



**NORTHERN
SUBURBS
FOOTBALL**
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COMPETITION REGULATIONS

7. MODIFIED FOOTBALL

2023

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7.1 INTRODUCTION

These regulations apply to all Summer Football and modified Winter competitions unless otherwise stated.

The NSFA Competitions Department reserves the right to alter any articles within this document at its sole discretion (subject to the authority of the Board) **BOD 03/23**

7.2 GLOSSARY OF TERMS

- **Abandon/Abandoned** – a match stopped by the referee after it has started and then not restarted.
- **Accumulated foul** – the sixth foul onwards committed by a single team in a single half
- **Age-eligible** – eligible by date of birth to play in an age group.
- **Bye** – in divisions with an odd number of teams, where a team does not have an opponent in a round of matches.
- **Cancel/Cancellation** – a match that has been cancelled will not be re-scheduled.
- **Competitions Department** – NSFA office staff that manage all modified competitions.
- **Dispensation** – permission for an exception to a regulation.
- **Division** – a group of a minimum of six (6) teams determined by the Competitions Department that play a round robin.
- **FA** – Football Australia
- **FIFA** – Fédération Internationale de Football Association
- **First penalty mark** – marked six (6) metres from the centre of the goal line.
- **Forfeit** – where one team or squad is unable field a full team or squad in a match or fixture.
- **Friendly** – a match organised between two teams that is not included in competition tables.
- **Game** – the sport of football (soccer) in general.
- **Interchange** – temporary replacement of a player during a match.
- **KDFRA** – Ku-ring-gai & District Football Referees Association; supplier of qualified match officials to NSFA Modified.
- **Match** – contest between two (2) teams or squads.
- **Modified Football** – played on modified fields with modified goals and fewer than eleven (11) players on each team.
- **NSFA** – Northern Suburbs Football Association Ltd.
- **P.D. & D.C.** – Protests Disputes & Disciplinary Committee
- **Player Registration System** – computer program used to store player registration details and formulate competition draws.
- **Portable goalposts** – goalposts that can be put in place and then removed and stored elsewhere.
- **Postpone/postponed** – a match that has been postponed may be rescheduled later.
- **Re-grading** – moving a team to a higher or lower division based on results after three rounds of matches have been played.
- **Round Robin** – every team plays the other teams in its division over a period specified by the Competitions Department.
- **Second penalty mark** – marked eight (8) metres from the centre of the goal line.
- **WWC Number** – Working with Children Number. This is a legal requirement for any person employed by a team in a position involving supervision of children.

7.3 COMPETITIONS DEPARTMENT

The Competitions Department shall be empowered to deal with all modified competition matters pertaining to the relevant competition categories (subject to the authority of the Board):

- a) Senior Men's Summer – all Senior Men's Summer football over the age of 18. **BOD 03/23**
- b) Senior Mixed Summer – all Senior Mixed Summer football over the age of 18.

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- c) Junior Mixed Summer – all Junior Mixed Summer football from Under 8 to Under 18;
- d) Junior Girl's Summer – all Girls-only Summer football from Under 8 to Under 16. BOD 03/23
- e) Senior Women's Summer – all Summer football over the age of 16. BOD 03/23
- f) Women's Winter – Women's Over 30 modified football.

7.4 COMPETITIONS OFFERED

The following competitions are available for entry provided the Competitions Department receives enough entries. The Competitions Department will offer competitions and non-competitions on designated nights at designated venues.

7.4.1 Senior Mixed / Senior Men's Summer Competitions BOD 03/23

- a) All Age – 6-a-side teams; round-robin league format.
- b) Mixed All Age – 6-a-side teams with minimum number of female players; round-robin league format.
- c) Over 35s – 6-a-side teams; round-robin league format.
- d) Over 45s – 6-a-side teams; round-robin league format.

7.4.2 Junior Mixed Summer Competitions

- a) Under 12s – 6-a-side teams; round-robin league format.
 - b) Under 14s – 6-a-side teams; round-robin league format.
 - c) Under 16s – 6-a-side teams; round-robin league format.
 - d) Under 18s – 6-a-side teams; round-robin league format.
- Under 13 and Under 15 may be offered if enough teams express interest.

7.4.3 Junior Girls' Summer Competitions BOD 03/23

- a) Under 12s – 6-a-side teams; round-robin league format.
- b) Under 13s - 6-a-side teams; round-robin league format
- c) Under 14s – 6-a-side teams: round-robin league format.
- d) Under 16s - 6-a-side teams; round-robin league format

7.4.4 Senior Women's Summer Competitions BOD 03/23

- a) All Age - single teams; round-robin league format.
- b) Over 30 - single teams; round-robin league format.

