



osmanitrust

# Tower Hamlets Community Cup

## Five-a-side Football Tournament • Saturday 30<sup>th</sup> July 2011



CHARTER  
STANDARD  
CLUBS



### Rules of Play

All matches will be played according to the playing rules of the Football Association, with the exceptions as below:

1. To start the game the referee will drop the ball between two players. The game will re-start from the centre after a goal is scored.
2. There will be no half time or change of ends.
3. All games will start and finish on the whistle.
4. Once handled a goalkeeper must roll the ball out (No over arm throwing or kicking out) Infringement –direct free kick (2m from point that ball left area).
5. A player receiving the ball from the goalkeeper is not allowed to pass the ball straight back – direct free kick (2m from point that ball left area).
6. There is to be no slide tackling. An intentional slide tackle will lead to a caution from the referee. A repeat offence will lead to a red card and one game suspension.
7. All penalty takers are permitted to have only one step before striking the ball.
8. If a defender intentionally goes in the penalty area – penalty. If the goalkeeper comes outside the penalty area – penalty.
9. If goalkeeper deliberately causes ball to go above head height – direct free kick (2m from point that ball left area). Otherwise in the case of a save the match shall continue.
10. All free kicks are direct
11. Once handled the goalkeeper must roll the ball out. If not a direct free kick for the opposing team (2m from point that ball left area).
12. No off sides
13. Roll on roll of substitutes
14. All matches will be 10 minutes long
15. In the knock out stages if scores are equal than an additional 2 minutes extra time will be played. If after this extra time scores are still equal than a penalty shoot out of 3 players shall take place.
16. Deliberately over head play - direct free kick