

# rules regulations

Rules and regulations of play at Fast Sports Fusion arena will apply to any team registered with Fast Sports Fusion and any and all current and/or future players of registered teams as well as any person playing soccer at the Arena

## SCORING

- Goal keeper may not score directly from his goal line unless ball is kicked from the floor, drop kicked or comes off of another player.
- Outfield players may score from anywhere

## REFEREE

- The duty of the referee is to control the game and to keep all players safe
- Decision made by the referee are final
- There is a ZERO tolerance towards referee abuse and players guilty of this will receive a red card and possibly face a suspension depending on the severity of the incident in question

## TACKLING

- No 2 on 1 tackles are permitted in any context, no slide tackles, no playing on the ground and no tackles from behind. Keepers may slide with their bodies, but no feet first slides and only within their box
- No exaggerated tackles close to the boundary walls (This is at the sole discretion of the referee)
- Yellow cards may be handed out for consistent fouling. If a team commits 5 consecutive fouls, the opposition will be awarded a direct free kick from where the 5th foul place with no wall permitted. Fouls will reset at half-time.

## ARENA

- If ball exits the arena, the opposition must kick it back into play (no throw-ins)
- If ball is taken into the solid circle in corner, the opposite team may not enter the dotted line for 5 seconds, if the ball is not cleared in 5 seconds the opposition will be awarded the ball.
- A penalty is a no step spot kick, with a one leg motion kick (no dummies)
- No hand balls are permitted
- Opposite team must be 2 steps away when free kick is being taken and a one man wall can be used.
- The ball must be stationary when kickoff and free kicks are taken
- A player has 5 seconds to take the free kick, if the 5 seconds has lapsed the free kick will go to the opposition.
- Please refrain from hanging or pulling on the nets, pulling on the net to your advantage during game play may result in a free kick.

## GAME

- There is a maximum of 5 players allowed per team at any given time with a maximum of 5 substitutes per team. If a referee finds more than this then a penalty goal per 2 minutes of play elapsed will be awarded.
- Substitutes may be recruited from other teams if your team is short on players, but a maximum of 2 subs may be recruited and your team size may not exceed 6 players with those 6 substitutes. If a referee finds more than this then a penalty goal per 2 minutes of play elapsed will be awarded.
- Two 20 min halves with a 2 minute break in between.
- Substitutes' may only change once player on field has left the pitch and may change as much as they want - should more than 5 players be on the field and have an impact on the game the referee will blow for a penalty.
- Kick-off must be played backwards from the centre spot.
- A goal will be awarded for **every 2 minutes** for teams who are late.
- If a team is 10 minutes late it will be considered as a walk over with 3 points and 10 goals conceded

## CAPTAIN

- Teams must nominate a captain for their team who will be a candidate for all communication between the club and the team in question. This is not to say that the club will not try to contact any other players but to rather suggest that it would be easier to deal with one responsible member of the team who can handle all administrative purposes on behalf of the team.
- The referees will also deal with the captains' during matches when required to.

## CARDS

- Blue card - Player must sub-off immediately.
- Yellow card - Player is off, the team must play a man down for 2 minutes before the same player can enter the field of play or a player can replace him.
- Red card - Player is off and may not play in the game again. The team must play a man down for 5 minutes until another player may enter the field of play.
- Referees may hand out more than one of any card at any given time.

## KEEPERS

- Keepers may handle the ball anywhere in the semicircle
- Keepers may not bring the ball back into his box and pick it up
- No back passes to keeper (unless it comes off the side wall) An indirect free-kick will be awarded to the opposition from the point of entry into box

## INSULTS

- Abuse of other players and referees will not be tolerated and may result in a red card and depending on the severity of the abuse, a possible suspension from club.
- Any form of violence may see a red card and a possible 2 game suspension (this is to protect players safety and the reputation of the club)

## KITS

- Teams are all encouraged to wear matching kits to their games.
- Any boots are acceptable apart from ones with metal studs.
- Shin pads are recommended but not mandatory
- Strictly no METAL STUDS allowed.

The onus is then on the listed Captain to ensure that all players in his team are aware of these rules and regulations. It is therefore assumed that any player taking part in the league has been informed of these terms and conditions herein as well as the rules and regulations stipulated when playing at the club.

Teams will have access to the Fast Sports Fusion website [www.fastsportsfusion.ug](http://www.fastsportsfusion.ug) and can view their fixtures online. Please enquire at the Kiosk should you have any further questions

