



ACTION SOCCER RULE BOOK





This rulebook contains all the rules for South African Indoor Soccer & 5 a Side. All rules have been made with the knowledge and acceptance of the South African Indoor Soccer Federation (our governing body) and must be played at all competitions and tournaments sanctioned by the South African Indoor Soccer Federation.

As with all sports, it is the participants (players/referees/officials) responsibility to learn the rules.

Included in this book are notes to referee's. These are to state interpretations that will produce understanding and consistency for everyone. Rules are made not to hinder players, but to allow a fair and equal opportunity for either team to win a game regardless of their size, shape or gender.



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Rules of the Game

1. Fielding a Team

1. A team consists of four (4) players, including the goalkeeper, with a maximum of two (2) substitutes.

5-A-SIDE

A team consists of five (5) players, including the goalkeeper, with a maximum of two (2) substitutes.

2. No team can start with less than 3 players.
3. All teams must be registered before being eligible to take part in any competition. A team may register up to 8 players per side. However, only 6 players may participate per game

5-A-SIDE

All teams must be registered before being eligible to take part in any competition. A team may register up to 8 players per side. However, only 7 players may participate per game

4. A player who is asked to fill in for a competition team of a lower grade than that which he generally competes on a regular basis, may incur penalties for the team that he is asked to play for, at the discretion of Arena Management.
 - a) Opposing Team Captains must be advised that a fill-in player is being utilized and their agreement sought prior to the match being played and penalties being applied.
 - b) A fill-in player of a higher grade will not achieve play-off qualification not constitute part of that team unless determined and agreed upon by Arena Management and opposing Team Captains.

2. The Game

1. The game is played in two halves of 15 minutes each with a break at half time. Sides will change halves (i.e. change the direction of scoring) at the end of the first half.
2. The choice of kick-off is decided by a toss.
3. With kick-offs the ball must be played backwards. If not the kick-off will be reversed. Once kicked from the center circle, opposition players may gain possession of the ball.
4. The ball is considered to be “live” at all times off all nets, although a goal cannot be scored directly from any net.

5-A-SIDE

The ball is considered to be “live” at all times off all boards, although a goal cannot be scored directly from any boards.

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5. A goal is scored when the whole ball has passed over the goal line.
6. The team compiling the highest number of goals is the winner.
7. A game shall be deemed to be over when the prescribed number of minutes have passed or after the referee's call or at their discretion.

3. Playing Equipment & Uniforms

1. Shirts

- a) All team members must have matching shirts by the start of the third competition game.
- b) Goalkeepers should be wearing a different colour shirt to the rest of the team or be given a bib at the start of the game.
- c) Shirt points will be awarded to teams with matching shirts after the third game.
- d) In the event that a fill in player is organized by the Arena, T-shirt points will still not be awarded if he is not wearing a matching shirt. It is up to the team captain to obtain a matching shirt if the player is unable to get one.
- e) If bibs are supplied by the Arena for a team to wear on a night, teams will still not get T-shirt points if shirts are not matching underneath the bibs.
- f) Points for T-shirts must be marked off on the scoresheet at the end of the game provided that all six players have matching shirts.

2. Dress

- a) No players are permitted onto the court wearing jeans or nonathletic type shoes.
- b) Non-marking, soft indoor soccer boots may be worn.
- c) A Size 4 Action Sports approved soccer ball to be used.

4. Team Captains

1. The team captain must register their teams names 10 minutes prior to the start of any game.
2. Collect court fees and pay full game fee when registering their team if applicable.
3. Only the team captain has the right to approach the referee during an interval or at the conclusion of a game for clarification of any rule.

5. Player Qualifications

1. Players can only represent one Centre or club during the course of a tournament.
2. Players can only play for one team during the course of a tournament.





Rules of the Game

3. Players must play under the sex they were born unless they can provide written medical proof that a physical change in sex has been performed.
4. Players competing in the 19 and Under category must not turn 20 any time during the year.
5. All players competing in the 30 and Over grades must be 30 or older as at the start of the year. The player may not be 29 during that year.
6. All players competing in any age restricted grade must be able to produce either an original birth certificate, driver license or passport if required by a tournament official.
7. Players can only play for that centre / club that they last played for unless the following are met:
 - a) They have a written transfer releasing them from their previous club/centre and
 - b) that any transfer must be obtained by 31-December of the year preceding the National tournament.
 - c) A player is expected to play for a club / centre within the own region in which they primarily reside/work, however this is not compulsory. Any transfer inter-region must meet the conditions of rule 7.b.