7.4.5 Junior Mixed and Girls' Summer Non-Competition Football

- a) Under 8 Junior Mixed – single teams; round-robin format; no table.
- b) Under 8 Girls'- single teams; round-robin format; no table.
- c) Under 9 Junior Mixed – single teams; round-robin format; no table.
- d) Under 10 Junior Mixed – single teams; round-robin format; no table.
- e) Under 10 Girls'- single teams; round-robin format; no table.
- f) Under 11 Junior Mixed – single teams; round-robin format; no table.

7.4.6 Modified Winter Competitions

- a) Senior Women's Over 30s - 6-a-side teams; round-robin league format. BOD 03/23
- The Competitions Department will schedule matches in a) above on Saturday afternoons. No matches will be scheduled on the middle week of each school holiday break.

7.5 TEAM NOMINATION

- a) The Competitions Department shall publish a closing date for the entry of teams into its competitions.

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- b) Entries to Summer Football may be submitted by NSFA-affiliated clubs, non-affiliated clubs or individuals. All teams must enter via the NSFA player registration system. – [click here](#)
- c) Each team entry must include the name and contact details of the team manager. The Competitions Department will not schedule any matches for teams until they have complied with this clause.
- d) Team officials in teams from Under 12 to Under 18, or any All Age team that may, from time to time, include players under the age of eighteen (18), must provide the Competitions Department with his/her WWC number at the time of registration. The Competitions Department will not schedule any matches for teams until they have complied with this clause.
- e) Following the closing date for entries, the Competitions Department shall arrange suitable competitions for each age group offered, provided there are enough entries.
- f) Each team must register a minimum of six (6) players and may register a maximum of twelve (12) players.
- g) Team fees differ according to the Summer Football centre at which the team is playing as well as the length of the competition and will be advised at time of entry. The team manager is responsible for collecting team fees.
- h) NSFA-affiliated clubs **ONLY** may enter Modified Winter competitions. All teams must enter as per **Section 2.5 of NSFA Competition Regulation 2 – Competition Football**.

7.6 LATE TEAM ENTRY

The Competition Department may accept late entries if it leads to the elimination of a bye in a relevant competition.

7.7 REFUND POLICY – SUMMER FOOTBALL ONLY

- a) If a team withdraws after the draw is published and before the competition starts the Competitions Department shall issue a fine equivalent to 25% of the relevant team fee. The remainder of the team fee shall be refunded.
- b) If a team withdraws after the competition has started the team fee will not be refunded.
- c) If a player withdraws then any refund will be the responsibility of the team manager.
- d) The Competitions Department may waive a) or b) above on compassionate grounds or other exceptional circumstances.

7.8 PLAYER ELIGIBILITY

The following criteria define player eligibility:

- a) Players must register via the FA Player Registration system – [click here](#).
- b) Players under suspension are not eligible to play until they have served their suspension. (Refer to **NSFA Competition Regulations 4 – Protests, Disputes & Disciplinary and Appeals**).
- c) Persons of any gender may play in Junior Mixed football. Only female players may play in Girls and Women's football. Only male players may play in Senior Men's football. If a female wishes to play in Senior Men's football they can do so by completing a **CF15C – Female Playing in Senior Men's Competition Consent** form – [click here](#) BOD 03/23
- d) All players must meet the age criteria of the competition in which they are playing, relevant to the winter season immediately before the summer season. Age Eligibility document can be found on the NSFA website - [click here](#)
- e) No junior player shall play in an age group more than two (2) years higher than they are qualified for, unless they have been granted dispensation by the Competitions Department (refer **Section 7.8.1** of these Regulations).
- f) Junior Mixed and Junior Girls' players may play in a higher age group (or competition) than that in which they are registered if they meet the age requirements.

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- g) Players in Over-Age competitions must be turning the relevant age in the current calendar year.
- h) Players cannot play for more than one team in the same age group/division.
- i) Players are not permitted to play in a division lower than the one in which they are registered. **BOD 03/23**
 - i) If the competition is split into 'Pools' (i.e. unranked and unseeded) then they are permitted to play in different Pools. **BOD 03/23**

7.8.1 Dispensation

Teams and individuals may apply to the Competitions Department for dispensation from the restrictions in **Section 7.8** of these Regulations.

7.9 MATCH CARDS

Summer Football

- a) Electronic match cards are used for all competition age group matches, including friendly matches. If, for whatever reason, electronic match cards are not working, paper match cards will be provided by the Ground Controllers at the venue. **BOD 03/23**
- b) Before the match, the two team managers must mark all players as 'Available' and 'Playing' on the electronic match card and submit their own team prior to the scheduled kick-off time. **BOD 03/23**
- c) The match card must then be approved by the opposition team manager prior to the scheduled kick-off time. **BOD 03/23**
- d) The referee will not commence the fixture until both teams have confirmed the team list of the opposition team. **BOD 03/23**
- e) At the conclusion of the match both managers shall confirm that the score entered on the match card is correct.
- f) If using paper match cards, the referee is responsible for submitting the Match Card to the Ground Controller after the match, not the team managers. **BOD 03/23**
- g) Match cards are not required for non-competition age groups.

