

STREET RULZ FOOTBALL

RULZ RULES OF PLAY

5-A-SIDE MATCH RULES
September 2026
40 Andrews Road, Tallebudgera QLD

Two 20-minute halves · four outfield players plus a goalkeeper · rolling subs, roster of eight · a referee on every game · balls and bibs supplied. 20 minutes each way applies to LEAGUES — Fiesta One is 15 minutes each way.

THE BASICS

- 1 Four (4) outfield players plus a goalkeeper. Roster of eight, three subs.
- 2 Subs are unlimited. The player coming off must be AT the gate before the replacement steps on. The player coming on is live immediately and can receive the ball.
- 2a SHUT THE GATE. Every sub, every time — the gate must be closed and latched behind you. An open gate stops the game.
- 3 Keeper changes are allowed any time — but call it out loud: “Goalkeeper change.” It must be obvious to the referee and both teams.
- 4 Two 20-minute halves with a four-minute break. A goal may be scored by any player.

KIT

- 5 Turf (AG) or moulded boots. No screw-in studs, ever.
- 5a Turf boots grip our surface best. Anything else means less grip and a higher chance of rolling an ankle.
- 6 Shin pads are strongly advised, but not compulsory.
- 7 No hats. No bulky watches or jewellery. A cap peak on a small caged court is an eye injury waiting to happen.

ON THE COURT

- 8 No food, no drinks and no chewing gum on the court. Bottles stay off the playing surface.
- 9 Do not grab, pull or hang off the nets.
- 10 Walls, roof and roof net are all play on.
- 11 If the ball goes THROUGH the net, it is a goalkeeper’s ball to the keeper on the side it went out.
- 12 If the ball leaves the court entirely, referee’s discretion.
- 13 Shielding: your foot must be on the ball. Shield it without your foot on it and that is obstruction — free kick the other way.
- 14 Corners: if more than two players are stuck on the ball and play is dead, the referee can award a drop ball to the defending team.

THE D & THE KEEPER

- 15 Attackers may enter the D but cannot score from inside it. They can pass or play a rebound. No interfering with the keeper — referee’s discretion.
- 16 Inside their own D the keeper may use hands or feet — except a pass back from their own player, which is feet only. Handling a back pass is a penalty.
- 17 The keeper may NOT handle the ball outside the D. A deliberate handball out there is a free kick and can be a RED CARD, especially if it stops a goal. Accidental contact is not automatically a card.
- 18 Keepers can travel anywhere on the court and may throw the ball past halfway.
- 19 A keeper’s clearance that deflects or rebounds into their own goal is a goal.

RESTARTS

- 20 Kickoff: opponents must be behind the first black pole — about three metres back.
- 21 You CAN score straight from a kickoff. No second touch needed.
- 22 After a goal, the team that conceded restarts with a centre.
- 23 Free kicks are INDIRECT. Opponents three metres back. On or near the D, the ball is moved up to two metres back to give the defence room.
- 24 Penalties are DIRECT — score straight from it, no second touch.
- 25 A penalty is taken from the dot. The keeper must be on the line. The taker may take up to two steps back.

FOULS

- 26** No slide tackles, ever. Free kick against.
- 27** Playing the ball on the ground is fine — as long as you are not tackling or trying to dispossess.
- 28** Five fouls per half. The sixth is a penalty. After that, every second foul is a penalty. The tally resets at half time.
- 29** No shoulder charging, at all. Shoving anyone into the side wall is a dangerous foul — penalty or card at the referee's discretion.
- 30** Any shove or push in the back is a penalty. A hand on a back or body is not automatically rough play — referee's discretion.

CARDS & CONDUCT

- 31** Yellow card: three (3) minutes off. The team plays a player down for those three minutes — no substitute.
- 32** Two yellows in a game = red. Off for the rest of the game, no replacement.
- 33** Red card: off immediately, no replacement, the team plays the rest of the game a player down.
- 34** Talking back to the referee after a warning is a DIRECT RED. Dissent and offensive language will not be tolerated, on or off the pitch.

REFEREES

- 35** The referee's decision on every on-field matter is final. No discussion, on or off the pitch.
- 36** Complaints about a referee or official go in writing to admin@rulz.com.au within 48 hours. Our decision on the matter is final.
- 37** Referees are to be treated with respect by players, teams and spectators. Abuse or intimidation means removal from the leagues and a ban from the premises.
- 38** These rules are not exhaustive and may be added to or amended at any time.

Questions or a complaint? admin@rulz.com.au within 48 hours, or call Vincenzo on 0412 766 696. Last updated September 2026.