

LEAGUE PLAYING RULES

Quick Guide

A guide for referees to quickly reference rules of Powerleague's 5-a-side leagues.



1. Teams can field four outfield players (six for 7-a-side) plus a goalkeeper and three substitutes, from a squad of 15 registered players.
2. Substitutes are unlimited but you must ask the referee first and it must be during a dead ball (free kick, after a goal or for an injury) situation.
3. Shinpads are compulsory. Astroboots, trainers or soft moulded boots are the only footwear permitted.
4. If attackers enter the opponent's area it's an indirect free kick. If defenders enter their own area it's a penalty.*
5. If the keeper plays the ball outside the area, it's a penalty.
6. The goalkeeper must return the ball using an underarm bowling action (otherwise free kick 2 metre outside area)
7. No play above head height (6ft), or indirect free kick. No headers.
8. If the ball parries off the goalkeeper out of play, it's a rollout to the keeper.
9. If a player gets the ball from his keeper, he can't pass it straight back (indirect free kick 2 yards outside box).
10. No sliding tackles
11. Blue cards (2 minute sin bin) will be awarded for any relevant offences (see full rules for details)
12. Any serious offences will result in a red card (see full rules for definition)
13. Stand 1 metre minimum from a free kick. Free kicks will be placed 2 metres from kick boards or goal areas.

*Some Clubs, particularly Soccerdomes, employ different rules whereby players can enter the area but not score. Please enquire.

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