Winter Modified Football

Electronic Match Card (EMC) is used for all Modified Winter Football matches as per the conditions outlined in **Section 2.8 of NSFA Competition Regulations 2 – Competition Football**.

7.9.1 Matches in Dispute

- a) Managers are encouraged to settle any dispute at the match. However, if this is not possible, a team manager may dispute the result of the match, in writing, to the Competitions Department at competitions@nsfa.asn.au.
- b) Disputes must include detailed reasons for the dispute.
- c) All decisions of the Competitions Department are final and there is no right of appeal.

7.10 DUTIES OF TEAM MANAGERS

Summer Football

Team managers shall perform the following duties on match days:

- a) Introduce themselves to the referee and assist the referee as requested.
- b) Complete the electronic match card before the match and verify the score after the match.
- c) Carry a printed sheet of ID photos.
- d) Conduct an ID check with opposition manager before the match.
- e) Ensure all players are wearing the correct attire.
- f) Ensure players sent from the field of play leave the vicinity of the field of play.
- g) Ensure alcohol is not present.

Winter Modified Football

NSFA Regulations

As per **Section of NSFA Competition Regulation 2 – Competition Football.**

7.11 FORFEITS

Summer Football

7.11.1 Forfeits

- a) Where a team forfeits a match in Summer Football, the opposition shall be awarded a 5 - 0 win.
- b) Where both teams forfeit a match, neither team shall be awarded any goals or competition points.

7.11.2 Forfeit with Notice

- a) Teams must notify the Association of all forfeits no later than twelve (12) hours prior to the match.
- b) Teams forfeiting later than twelve (12) hours before the match will receive a written warning. If a team forfeits later than twelve (12) hours before any further matches, the Competitions Department may deduct one (1) competition point for each offence. **BOD 03/23**

7.11.3 Forfeit without Notice

- a) Teams failing to attend a match at the scheduled time with enough players will incur a fine of fifty (50) dollars to be paid in full prior to the team's next match. A forfeit will also be awarded to the opposition team.

7.11.4 Ineligible Players

- a) If any team is found to have played an ineligible player in a competition match the Competitions Department will award a forfeit to the opposition team.
- b) Any team found to have played an ineligible player in a final or semi-final will be disqualified, and their opponents will be awarded a forfeit.

Winter Modified Football

As per **Section of NSFA Competition Regulation 2 – Competition Football.**

7.12 COMPETITION DRAW

Summer Football

The Competitions Department will publish the draws on the NSFC website – [click here](#).

- a) The Competitions Department shall publish the finish date of competition matches prior to the start of the season (subject to washouts).
- b) The Competitions Department will publish the first five rounds of all competition draws before the first scheduled competition match.
- c) The draw, once published, is final and only the Competitions Department can make alterations.
- d) The Competitions Department may change the time of a published fixture at any time.

Modified Winter Football

As per **Section 2.11 of NSFA Competition Regulation 2 – Competition Football.**

7.12.1 Fixture Alteration Requests

- a) Teams may request a change in date and/or time of a fixture after the draw is published. The Competitions Department will permit the change if the opposition team agrees.
- b) If both teams cannot agree to the proposed change of fixture, then the match will go ahead at the time and venue indicated in the published draw.

7.13 REFEREES

- a) KDFRA appoint referees to all matches where possible.
- b) Where KDFRA is unable to provide a referee to a match in Summer Football the Ground Controller will appoint a neutral person to referee the match.
- c) Where neither a KDFRA referee nor an appointed neutral referee is in attendance then the team managers must agree on a person to referee the match.

7.14 GROUND CONTROLLERS BOD 03/23

- a) The Competitions Department will appoint one or more Ground Controller(s) to each Summer Football venue. No ground controllers are appointed to Winter Modified Football matches.
- b) The Ground Controller(s) is responsible for coordinating the set up and take down of all fields at the venue.
- c) The Ground Controller(s) shall set up a table in a prominent position.
- d) The Ground Controller(s) shall supply teams with paper match cards and match balls as required.
- e) The Ground Controller(s) shall collect completed match cards after each match and enter results into the NSFA player administration system.
- f) The Ground Controller(s) shall organise a referee if the KDFRA-appointed referee has not attended the match.
- g) The Ground Controller(s) will report all serious incidents, including injuries to participants, to the Competitions Department.

7.15 LAWS OF MODIFIED FOOTBALL

7.15.1 The Field of Play

- a) Summer Football – Maximum length – 40 metres: Maximum width - 30 metres.
- b) Winter Modified Football - Maximum length – 60 metres: Maximum width – 40 metres.

7.15.2 The Ball

- a) Under 8 to Under 13 matches use a FIFA-approved Size 3 futsal ball.
- b) Under 14 to Over 45 matches use a FIFA-approved Size 4 futsal ball.
- c) Modified Winter matches use a FIFA-approved Size 5 regular football.

