

COMPETITION RULES



All modified competition programs conducted under the GO Football system should be played with consistent rules of competition. The following rules are provided as a recommended guide; however, it is acknowledged that some venues will require a level of flexibility, particularly in regards to:

- Field sizes
- Goals sizes
- Ball out of play / continuous play

Providers can further request minor changes to the below, based on their venue needs, such requests must be made to FV in advance. If approved, all local rules must be clearly articulated to all participants.

Regardless of any flexible requirements, it is imperative that all games played at a venue must be played with the same rules and conditions.

RULES CONSISTENT ACROSS ALL COMPETITIONS

Player eligibility

Age Groups are as follows:

AGE GROUP	YEAR
UNDER 10	Must turn 10 years or lower within the year of competition
UNDER 12	Must turn 12 years or lower within the year of competition
UNDER 14	Must turn 14 years or lower within the year of competition
UNDER 16	Must turn 16 years or lower within the year of competition
OPEN AGE	Must turn 15 or higher within the year of competition

*Including players that are 15 years or older at the start of the competition

- Providers can offer other age groups if they choose to (i.e. U9, U11, U13, U15).
- All participants must be registered on the GO Football website
- Registration photos are recommended but not required

Dispensations

Certain dispensations are allowed in GO Football competitions. Providers must be notified of any dispensations in a team.

The following dispensations are allowed:

- First year players are eligible to play in an age group one (1) year below their age
- Girls are permitted to play in boys' competition that is one (1) year below their age

The following are rules regarding teams with dispensations:

- Each team is allowed a maximum of two (2) dispensations per season

The player's equipment

- Law 4 of the [FIFA Laws of the Game](#) applies (please click on the link to view the document)
- Players may wear Football boots or runners on grass/synthetic surfaces
- Football boots are not permitted on indoor and/or hard-court surfaces
- All players must wear shin guards to take the field
- No jewellery or any item which maybe a danger to a participant or other participant may be worn on the field of play. Taping jewellery is not acceptable.
- Fitbit like devices may be worn for reporting purposes only if permitted by the Provider

The Ball

AGE GROUP	BALL SIZE
UNDER 10	Size 4
UNDER 12	Size 4
UNDER 14	Size 5
UNDER 16	Size 5
OPEN AGE	Size 5

For GO Fives or Futsal competitions on hard-court surfaces, an approved Futsal (low bounce) ball must be used.

Fixture requirements & details

Fixtures

- All matches are scheduled a minimum one (1) week in advance of the start of the competition, with the exception of Finals fixtures, where the competing teams are yet to be determined
- All teams should be ready a minimum of 15 minutes prior to the scheduled kick off time
- GO Football Providers reserve the right to regrade teams and possibly change scheduled fixtures, to ensure fair competition.

Duration Of The Game

- 2 x 20-minute halves
- The Provider may change the duration of both halves and/or half time to ensure the match finished by the scheduled time
- If a match is delayed due to a team not being ready to commence the match, the late team will be penalised one (1) goals for every five (5) minutes the start of the match is delayed
- No additional time will be added on for late starts. All matches must start and finish at the scheduled time
- If the match is delayed by 15 minutes, the match will be deemed a forfeit with the compliant team awarded a 3-0 win

The Goalkeeper

- The goalkeeper can handle the ball anywhere in the penalty area
- To restart the play after a save or gathering the ball with their hands, the goalkeeper is not allowed to kick or drop kick the ball directly from their hands
- The ball must be thrown or rolled from the hands, or played from the ground with their feet, within six (6) seconds
- The ball must not be bouncing when the keeper attempts to play the ball from the ground with their feet
- To restart the play after the opposing team has kicked the ball out over the goal line, the ball must be played from the ground within the penalty area (see Pitch Layout for goal line and penalty area)
- Goalkeepers may not pick the ball up if it has been passed to them by foot from a teammate

Match points /results

- Match points will be awarded as follows:
 - o WIN: 3 Points
 - DRAW: 1 Point
 - LOSS: Nil (0) Points

MATCH PLAY

The match official

- Law 5 of the FIFA Laws of the Game applies
- Team Managers or Captains are the only people who can communicate with the Match Official immediately before, during and after the game
- At no time should any person enter the field of play unless instructed by the Match Official
- All decisions by the referee are final

Offside

- There is no offside in GO Football competitions.