6. Referees

1. The referee(s) shall have sole control of the game.
2. The decision of the referee shall be final and shall be given without appeal.
3. The ball shall be played live if it comes into contact with a referee during play.
4. The referees whistle shall:
 - a) Start and re-start the game at the beginning of each half.
 - b) End each period of play.
 - c) Indicate when a goal has been scored.
 - d) Indicate when an infringement of the rules has been made.
5. The referee shall:
 - a) Refrain from penalising an infringement of the rules when by doing so the non-offending team would have played, to their advantage. The referee may call 'Advantage' or use hand signals to indicate an infringement has been observed but not penalised. Having blown the whistle for an infringement, the referee must award the penalty.
 - b) Not criticise or coach any team while a game is in progress.
 - c) State the infringement and penalty and may use hand signals to clarify decisions.
 - d) Answer questions regarding clarification of rules from team captains only and only at the break or at the conclusion of the game.
 - e) Advise each team of the correct score at half time.
 - f) Adjudicate the rules contained in this book both consistently and without bias.

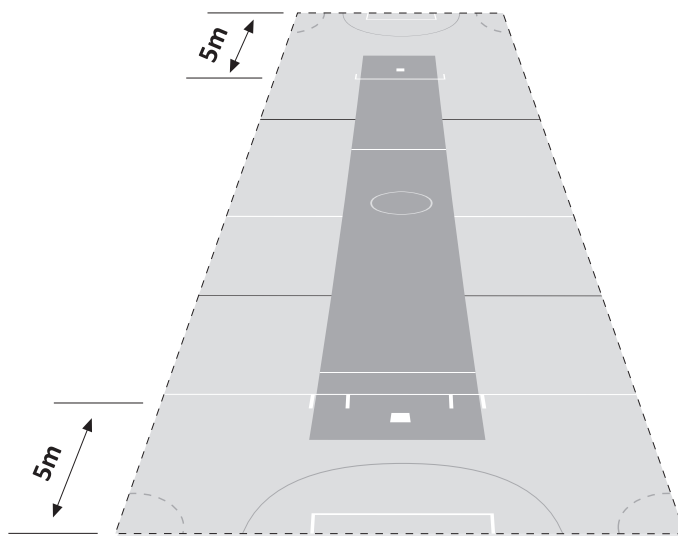
Rules of the Game



7. Scoresheet/Timekeeper

If after a game has been completed, a discrepancy is found on the score sheet, the result would stand as is. The running totals on score sheet shall be taken as being correct and may be requested or queried at any stage of the game, within reason, by the team captain. The referee shall be the sole judge of time.

8. Playing Areas/Markings



1. The court size shall be of official size of an Action Sports Court.
2. A center circle of 900mm radius to be marked in the center of the pitch.
3. A radius of 3.66m will be marked from the center of the back net on both sides.
4. A line of 1.8m will be marked 800mm from the center of the back net. This is the goal line
5. All lines to be 50mm wide.
6. The penalty spot will be 5 meters from the back net in line with the center of the goals.
7. Corner markings of 1 meter radius to be dotted.
8. The Goals will be a height of 2m and a width of 2m.





Rules of the Game

5-A-SIDE

- a. The court diagram and sizes have been added to the back of the rule book.
- b. A center circle of 3m radius to be marked in the center of the pitch
- c. A radius of 6m will be marked from the center of the goal line on both sides.
- d. A line of 3m will be marked on the goal line from the center of the court. This is the goal line.
- e. All lines to be 50mm wide.
- f. The penalty spot will be 6 meters from the goal line, in line with the center of the goals.
- g. Corner markings of 1 meter radius to be dotted.
- h. The Goals will be a height of 2m and a width of 3m.

9. Positions of Players & Start of Play

1. The choice of goal end or kick off will be decided by the referees toss of a coin.
2. Teams will change ends at the end of each half.
3. The captain from each team will contest a toss of coin at the centre line, centre court, to determine side/start of the game.
4. Both Captains and their team must be on field when the toss-up is taken. All substitutes to be outside the court and goalkeepers must be in their correct positions.