7.15.3 Duration of Play

- a) Summer Football Under 8s to Under 16s – 28 minutes (14 minutes per half).
- b) Summer Football Under 18s to Over 45s – 40 minutes (20 minutes per half).
- c) Modified Winter Football (Senior Women's Over 30 6-a-side) - 50 minutes (25 minutes per half)
- d) There is no half-time interval in Summer football
- e) In Winter Modified Football the half-time interval shall not exceed five (5) minutes in any match.
- f) It may be necessary to reduce the halves of a delayed start match, so that it concludes within the allotted time.

7.15.4 Players' Equipment

- a) Players must not wear jewellery of any kind except for medical alert bracelets and necklaces that the player must tape securely to the wrist or chest.
- b) Players must not wear plaster or similar rigid casts.
- c) All equipment, including spectacles, is subject to the referee's authority as per the **FIFA Laws of the Game**. However, NSFA strongly recommends safety glass be used where spectacles are needed.

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7.15.5. Number of Players

- a) The minimum number of eligible registered players to start and complete a match in Summer Football and Winter Over 30s is four (4), one of whom must be designated as the goalkeeper.
- b) A maximum of ten (10) eligible registered players from each team may play in any Summer Football and Winter Over 30s match (for designated Mixed All Age divisions see **Section 7.15.6 clause a) below**).
- c) Interchange shall apply in all competitions. Players who interchanged during a match may still take further part in the match if the referee has not sent them off.

7.15.6 Designated Mixed All Age Division

- a) For designated mixed competitions a minimum of three (3) female players must be on the field of play at all times; if there are only two (2) female players on the field then the team must play with only five (5) players on the field of play until the third female player enters the field of play.
- b) Any goal scored by a female player adds two (2) goals to the total team goals scored.

7.15.7 Offside

- a) The Offside rule does not apply in Summer Football or Senior Women's Over 30s 6-a-side Modified Winter football.

7.15.8 Start of Play

At the start of the match the referee shall toss a coin to determine which team takes the kick-off and which goal each team is attacking.

The team winning the toss can either decide to take the kick-off or which goal to attack. Depending on the decision the opposition will either decide which goal to attack or take the kick-off.

7.15.8.1 Kick-off Procedure

- a) Once the referee has given the signal, the kicker takes the kick-off from the centre of the halfway line.
- b) The ball must be stationary. If the ball is not stationary when the kick-off is taken, it shall be retaken.
- c) The players of the team taking the kick-off, except the kicker, must be in their own half of the field. If the players of the kicker's team are not in their own half of the field when the kick-off is taken, the kick-off shall be retaken.
- d) The players of the opposition must be in their own half of the field and at least three (3) metres from the ball. If the players of the opposing team are not in their own half of the field when the kick-off is taken, or at least three (3) metres from the ball, the kick-off shall be retaken.
- e) The ball is in play once the ball has been kicked and clearly moves.
- f) If the kicker touches the ball for a second time before it has been touched by another player, an indirect free kick is awarded to the opposition.
- g) Goals cannot be scored directly from a kick-off. If the ball enters the opponent's goal directly from a kick-off, the referee will award a goal clearance.
- h) If the ball enters the kicker's own goal directly from a kick-in, the referee will award a corner kick.
- i) After a goal is scored, play is restarted by a kick-off from the centre of the halfway line, taken by the team that conceded the goal.
- j) At half time, the teams shall swap ends and the kick-off is taken by a player from the opposing team to the team that took the kick-off at the start of the game.

7.15.8.2 Dropped Ball Procedure

When play is stopped for any other reason than a free kick, goal or ball out of play, the referee shall restart play by dropping the ball. The procedure for a dropped ball is:

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- a) The ball is dropped for the defending goalkeeper if the ball is in his/her own penalty area or was last touched in the penalty area.
- b) In all other cases, the referee shall drop the ball for one player from the team that last touched the ball before play was stopped. The ball is dropped at the place where the ball was last touched.
- c) All other players must remain at least five (5) metres from the ball until it is in play. If a player encroaches before the ball is in play the dropped ball is retaken.
- d) The ball is in play once it is touched.
- e) The dropped ball is retaken if the ball is touched before it strikes the ground, or it goes out of the field of play without being touched.

7.15.9 Fouls and Misconduct

Fouls and misconduct are penalised as follows:

- a) A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or excessive force:
 - Kicks or attempts to kick an opponent.
 - Trips or attempts to trip an opponent.
 - Jumps at an opponent.
 - Charges at an opponent, even with a shoulder.
 - Strikes or attempts to strike an opponent.
 - Pushes an opponent.
 - Tackles or challenges an opponent.
- b) A direct free kick is also awarded to the opposing team if a player commits any of the following offences:
 - A handball offence (except for a goalkeeper inside his own penalty area).
 - Holds an opponent.
 - Impedes an opponent with contact.
 - Spits at or bites someone.
 - throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- c) An indirect free kick is awarded if a player commits any of the following offences:
 - Plays in a dangerous manner.
 - Impedes the progress of an opponent without any contact being made.
 - Is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences.
 - Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball while the goalkeeper is in the process of releasing it.
 - Commits any other offence for which play is stopped to issue a caution or send-off.

