

Southern Tablelands Football Association



Senior Summer Soccer 2025 Competition Rules

1. Objective:

To create an exciting summer competition that encourages participation, promotes fitness, and gives players the opportunity to enjoy soccer in a supportive and social setting.

2. Contact:

Website: www.southerntablelandsfootball.com.au

Competition Organisers: STFA Summer Soccer Committee

Contact Email: stfasummer@gmail.com

3. Venue:

Cookbundoon Playing Fields

Racecourse Drive, Goulburn, NSW, 2580

4. Playing Times:

6pm | 6:45pm | 7:30pm (if team numbers permit)

5. Playing Day:

Thursday

6. Competition Dates:

Thursday 16th October 2025 – Thursday 18th December 2025

7. Competition Divisions:

U16 – All Age

Men/Women mixed.

8. Playing Format:

6v6 (including goal keeper)

Competition points awarded/deducted as follows:

Win	3 points
Draw	1 point
Loss	0 points
Bye	3 points
Win by forfeit	3 points + 3 goals
Team forfeit	- 3 points and - 3 goals
Fielding an unregistered player	- 3 points and - 3 goals

No finals will be played in 2025

9. Match Duration:

Two 20 minute halves, 5 minute half time break.

10. Registration:

Team Requirements

1. Each team must have a designated point of contact for all correspondence from STFA.
2. Teams must register the following number of players:
Minimum 8 Maximum 11

Individual Requirements

1. ALL players must register via the Playfootball registration platform.
2. No person will be permitted to play without a paid in full registration.

Registration Fees

U16 - AA - \$80

11. Code of Conduct:

All players, coaches, managers and team officials and referees are required and expected to abide by the FFA National 'Code of Conduct' which is available at www.footballaustralia.com.au

12. Ball Size:

Size 5

13. Team Sheets:

All players must sign on to their corresponding team sheet before taking the field.
Team sheets will be available at the clubhouse each week.

14. Wet Weather:

In the event of wet or dangerous weather conditions, STFA will notify team contacts as soon as possible along with posting a 'cancelled' notification on Facebook.
If team contacts have not been notified of cancellations, then assume all games will go ahead as scheduled.

15. Competition Rules:

1. Players & Equipment

- 1.1 Players must wear suitable footwear: sandshoes (sneakers), "grasscat" style, or moulded boots. Screw-in and/or metal studs are not permitted.
- 1.2 Shin pads are compulsory and must adequately cover the shin.

- 1.3 Teams only need matching T-shirts of the same colour. Goalkeepers must wear a clearly different shirt or bib. Club shirts are acceptable. Numbers are not required.
- 1.4 The minimum number of players to begin a match is **3 plus a goalkeeper**. If fewer than 4 players are available within 5 minutes of kick-off, the match will be forfeited.
- 1.5 Teams may borrow players from other teams to make up the minimum numbers to play.

2. Interchange & Goalkeepers

- 2.1 Unlimited interchange is permitted, with no stoppage in play.
- 2.2 A substitute can only enter once the outgoing player has left the field.
- 2.3 All interchanges must occur on the same sideline within 5 metres of halfway.
- 2.4 A goalkeeper may be changed at any time, but only with the referee's acknowledgment.

3. Start & Restart of Play

- 3.1 Kick-offs, balls in/out, and general restarts follow standard winter competition rules.
- 3.2 All **free kicks** are indirect, unless awarded as a penalty. Opponents must remain at least 2 metres away.
- 3.4 Goal kicks must be taken by the goalkeeper from inside the semi-circle. They must be taken within 5 seconds and cannot travel over halfway on the full. If they do, a free kick to the opposing team is awarded at halfway.
- 3.5 The **no back-pass rule** applies: goalkeepers may not pick up a deliberate pass from a teammate. Violation = corner kick to the opposition.
- 3.6 Corner kicks are taken where the sideline meets the backline, within 5 seconds of ball placement.

4. Goalkeeper's Area

- 4.1 Outfield players (both attacking and defending) are not permitted inside the goalkeeper's semi-circle.
- 4.2 Goals can only be scored from outside the goalkeeper's area, or directly on the semi-circle line. Deflections off the goalkeeper inside the area are valid.
- 4.3 If a defender enters their own goalkeeper's area to play the ball → penalty to the opposition.
- 4.4 If an attacker enters the area → goal kick to the defending team.
- 4.5 The ball remains "in play" on the line of the semi-circle.

5. Discipline & Refereeing

- 5.1 Each match is controlled by a **Duty Referee**, ideally an adult, but they must be at

least 2 years older than the players they officiate.

5.2 A **sin bin** applies for foul play or misconduct:

Minor offences = 2 minutes

Serious offences = 5 minutes

Players in the sin bin or sent off cannot be replaced. The sin bin area is located behind the team's own goal line.

6. Time Limits & Game Flow

6.1 All restarts (free kicks, corners, kick-ins, goal kicks) must be taken within 5 seconds of the ball being ready.

6.2 Goalkeepers must also release the ball within 5 seconds.

6.3 Deliberate time wasting will result in an indirect free kick to the opposition.

6.4 For corners, exceeding the 5-second rule gives a **goal kick** to the opposition.

6.5 For goal kicks, exceeding the time limit awards a **corner** to the opposition.

7. Playing Restrictions

7.1 No slide tackles or playing the ball from the ground is allowed. Any attempt to challenge or play the ball while touching the ground with hand, arm, knee, or leg. will result in an indirect free kick.

7.2 There is **no offside rule** in this competition.

8. Penalties

8.1 Penalty kicks apply only to offences within the goalkeeper's area.

8.2 The penalty spot is marked 1 metre outside the semi-circle (7m from the goal line).

8.3 Players (other than the taker and goalkeeper) must remain behind the ball.

8.4 Only **one step** is permitted before striking the ball.

8.5 Opponents must remain at least 2 metres away.