10. Restart

A player from the team that has conceded will restart the game from within the center circle after each goal is scored. Kick off is to be kicked off backwards towards his goal.

11. Late Arrivals

1. Late arriving players may not enter the court while the game is in progress, but after notifying the referee may take the court:
 - a) At a break in play.
 - b) Receiving permission from the referee.
 - c) After a goal has been scored.
 - d) Immediately following an interval.
 - e) After a stoppage for injury or illness.
2. If a late arriving player takes the court without notifying the referee, a penalty will be awarded to the opposing team.
3. Any team not ready to go on court 10 minutes after official Start time will record an automatic default.

Rules of the Game



4. A team arriving late but within the first 10 minutes: The non-offending team must be on court ready to play, the referee will start the clock and the team on court will earn 1 penalty goal every completed minute until the opposition is ready to play.

12. Stoppage

1. Play may only be stopped for Major/Serious injury or illness in which case the referee will stop the clock for a period of time (maximum 2 minutes) for the injured or ill player(s) to resume play or to be substituted. Play will continue from where the ball was when play was stopped or a drop-ball will be taken if the referee is unable to determine:
 - a) Who was in possession of the ball or
 - b) The ball was on the ground when play was stopped.
2. If a player left the court through injury or illness and no substitution was made, the injured or ill player may return to the game in accordance with rule 11.
3. If the stoppage is due to obstruction, contact or any penalty offence, the offending player will be penalised and play will continue from where the offence occurred.

13. Blood Bin

1. Any player that is blood binned by the referee must leave the game immediately and may be substituted in the vacant position. At the time the player is blood binned, the referee will stop the clock, ensure any equipment that is blood marked is replaced IMMEDIATELY, re-start the clock and let play continue.
2. The blood-binned player may return to the game in their original position:
 - a) When the referee is satisfied the player is safe and fit to re-enter the game and/or
 - b) After a rolling substitution is made.
 - c) All clothing etc is clean of blood.

14. Offsides

1. Players offside.
 - a) The offside line is demarcated by the goalkeeper area line. The outfield players may not step into the goalkeeper area to attack or defend the ball.
 - b) The momentum of a player must be taken into account if a run was made and the player/s could not stop in time.
 - c) The outfield players may not cross the goalkeeper area to retrieve the ball on the other side of the area.
 - d) An outfield player may not kick the ball, whether in the air or on the ground, inside the goalkeeper area.





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- e) The line belongs to the goalkeeper.
- f) Should an attacking player enter the area, a free kick will be awarded to the defending team.
- g) Should a defending player enter the area, a penalty kick will be awarded to the attacking team.

15. Playing the Ball

1. A player may not:
 - a) Catch/ handle the ball with one or both hands except for the goalkeeper.
 - b) Regain control of the ball if it rebounds from the goalpost from the penalty spot if not touched by goalkeeper.
 - c) Play the ball while on his knee/or lying on the floor.
 - d) Hold onto the nets when playing the ball.

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Hold onto the boards when playing the ball.

- e) Enter the goalkeeper area whether the ball is in the air or not.
- f) Make a slide tackle.
- g) Tackle from behind.
- h) Raise his foot in an attempt to take the ball off a player who has the ball. This includes 50/50 decisions.
- i) After taking a free kick, kick the ball a second time before another player has touched it.
- j) Return to the game should he receive a red card, another player may return after 5 minutes.
- k) Pull or tug on a player's shirt.
- l) Kick or attempt to kick a player.
- m) Score a goal off the nets without a player touching it before going into the goals.

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Score a goal off the boards without a player touching it before going into the goals.

- n) Hold the ball in a corner area for more that 3 seconds.
3. A goalkeeper may:
 - a) Throw the ball off the net to a player to gain possession.

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Throw the ball off the boarding to a player to gain possession.

- b) Handle a back pass, but still has 5 seconds to distribute the ball.

Rules of the Game



- c) Kick the ball to distribute the ball.
 - d) Be substituted, providing he has received permission from the referee.
 - e) Use his hands outside the area, providing his feet are still within the goalkeeper area.
 - f) Use his feet outside the area, providing the ball is in the air and is not a dangerous foot raised.
4. A goalkeeper may not:
- a) Throw the ball against the net and regain the ball to restart the 5 second rule.