7.15.10 Free Kicks

- a) A goal can be scored in an opponent's goal from a direct free kick without touching an opponent.
- b) A penalty is awarded if an offence punishable by a direct free kick occurs inside the offending player's own penalty area; in this case a penalty kick is awarded.
- c) An indirect free kick must be touched by a second player before entering the opponent's goal for a goal to be awarded.
- d) Any indirect free kick inside the opposition penalty area shall be taken from a point six (6) metres from goal at the nearest point to where the offence occurred.
- e) Any free kick awarded to a team inside its own penalty area may be taken from anywhere inside the penalty area.
- f) The referee will indicate that a free kick is indirect by raising one arm above the head until the ball is in play.
- g) All free kicks are taken from where the offence occurred except for the circumstances described in **clauses b), c) and d)** above, and **Section 7.15.11 of these Regulations.**

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- h) The ball must be stationary. If the ball is not stationary when the free kick is taken, then it shall be retaken.
- i) All opponents must remain at least five (5) metres from the ball until the ball is in play. If an opponent encroaches before the kick is taken, the kick shall be retaken.
- j) The ball is in play when it is kicked and clearly moves.
- k) If the ball is in play and the player taking the free kick touches the ball again before it has touched another player, an indirect free kick shall be awarded to the opposition team.

7.15.11 Accumulated Fouls

- a) "Accumulated fouls" refers to fouls punishable by a direct free kick.
- b) For the first five direct free kicks in a half, the offending team may defend the free kick with a wall of players standing at least five (5) metres from the ball.
- c) The referee must advise the teams when they have committed five (5) direct free kick fouls in a half.
- d) The referee may apply advantage when a team commits a foul and has not previously committed five (5) fouls in the half and the opposing team is not denied a goal or goal scoring opportunity. If advantage was applied the referee shall indicate that the foul will count as an accumulated foul.
- e) Once a team has committed five (5) direct free kick offences in a half, every subsequent direct free kick awarded against that team for the remainder of the half shall be taken as per **Section 7.15.11.1** below.
- f) The count of accumulated fouls restarts at half time.

7.15.11.1 Free Kick Procedure for Accumulated Fouls

- a) Beginning with the sixth accumulated foul for the half, the offending team is not permitted to form a wall to defend the free kick.
- b) If a team commits an accumulated foul inside his/her own penalty area, a penalty kick is awarded to the opposition. The penalty is taken as per the procedure outlined in **Section 7.15.12 of these Regulations**.
- c) If a team commits an accumulated foul within the area between its own goal line and an imaginary line eight (8) metres from the goal line and outside the penalty area, the opposition may choose to take the free kick from the second penalty spot or where the offence occurred.
- d) If a team commits an accumulated foul anywhere else on the field, the opposition team shall take the free kick from the second penalty mark.
- e) The team taking the free kick must identify the player taking the free kick.
- f) The defending goalkeeper must stand inside his/her own penalty area and at least five (5) metres from the ball.
- g) All other players must remain on or behind an imaginary line level with the ball and parallel with the goal line and at least five (5) metres from the ball.
- h) Defending players are not permitted to obstruct the player taking the kick.
- i) The player taking the kick must take the kick with the intention to score a goal. If the player taking the free kick does not kick the ball with an intention to score a goal, the free kick shall be retaken.
- j) If, after the referee has signalled for the free kick to be taken, a teammate of the player taking the kick runs in and takes the kick, the offending player shall be issued a caution and a free kick awarded to the opposition. **BOD 03/23**
- k) Once the free kick is taken, no player may touch the ball until the ball has been touched by the goalkeeper or has rebounded from the goal posts or crossbar or has left the field of play.
- l) If the goalkeeper is in his/her correct position and the referee has signalled for the kick to be taken and he/she runs towards the kicker and comes within five (5) metres of the ball before the ball has been touched or played, the following shall occur:
 - If a goal is scored the goal shall stand; or
 - If a goal is not scored the kick shall be retaken.

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- m) If the free kick is retaken and the goalkeeper encroaches again then the following shall occur:
- If a goal is scored the goal shall stand; or
 - If a goal is not scored the kick shall be retaken and the goalkeeper shall be cautioned.