Start of play and restart after goal

- Kick-off will be from the middle of the halfway line
- All players must be in their own half of the field of play
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play once it moves
- A goal may be scored directly from a kick-off

Ball crossing the touch line

Facilities with Line-Markings (Indoor or Outdoor)

- A kick-in is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air
- The ball is in play when it enters the pitch
- A goal may not be scored directly from a kick-in
- The player taking the kick-in must not touch the ball again until it has touched another player
- Opponents must be at least 5m away from the ball until it is in play

Facilities With Cages (Continuous Play)

- General play is continuous
- The ball can be rebounded off the boards on the touchline and goal line
- If the ball is kicked out of the cage, the opposing team will restart play from the side and point closest to where the ball went out
- If the ball hits any part of the net (excluding when a goal is scored) after a shot, keeper save or deflection the ball automatically goes to the goalkeeper for a restart

GO FOOTBALL RULES OF COMPETITION – GO FIVES

Ball crossing the goal line

Facilities with Line-Markings (Indoor or Outdoor)

After Touching the Defending Team Last:

- A corner kick is awarded to the attacking teams when the whole of the ball crosses the touch line, either on the ground or in the air
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play when it is kicked and moves

- A goal may be scored directly from a corner kick

After Touching the Attacking Team Last:

- Goal Kick (placed on the ground) from anywhere within the penalty area
- A goal may not be scored directly from a goal kick
- Opponents must remain at least 5m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area

Facilities With Cages (Continuous Play)

- General play is continuous
- The ball can be rebounded off the boards on the touchline and goal line
- If the ball is kicked out of the cage, the opposing team will restart play from the side and point closest to where the ball went out
- If the ball hits any part of the net (excluding when a goal is scored) after a shot, keeper save or deflection the ball automatically goes to the goalkeeper for a restart

Free kicks

- All free kicks are as per the Laws of the Game

Penalties

- All penalties are taken from the edge of the arc
- When taking a penalty, only one (1) step is allowed before striking the ball

Slide tackling

- No slide tackles are permitted in GO Football competitions played on indoor or hard surfaces, including cages

Fouls and misdemeanors

- Laws 12 and 13 of the FIFA Laws of the Game applies

Pitch & equipment

The field of play

- GO Fives competitions can be played on indoor or outdoor facilities. This may include, but not limited to, basketball, netball and tennis courts
- Small-sided pitch which may be marked with lines or cones (see Pitch Layout)
- The penalty area is formed of semi-circles at either end of the pitch, which must be 6m (6.5 yards) from the centre of the goal
- Facilities that use basketball and netball courts may use the arcs marked out in the corresponding courts (see Pitch Layout)
- GO Fives competitions may or may not have centre circle and/or half-way line markings
- Interchange players and team official(s) must position themselves in the interchange area (see Pitch Layout)
- All spectators must remain a safe distance from the field of play as directed by the Referee or Venue staff

Pitch Sizes

- The following are the minimum, best practise and maximum pitch sizes:
 - Minimum:
40m long x 30m wide
 - Best Practise:
45m long x 35m wide
 - Maximum:
50m long x 40m wide
- The above pitch sizes are recommendations - should a GO Fives provider not meet these recommendations, GO Fives competitions can continue if all pitch sizes remain consistent throughout the competition

Goal Sizes

- The following are the minimum, best practise and maximum goal sizes:
 - Maximum: 2m wide x 1m high
 - Best practise: 3m wide x 2m high
 - Minimum: 3m wide x 2m high
- To comply with Australian Safety Standards, portable goals must be anchored securely to the ground
- The use of sandbags or pegs is recommended when using portable goals
- The above goal sizes are recommendations - GO Fives competitions can continue if goal sizes are not the recommended lengths and widths above, as long as all goal sizes remain consistent throughout the competition

The number of player's

- 5 v 5 – including goalkeeper
- Teams may register more than eight (8) players for GO Fives competitions however, there must be no more than eight (8) players for any given match
- Teams must field a minimum of three (3) players for the match to commence
- For mixed competitions, there must be a minimum of two (2) female players on the pitch at any given time. This can include one being the goalkeeper
- For men's competitions there can be a maximum of two (2) females on the field at any given time
- Player's may be substituted at any given time but must wait until the interchanged player has left the field

Substitutions

- Teams are only allowed a maximum of ten (8) players for any given game:
 - o 5 on-field players
 - o 3 substitutions/interchange players
- There is no limit to the amount of substitutions made throughout the match
- No interchanges will be permitted in the last five (5) minutes of the game (i.e. second half) unless due to injury

Pitch Layout (5-a-side football pitch dimensions)