5-A-SIDE 5-A-SIDE 5-A-SIDE

Throw the ball against the boarding and regain the ball to restart the 5 second rule.

- b) Hold onto the nets to retrieve a ball outside the goalkeeper area.

Hold onto the boards to retrieve a ball outside the goalkeeper area.

5-A-SIDE

- c) Play the ball outside the area if the ball is on the floor.
- d) Drop kick the ball over the half way line.
- e) Leave his goalkeeper area; this will result in a penalty.
- f) Keep the ball in his area for more than 5 seconds.
- g) Kick or throw a ball over the halfway line without it being touched by any player. The net does not count as a player.

Kick or throw a ball over the halfway line without it being touched by any player. The boards do not count as a player.

- h) Receive a 2nd back pass from the same player in a defensive move.
- i) Save the ball and in doing so, the ball may not cross the halfway line without been touched.

16. Scoring a Goal

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A goal may be scored at anytime except for the following:

- Hitting a net before going in without being touched

Hitting a board before going in without being touched.

- The whole ball has not crossed the line
- An attacker has shot from inside the goalkeeper's area
- The ball after going through the side goal netting into play and then being scored. Place kick





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- An illegal penalty take. Penalty to be retaken
- The whistle has blown before the ball has crossed the line

17. Obstruction

A player is deemed to have obstructed a player when:

- On attack, the attacking player plays the ball and attempts to run around the defender and the defender steps across the players run
- On attack, the defender runs across the player with the ball with no chance of getting the ball
- To barge the player into the side netting

To barge the player into the side boards.

5-A-SIDE

18. Contact

1. There is no such rule as 2 on 1 tackling.
2. In an effort to get free a player shall not:
 - a) Push an opponent in any way.
 - b) Trip or knock an opponent in any way.
3. In an effort to contact the ball a player must not push or bump an opponent.
4. In an effort to defend an opponent, a player shall not:
 - a) Keep an elbow against an opponent.
 - b) Hold an opponent.
5. A player shall not contact any other player on any other occasion or in any other way in such a manner as to interfere with the opponents play.
6. Contact with the ball: While holding the ball, a player shall not push an opposing player in such a manner as to interfere with the opponents play.

A player anywhere on the field, shall not deliberately place a hand or hands on the ball. Decision will be a penalty.

19. Net Abuse

- A player may not abuse any of the court equipment, this includes the nets.
- A player may not jump into the net in anyway that may cause damage to the net or create a danger to players playing on the next court
- A player may not climb any nets to try and avoid a contact or to stop themselves from going offside
- The ball after going through the side goal netting into play and then being scored. Place kick
- A player may not hold any net to maintain balance while defending an opponent

Rules of the Game



5-A-SIDE

A player may not abuse any of the court equipment, this includes the boards.

A player may not jump onto the boards in anyway that may cause damage to the boards or create a danger to players playing on the next court.

A player may not climb any boards to try and avoid a contact or to stop themselves from going offside.

A player may not hold any boards to maintain balance while defending an opponent.

20. Corner Posts & Incidents

- Dotted area in the corners of the court (1 meter radius from corner),
- The player taking the ball into this area has 3 seconds to play the ball as the opposition may not enter the area.
- The opposing team player may not tackle, play the ball or prevent the player to play the ball whilst inside the demarcated area.
- Should the ball not be played out within the three seconds, a free kick will result to the opposing team.

21. Fouls

1. There are two types of fouls that can be awarded when any of the rules of Action Soccer are broken:
 - a) Free Kick.
 - b) Penalty Kick.
2. The Free kick must be taken from where the infringement occurred.
3. With the exception of a "bounce", all fouls are awarded to the non-offending team. Any member of the non-offending team may take the free kicks if allowed in the area where the free kick was awarded.
4. The player taking the free kick must play the ball within 5 seconds after taking position at the correct place and being in possession of the ball. If not taken within the time frame, a free kick reversal will incur.
5. When taking the free kick, a wall may be built 1 meter from the ball.
6. Should the foul have taken place just outside the area, the ball is moved back 1 meter to give the defenders a chance to build a wall.
7. A Penalty kick will be awarded for the following:
 - a) Deliberate hand ball.
 - b) Goalkeeper holding the ball for 5 seconds.
 - c) A defender entering his own goalkeeper area, subject to the momentum rule.
 - d) The goalkeeper stepping out of the area.
 - e) Extra players on the field.
 - f) Professional foul on a breakaway.





