

Play football. Make friends.

Canberra's favorite mixed 7-a-side football league

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Game format

A game consists of two 25 minute halves (with 5 minutes at half-time). A team consists of 7 players with a maximum of 4 male players. A team must field at least 5 players otherwise they forfeit the game.

Substitutions can be rolling (i.e. players roll-on and roll-off at any time during the game). If the keeper is being substituted or is swapping with an outfield player, he/she must inform the referee before doing so.

Kick-off

The home team (first listed on the match card) kicks-off.

Goal kicks

A goal kick takes place if the ball fully crosses the goal line either side of the goal with the last touch coming from an attacking player. If ball last touches a defending player (including the keeper), a corner kick is awarded to the attacking team (see diagram on next page). The goal kick is taken from the ground (not in hands). It can be taken by any member of a team. If the keeper receives the ball whilst in play, they may throw or kick the ball from their hands if they wish.

Back-pass rule

The back-pass rule is not enforced. Therefore, the keeper can handle the ball after receiving it from their own team mate.

Off-side rule

Due to the lack of assistant referees, the off-side rule is not enforced. You may goal-hang as much as you like but remember that this may leave short at the back!

