

KINGSWAY INDOOR STADIUM
INDOOR FOOTBALL RULES

Effective 23 August 2023

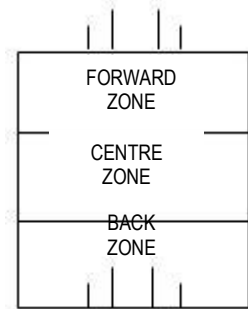
Indoor Footy is a non-contact, hybrid version of Australian Rules Football, played indoors across Kingsway's 3 multi-purpose courts.

1.0: TEAM RESPONSIBILITIES

- 1.1 No more than 8 players are permitted on the playing field at any one time.
- 1.2 Teams are permitted to use fill-in players from the same division but not a higher division if they do not have 8 players.
- 1.3 It is the responsibility of the captain to register the players and pay for your team prior to the commencement of the match.
- 1.4 All team captains are responsible for the conduct of their team members.
- 1.5 A team with less than the required minimum of 5 players will give away 2 points per minute until another player arrives or the match is forfeited (5 minutes maximum).
- 1.6 A team is not allowed to continue if their team is reduced to 4 players (forfeit)

2.0: POSITIONS

- 2.1 The playing ground is divided into three zones the centre zone, the forward zone, and the back zone. Purple line paint is used to mark the boundary lines and zone lines, as well as orange cones to mark out zones.
- 2.2 Teams comprise of two forwards, two centres, two backs, a centre-back & a centre-forward.
- 2.3 At the start of the match and after a goal has been scored players must be in their zones. Once the game is in progress no one may leave their zones except the Centre-Back who can move between the back and centre zone, and the Centre-Forward who can move between the forward and centre zone.
- 2.4 The only time a player is permitted into another zone other than their own, is if they have taken a mark or received a free kick and need to take a few steps into another zone to kick / hand pass over the man on the mark.
- 2.5 When a forward is on the lead, they are not permitted to jump from inside the Forward zone, mark the ball in the air and land in the Centre zone. At least one foot must land in the Forward zone when the ball is in their hands before momentum carries the player into the Centre zone.
- 2.6 Players are not permitted to cross the line between zones. Such discretions will result in a direct free kick to the opposition.



3.0: TEAM REGISTRATION AND FEES

- 3.1 Please refer to section 2 & 3 in the stadium by-laws.

4.0: FORFEITS:

- 4.1: If your team forfeits a match, please ensure you advise the centre as early as possible via phone. Your team will be issued with the appropriate forfeit fee according to the amount of notice given.
 - o Between 24 hours' and 7 days' notice – 1x Game Fee
 - o < 24 hours' notice – 2x Game Fee.
- 4.2: On occasion, teams have elected not to attend a scheduled match without notifying the centre. This is considered highly disrespectful to the opposition that has made the effort to attend the game. A simple phone call will avoid this.

5.0: UNIFORM

- 5.1 All players must wear the same coloured top.
- 5.2 Players may wear long pants provided they do not have a zipper or belt.
- 5.3 All players must remove objects such as watches, hats or jewelry that may be dangerous to other players. The Umpire has sole discretion on what is considered dangerous.
- 5.4 Failure to have all players in the same coloured top by Week 3 of the season will result in a 6-point penalty applied to the team for each player without the correct coloured top.
- 5.5 Mouthguards and shin pads can be worn.
- 5.6 Outdoor football boots with studs are not permitted, sneakers are recommended.

6.0: LENGTH OF GAMES

- 6.1 A total of 34 minutes will be played with two 17-minute halves and 1-minute halftime.
- 6.2 3 points are awarded for a win, 1 point for a draw and 0 points for a loss.

8.0: BALL DISPOSAL

- 8.1 The ball must be disposed of by a handball or a kick, if a player throws or hands the ball to another player, a free kick will be awarded to the opposing player.
- 8.2 When a player disposes the ball (kick or handball) he/she cannot touch the ball again until another player touches it with any part of their body.

9.0: START OF PLAY/BALL UP

- 9.1 The game shall be started by a ball-up between two players in the centre of the ground. Opponents must jump from a standing position, with one foot inside the centre circle. No contact is permitted.
- 9.2 Both ball-up participants must legitimately contest for the tap. A warning may be issued in the first instance this does not occur, with a free kick paid thereafter. The ball may not be taken out of the ruck, it must be tapped.
- 9.3 The ball must be touched or possessed twice before it may cross into another zone (excluding the tap itself). E.g. If the ruckman taps the ball to a teammate, that teammate must either kick or handball to another teammate before the ball can be kicked, handballed or carried into the forward or back zone.
- 9.4 If the ball crosses into another zone before it has been touched or possessed, the umpire will recall the ball up.
- 9.5 If the ball crosses the boundary line before it has been touched or possessed the umpire will not recall the bounce, rather a free kick will be paid against the last team to touch the ball.