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8. A Penalty kick must be taken as follows:
 - a) The ball must be placed on the penalty spot, 5 meters from the back net.
 - b) The penalty taker must place his planted foot next to the ball.
 - c) The goalkeeper must stand on the line but can move side to side.
 - d) Only when the whistle has blown, may a penalty be taken, or a retake will take place.
 - e) The penalty taker may only swing his striking foot and his planted foot may not move.
 - f) No "Bokking" may take place, should this happen, the referee is to have the penalty retaken.

22. Momentum

This rule is at the discretion of the referee.

- Goalkeepers, when making a save must make the save inside the area, should he then roll out of the area, this will be classified as momentum. Should the Goalkeeper make the save diving outside the area, this will result in a penalty.
- Defenders, when running back to defend, he cannot stop in time but is not interfering in the game will be classified as momentum. Should the Defender be interfering with his position in the area, this will result in a penalty.
- Attackers, when running forward to attack, he shoots but cannot stop in time, but is not interfering in the game will be classified as momentum. Should the Attacker be interfering with his position in the area, this will result in a placekick.

23. The Bounce (Drop Ball)

A "bounce" is used when the following happens:

- A player is injured and play has to be stopped
- A ball leaves the court
- An unexpected break in play

24. Professional Foul

1. A professional foul is any offence that the referee believes is intentionally committed to effect the outcome of the game. Deliberate time wasting, deliberate breaking of rules with the intention of placing the non-offending team at a disadvantage, can result in a professional foul.
2. In the case of professional fouls, the referee may award the non-offending team a penalty kick opportunity.
3. When awarding a professional foul, the referee will stop the clock until play resumes from where it was stopped. The clock will restart when the ball is first released from where the game was stopped.

Rules of the Game



25. Discipline

1. The breaking of rules or the employment of any actions not covered by the wording of these rules, in a manner contrary to the spirit of the game will not be tolerated.
2. If a player breaks any of these rules either between the scoring of a goal and the re-start of play or between the awarding and taking of a penalty, the referee shall penalise the player with a yellow/red card.
3. In addition to all other penalties laid out in these rules, the referee may also:
 - a) Order a player to leave the court but only when they are sure that any other penalty is insufficient and except in extreme cases, not necessarily having to give a warning.
 - b) Send a player off the court for part of the game as specified by the referee at the time of sending off. The period of time is at the referee's discretion and is determined by the degree of offence being penalised.
 - i) **Yellow Card - 2 minute** sin bin.
 - ii) **Red Card - 5 minute** sin bin, same player may not return for the rest of the match.
4. When a player is ordered off the court for any length of time, that player cannot be replaced by a substitute player until the end of that power play.
5. Should a second player be carded during the power play. The match will be abandoned and the result shall stand. If the non-offending team is drawing or losing at that stage, the score will be changed to 1-0.

26. Etiquette

Foul and abusive language or behaviour will not be tolerated under any circumstances at any time. Such behaviour will be penalised by the referee in charge of your game and repeated offences could result in a player or team being ejected from a competition or tournament and being further banned from any future participation. To gain full enjoyment out of any sport, regardless of your reasons for participating, the game must be played in good spirit and with a degree of self control.

27. Points Scoring System

All tournaments and league events under the jurisdiction of the Action Sports SA will utilise the following points scoring system:

Please view Points Scoring System on the next page





Rules of the Game

Points Scoring System

Win 3 Points

Draw 1 Points

Loss 0 Points

1 point for every 5 goals

Forfeit Win 8 Points

Forfeit Loss - 8 Points

28. Ladder Positions

When determining the order of teams at the end of all Round-Robin games, the positions will firstly be determined by:

1. Total Points
2. Goal Difference
3. Games won between the teams
4. Games won (Drawn games count half points)
5. Goals scored for
6. Goal Average. A goal average is calculated by dividing the goals for, by the number of games played.