7.15.12 Penalty Kicks

- a) The penalty kick will be taken from the first penalty mark.
- b) When the penalty kick is taken all players, except for the player taking the kick and the opposition goalkeeper, must stand on the field of play, outside the penalty area and at least five (5) metres from the ball. Players must stand level with or behind the first penalty mark until the ball is in play.
- c) The ball is in play once it is kicked and moves forward. The player taking the penalty kick must kick the ball forward. If the ball does not move forward it shall be retaken.
- d) The goalkeeper shall stand with at least one (1) foot on or behind the goal line between the goalposts until the ball is kicked.
- e) The player taking the kick may not touch the ball for a second time until it has been touched or played by another player.

7.15.13 Goalkeeper Clearances

- a) The goalkeeper is not permitted to punt or drop-kick the ball into play from his/her hands. Infringement of this clause is punishable with an indirect free kick at the place where the offence occurred.
- b) The goalkeeper is permitted to throw the ball out of his/her hands.
- c) The goalkeeper is permitted to kick the ball into play over the half-way line on the full in general play (i.e. a kick from the ground and not out of his/her own hands)
- d) The goalkeeper is not permitted to handle the ball directly from a "kick-in" taken by a member of his/her own team. Infringement of this clause is punishable with an indirect free kick at the place where the offence occurred.

7.15.14 Interchange Procedure

An interchange may only be made when the ball is out of play. To interchange a player with a substitute, the following conditions must be observed:

- a) The player must leave the field of play via his/her own team's interchange zone.
- b) The substitute may only enter the field of play after the player being replaced has left.
- c) The substitute must enter the field of play via the interchange zone.
- d) The substitution is completed when a substitute enters the field of play via the interchange zone.
- e) The interchanged player may take further part in the match.

7.15.15 Changing the Goalkeeper

Teams may change goalkeepers at any time during a game provided that:

- a) The change occurs during a stoppage in play; and
- b) The players inform the referee of the change before making the change; and
- c) The replacement goalkeeper wears a shirt that is different in colour from his/her teammates and the opposition.

7.15.16 Goal Clearances

- a) When the whole of the ball, having last been touched by a player from the attacking team, crosses the goal line outside the goalposts, a goal clearance is awarded to the defending team.
- b) The goal clearance must be thrown into play from within the defending team's penalty area.
- c) The goal clearance must be taken by the goalkeeper.
- d) The ball is in play once it crosses the line of the penalty area.

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- e) If a player other than the goalkeeper takes the goal clearance, the goal clearance must be retaken.
- f) If the goalkeeper kicks the ball into play, the goal clearance shall be retaken.
- g) The goalkeeper is permitted to throw the ball into the opposition half of the field of play.
- h) If the goalkeeper touches the ball for a second time before it has been touched by another player, an indirect free kick shall be awarded to the opposition.
- i) The goalkeeper has four (4) seconds to take the goal clearance. If the referee believes that the goalkeeper is deliberately delaying the goal clearance to waste time, then he/she shall award an indirect free kick at the point where the infringement occurred.

7.15.17 Corner Kicks

- a) When the whole of the ball, having last been touched by a player from the defending team, crosses the goal line outside the goalposts, a corner kick is awarded to the attacking team.
- b) The kick is taken from junction of the goal line and the sideline nearest to the point where the ball went out of play. If the corner kick is taken from a different place, it shall be retaken.
- c) The ball must be stationary. If the ball is not stationary when the corner kick is taken, it shall be retaken.
- d) The ball is in play once it has been kicked and clearly moves.
- e) Opposition players must remain at least five (5) metres from the ball until the ball is in play. If a player encroaches on the kicker before the kick is taken it shall be retaken.
- f) If the kicker touches the ball for a second time before it has been touched by another player, an indirect free kick is awarded to the opposition.
- g) A goal may be scored into the opposition goal directly from a corner kick.
- h) If the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.
- i) The kicker has four (4) seconds to take the corner kick. If the referee believes that the kicker is deliberately delaying the corner kick to waste time, then he/she shall award a goal clearance to the defending team.

7.15.18 Kick-ins / Throw-ins

- a) When the whole of the ball crosses the sideline, a kick-in is awarded against the team that touched the ball last before it left the field of play.
- b) The kick-in is taken from the point where the ball crossed the sideline.
- c) The ball must be placed on the sideline before the kick can be taken. If the ball is not placed on the sideline and the kick-in is taken, the referee shall award a kick-in to the opposition team.
- d) The ball must be stationary on the touchline. If the ball is not stationary when the kick-in is taken, the referee will award a kick-in to the opposition team.
- e) The kicker must place part of each foot either on the sideline, on the ground outside the sideline or within the field of play when kicking the ball into play.
- f) The ball is in play once it has been kicked and clearly moves.
- g) Opposition players must remain at least five (5) metres from the ball until the ball is in play. If a player encroaches on the kicker before the kick is taken, it shall be retaken.
- h) If the kicker touches the ball for a second time before it has been touched by another player, an indirect free kick is awarded to the opposition.
- i) A goal cannot be scored directly from a kick-in. If the ball enters the opponent's goal directly from a kick-in, the referee will award a goal clearance.
- j) If the ball enters the kicker's own goal directly from a kick-in, the referee will award a corner kick.
- k) The kicker has four (4) seconds to take the kick-in. If the referee believes that the kicker is deliberately delaying the kick-in to waste time, then he/she shall award a kick-in to the opposing team.

