the second yellow line.
3. The walls can be used during play. Both hands cannot make contact with the wall whilst in play unless pushed from behind (one hand only – no holding).
4. The ball must not be kicked above head height (or height indicated on wall) during general play. An indirect free-kick is awarded when the ball goes above height restriction.
5. If the ball deflects off the goalkeeper and into the air above head height (classed as a save) play will carry on.
6. Field players cannot touch the ball inside the goalkeepers circle and the goalkeeper cannot touch the ball outside the circle. This includes if any body part is in/outside of the circle when the ball is touched – i.e. a player with a foot inside the circle cannot touch the ball even if the ball is outside the circle. This will result in a penalty shot at goal. If a players' momentum carries them into the circle this is fine provided the ball is not played inside the circle in any way.
7. Defenders and attackers are not allowed to cut through the goalkeepers circle at any time.
8. The goalkeeper is not allowed to handle a back pass. The penalty is an indirect free kick.



9. The goalkeeper has 5 seconds to release the ball. The penalty is an indirect free kick.
10. If the goalkeeper throws or kicks the ball over the height restriction he gives away an indirect free kick (clearances only, not saves or deflections).
11. Any malicious or persistent fouls during the game will result in a yellow or red card. A yellow card may also be accompanied by a 2 min sin bin. Two yellow cards will result in a red card. A red card is a sending off for the remainder of the match.
12. Any red card will result in a one match ban. Any violence used during the games will result in a minimum two game ban. The total length of suspension is at the discretion of the referees.
13. No abusive foul language directed at any players or officials. This will result in a yellow/red card.
14. If a team asks for the 1 metre to be marked at a free kick they must wait until the referee blows his whistle before taking the free kick. Otherwise the free kick may be taken as quickly as possible provided the ball is on or behind the mark and there is no unfair advantage due to a change of ball position.
15. In a direct free kick situation, the defensive wall must be positioned at least 1 metre from the ball. If the ball is closer than 1 metre to the goal circle, the defensive wall must stand on the outer edge of the circle and the ball may be taken back the appropriate distance.
16. No slide tackling - indirect free kick.
17. A team may only change goalkeeper when the ball is not in play. The referee must be notified of the change before it can take place.
18. All substitutions must be made when ball is either out of play or in the control of goalkeeper. Oncoming player must not enter field of play until leaving player is out of field of play. All substitutions must be brought to the attention of the referee.
19. A goal cannot be scored direct from a kick off unless the ball touches another player.
20. You must be on your feet at all times when playing the ball - indirect free kick.
21. Any damage to property will be the responsibility of those involved. Repairs may be charged to the team that causes the damage.
22. All jewellery must be removed before the game. This includes rings, watches, bracelets, necklaces, and earrings.