29. Drawn Match Procedures

1. At the end of the competition there will be a finals series for the top teams. To qualify for the finals each player must have played at least 25% of the minor round games
2. When a quarter final, semi final or final is drawn, there shall be an extra time period of five minutes each way. If the teams are still deadlocked at this stage, a penalty shoot out will take place.
3. For the purposes of a penalty shoot out, each team will use 3 players who were on the court at the end of the extra time period, who will shoot in turn from the penalty spot (5 meters from back net).

5-A-SIDE

For the purposes of a penalty shoot out, each team will use 3 players who were on the court at the end of the extra time period, who will shoot in turn from the penalty spot (6 meters from goal line.)

4. The team leading the shoot out after each team has taken 3 penalties will be the winner. If the scores are still tied, a sudden death penalty shoot out will continue.

Rules of the Game



5. Should all players have taken their penalties; the substitutes will take their penalties. If this is still tied, the process will start over again.

30. Spirit of the Game

All players should assist the referee who performs an often difficult task to the best of their ability. A rule clarification may be asked for by Team Captain after calling time out, when assistance of management may be requested if necessary. All decisions may be applied and must be taken within the

“SPIRIT OF THE GAME”

This standard shall override all rules detailed and total discretionary power shall be left with the Referee for their final decision after taking

“THE SPIRIT OF THE GAME”

into account.

31. IPT/Superleague Variations

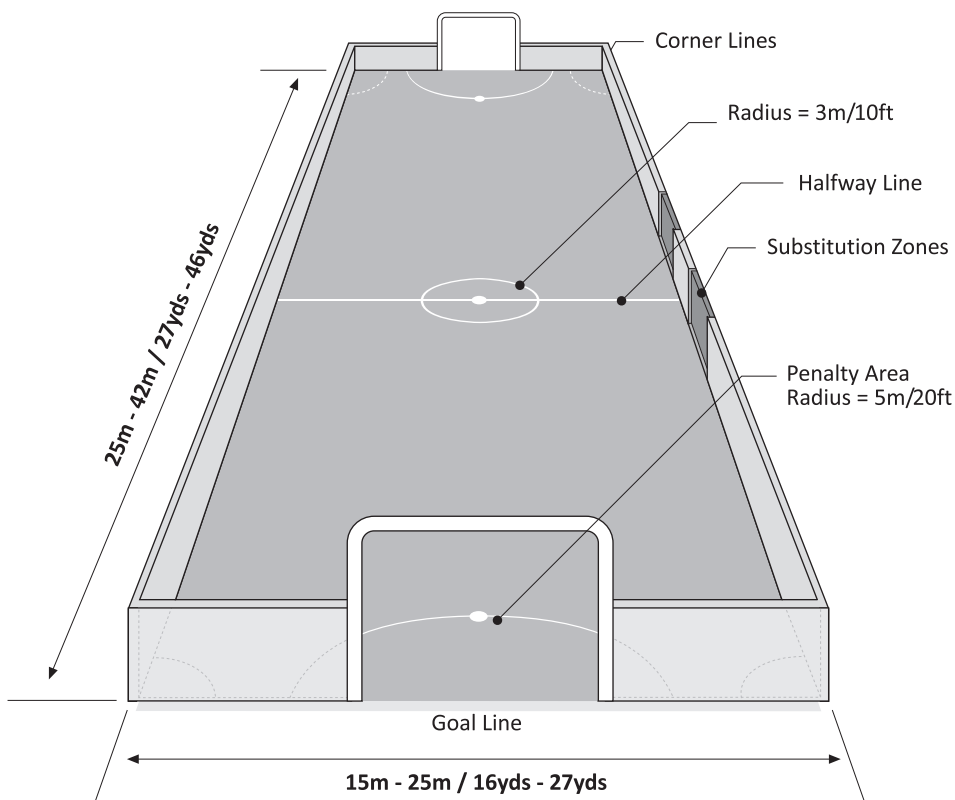
- Each province it to provide a minimum of 2 referees for each tournament
- Game times will be 15 minutes each way, played on a buzzer system
- 3 Yellow Cards in tournament – 1 match suspension
- 1 Red Card in tournament – 1 match suspension
- 2 Red Cards in tournament – Tournament suspension
- Fighting – Immediate suspension from Action Soccer SA
- Referees decisions are final.





Rules of the Game

32. The 5-a-Side Playing Court



Notes



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