7.16 SEND OFFS

The referee may, at his/her discretion, send a player or team official from the field for any of the following offences:

- Serious Foul Play.
- Violent Conduct.
- Spitting at or biting someone.
- Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by intentionally by an offence punishable by a direct free kick or penalty kick.
- Deliberately handling the ball to prevent a goal or goalscoring opportunity (except by the goalkeeper in his penalty area).
- Using offensive, insulting or abusive language and/or gestures.
- Receiving a second caution in the match.

7.17 CAUTIONS

The referee may, at his/her discretion, caution a player or team official for any of the following offences:

- Unsporting behaviour.
- Showing dissent by word or action.
- Persistently infringing the Laws of the Game.
- Delaying the restart of play.
- Failing to respect the required distance when play is restarted.
- Entering or leaving the field of play without permission.

7.18 DISCIPLINARY PROCEDURE

- a) The referee may, at his/her discretion send a player to the "sin bin" for three (3) minutes for offences committed. The player cannot be replaced by another player during the "sin bin" period.
- b) If the referee sends a player or team official from the field of play that person is not permitted to take any further part in the match. A player that has been sent from the field of play may be replaced by a player listed on the match card two (2) minutes after the player has left the field of play or if the opposition scores a goal within the two (2) minute period. The substitute player may only enter the field of play when the referee signals him/her to do so.
- c) If a player or team official accumulates four (4) yellow cards in a season, he/she shall serve a one (1) match suspension.
- d) Mandatory suspensions apply for the following send-off offences:
 - Receiving second caution in a match – one (1) match.
 - Deliberately handling the ball to prevent a goal or goal scoring opportunity – one (1) match.
 - Denying a goal scoring opportunity to a player moving towards the goal – one (1) match.
 - Serious foul play of a non-violent matter – one (1) match.
 - Using offensive, insulting or abusive language and or gestures loudly to an opponent or teammate – one (1) match.
 - Using offensive, insulting or abusive language and or gestures loudly to a match official, team or ground official and spectators - three (3) matches.
 - Violent Conduct – three (3) matches.
- e) All suspensions must be served in the next match the player's team plays, not including byes, forfeits and postponed matches.
- f) The Competitions Department may, at its discretion, refer any serious offence directly to the NSFA P & D Committee. The P & D Committee may cite a player to attend a Disciplinary Hearing.
- g) A player or team official that is cited to appear at a P & D Committee hearing cannot participate in any match until he/she has appeared at a hearing.

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- h) Teams may appeal any suspension handed down by the P & D Committee in writing addressed to the Competitions Department – [click here](#).

7.19 COMPETITION POINTS AND TABLES

- a) Competition points shall be awarded as follows:
- Win = 3 points
 - Draw = 1 point
 - Loss = 0 points
- b) Team positions in competition tables shall be ordered by:
- Competition points; then
 - Goal Difference ('goals scored' minus 'goals conceded'); then
 - Goals Scored; then
 - Head-to-head results in the current season.
- c) The teams in the first four positions at the end of the competition will play a finals series.
- d) The winner of the Grand Final is declared the competition winner.
- e) If the semi-final is cancelled, then the two highest-placed teams shall participate in the Grand Final.
- f) If the Grand Final is cancelled, then the highest-placed team shall be declared the competition winner.
- g) If the finals series, for any reason, is cancelled, then the highest-placed team shall be declared the competition winner.
- h) Competition tables will be published on the NSFA website – [click here](#)

7.20 FINALS SERIES

- a) In all semi-finals, the first placed team in the competition will play the fourth-placed team and the second-placed team will play the third-placed team. The winner of each semi-final will progress to the Grand Final.
- b) If the Competitions Department cancels a semi-final for any reason, the higher-placed team in the competition will progress to the Grand Final.
- c) If scores are level at the end of normal time in semi-finals or Grand Finals, a shortened sequence of kicks from the penalty mark (penalty shoot-out) will decide the winner.

7.21 SHORTENED KICKS FROM THE PENALTY MARK

- a) As per **Section 7.20 article (c) of these Regulations**, a shortened sequence of kicks from the penalty mark (penalty shoot-out) will be required to decide the winner in a finals series if scores are level at the end of normal time. **BOD**
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- b) Kicks from the penalty mark are taken from the mark seven (7) metres from the goal.
- c) The procedure before the kicks from the penalty mark is as follows;
- Unless there are other considerations (e.g. ground conditions, safety etc.), the referee tosses a coin to decide the goal at which the kicks will be taken (which may only be changed for safety reasons or if the goal or playing surface becomes unusable)
 - The referee tosses a coin again, and the team that wins the toss decides whether to take the first or second kick
 - Apart from a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment etc.) at the end of the match are eligible to take kicks from the penalty mark.
 - Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee does not need to be informed of the order
 - If, at the end of the match and before or during the kicks, one team has a greater number of players than its opponents, it must reduce its numbers to the same number as its opponents and the referee must

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- be informed of the name and number of each player excluded. Any excluded player is not eligible to take part in the kicks
- f. A goalkeeper who is unable to continue before or during the kicks may be replaced by a player excluded to equalise the number of players or a named substitute, but the replaced goalkeeper takes no further part and may not take a kick.
 - g. If the goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks.
- d) The procedure during the kicks from the penalty mark is as follows:
- a. Only eligible players and match officials are permitted to remain on the field of play
 - b. All eligible players, except the player taking the kick and the two goalkeepers, must remain on the halfway line.
 - c. The goalkeeper of the kicker must remain on the field of play, outside the penalty area, on the goal line where it meets the penalty area boundary line.
 - d. An eligible player may change places with the goalkeeper.
 - e. The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence; the kicker may not play the ball a second time.
 - f. The referee keeps a record of the kicks.
 - g. If the goalkeeper commits an offence and, as a result, the kick is retaken, the goalkeeper is warned for the first offence and cautioned for any subsequent offence(s).
 - h. If the kicker is penalised for an offence committed after the referee has signalled for the kick to be taken, that kick is recorded as missed and the kicker is cautioned.
 - i. If both the goalkeeper and the kicker commit an offence at the same time, the kick is recorded as missed and the kicker is cautioned.
- e) Subject to the below, both teams take three kicks;
- a. The kicks are taken alternately by the teams.
 - b. Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick.
 - c. If, before both teams have taken three kicks, one has scored more goals than the other could score, even if it were to complete its three kicks, no more kicks are taken.
 - d. If, after both teams have taken three kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks.
 - e. The above principle continues for any subsequent sequence of kicks. However, a team may change the order of kickers if desired.
 - f. Kicks from the penalty mark must not be delayed for a player who leaves the field of play. The player's kick will be forfeited (not scored) if the player does not return in good time (subject to the referee's discretion) to take a kick.
- f) Substitutions and sending-offs during kicks from the penalty mark
- a. A player, substitute or substituted player may be cautioned or sent off.
 - b. A goalkeeper who is sent off must be replaced by an eligible player.
 - c. A player other than the goalkeeper who is unable to continue may not be replaced.
 - d. The referee must not abandon the match if a team is reduced to fewer than four players.

7.22 CHAMPION OF CHAMPIONS

Football NSW conducts a Champion of Champions tournament for Senior Men's All Age, Designated Mixed All Age and Women's All Age in December over a single weekend.

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- a) The Competitions Department will invite teams to participate in each available competition.
- b) The number of teams invited will depend on the number of positions Football NSW award to NSFA.

7.23 TEAM STRIPS

Summer Football

- a) All players in a team must wear matching shirts, shorts and socks. The goalkeeper must wear a shirt of a different colour to his/her teammates and the opposition.
- b) In matches for Under 12 and above, all shirts must be uniquely numbered.
- c) In the event of a clash of playing shirts, one team shall wear bibs of a different colour.
- d) NSFA can supply playing shirts for a nominal cost. Teams can apply for a set of playing shirts at the time of registering the team.

7.23.1 Advertising

- a) NSFA permits advertising on team strips in accordance with **NSFA Policy – Playing Strip Advertising**, found on the NSFA website – [click here](#).
- b) Clubs may apply different advertising to different teams. However, the Board must approve all advertising, in accordance with **NSFA Policy – Playing Strip Advertising**.
- c) Offensive messages or names will not be allowed to play.

7.24 GROUND DRESSING

- a) In Summer Football, grounds are dressed by the venue Ground Controller.
- b) In Women's winter modified football, grounds shall be dressed by the dressing club.

7.25 TROPHIES

- a) NSFA will present medals to the players from the competition winners and runners-up in each division of competition football.
- b) There are no perpetual trophies presented.

7.26 SPECIAL TIME REQUESTS

Competition matches are played at set times as advised by the Competitions Department prior to the start of competitions. Teams may request a Special Time Request under the following conditions:

- a) If the request is for the entire season or a single night, the requested time must be for the time slot immediately prior to or after the advertised time.
- b) Dispensation is at the absolute discretion of the Competitions Department. Requests will only be approved if there are exceptional circumstances.
- c) If the request is for a single night and is submitted after the competition has commenced, please refer to **Section 7.12.1** of these Regulations.

7.27 ISSUING OF FINES AND PENALTIES

The NSFA office will issue invoices for fines and penalties within forty-eight (48) hours of the offence.

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