10.0: DISPOSSESSING THE PLAYER IN POSSESSION

- 10.1 When a player is in possession of the ball and is tagged by an opponent, the player must dispose of the ball immediately.
- 10.2 Opponents may not push, shove, slap, grab, pull, tackle or use any excessive force when touching their opponent. Such acts will be deemed to have used excessive force and will result in a free kick to the opposition.
- 10.3 After tagging an opponent, a player may not impede/restrain the opponent from disposing of the ball (E.g. After tagging a player, the tagger may not continue to tag the player in a way that restricts them from disposing of the ball).
- 10.4 A player without possession can legally attempt to dispossess the player with the ball by slapping it from their hands. However, if they attempt to slap the ball and end up slapping the player with the ball, a free kick will be awarded to the player in possession of the ball for an illegal touch.

11.0: RETAINING POSSESSION

- 11.1 A player may stay in possession of the ball for any length of time, unless:
 - (i) The player has been touched.
 - (ii) The player has taken a mark or received a free kick and has been directed to dispose of the football by the umpire.

9. Bumping/tackling/barging/Shepherding

- 9.1 Indoor Footy is a no contact sport. The only way a player can knock the ball out of an opponent's hand is with an open palm. Players cannot;
- Hold an opponent with their hands.
 - Push a player in the side or deliberately bump another player.
 - Barge, fend off or chop past opponents.
 - Slide into the contest at any time.
 - Hold an opponent's clothing.
 - Initiate contact in order to stop an opponent from leading/moving toward the ball.

10. Shepherding

- 10.1 There is to be no checking or shepherding at any time

11. Scoring

- 11.1 A player can only score a goal from inside their attacking zone. A player can shoot for goal only in their scoring zone. After marking the ball, the player may go back and take a set shot for goal. The player standing the mark must be inside the scoring zone. The field umpire will be the sole judge of whether the kick for goal is successful. A goal can be scored from general play. A forward or centre-forward are the only players who can score goals (with the exception of Rule 26.1).
- 11.2 A free kick in the scoring zone is awarded if the umpire believes a forward would have taken a mark inside his/her scoring zone but was illegally infringed against in the marking contest. The player may take a set shot for goal.
- 11.3 If the ball goes out of bounds in the forward line and a forward player is awarded the free kick, that player may not take a shot at goal. They must either pass via kick or handball, or they may take a shot at goal if they move off their line once inside the field of play and the umpire calls "play on".
- 11.4 If the defensive player rushes a ball over the scoring line, a point to the opposition's score will be awarded and a kick-in will take place.
- 11.5 A goal is worth six (6) points and a behind is worth (1) point.

12. Restart of play

- 12.1 After a goal is scored, play is restarted from the centre as in Rule 6. If a behind (one point) is scored, the ball can be kicked back into play, handballed back into play or the player in possession can automatically play on. To do any of the above, the player must have both feet planted within where a goal square would generally be placed (between the goals, umpire discretion) and do not have to chip to themselves when assuming the play on rule.

13. Mark

- 13.1 A mark is taken if, in the opinion of the umpire, a player catches or takes control of the football after another player has kicked it. The ball must travel a minimum of three (3) metres.
- 13.2 It is not a mark if the ball touched the ground or was touched by another player between the moment the ball was kicked and when it was caught or controlled by the player.
- 13.3 If the player who has taken the mark is, in the umpire's opinion, taking too long to dispose of the ball, the umpire will instruct the player to move the ball on, if the player fails to do so, the umpire will then call "play on".

14. Playing on

- 14.1 The umpire shall call play-on when:
- A player, after taking a mark, moves off the line or over the spot (the mark) where they caught the ball.
 - The ball, after being kicked, was touched in transit.

- If a player has taken a mark or received a free kick and has moved into another zone in order to have room to take the kick (see rule 2.) and in the umpire's opinion, is taking too long to dispose of the ball, the umpire will instruct the player to move the ball on, if the player fails to do so, the umpire will then call "play on". In such an example, the player will then be in the wrong zone, and a free kick will be awarded to the appropriate player of the opposing team. The same will apply if the player was standing out of bounds at the time the umpire called "play on" (umpires discretion).

15. Standing the mark

- 15.1 When a player is awarded a mark or free kick, an opposing player may stand at the position on the playing surface known as the mark, where the mark or free kick was awarded.
- 15.2 No opposition player (except for the player on the mark) may be closer than two meters away in any direction.

16. Bouncing the ball

- 16.1 Where a player is moving while in possession of the ball, they may touch/bounce it on the ground after 10 metres, irrespective of whether such player is running in a straight line or otherwise.
- 16.2 A player in possession may touch/bounce the ball on the ground once only. They must then dispose of it by hand or foot and may not touch the ball again until another player has touched it.

17. Ball transition

- 17.1 When the ball is in transition from the back zone to the team's forward zone (or vice versa), the ball must be touched in the centre zone before it enters the forward zone. If this fails to occur, a free kick will be awarded to the opposition team at the point where the ball entered the forward zone - "over a third". In this example, the free kick would be taken by a "back" or "centre back" player, not a "centre" player.

18. Free kicks

- 18.1 It is the spirit and intention of these laws that a free kick shall be awarded to ensure the match is played in a fair and safe manner
- A free kick may be awarded when:**
- A player is infringed when not in possession of the ball
 - A player runs too far while in possession of the ball without bouncing it, or bounces the ball more than once
 - A player kicks/soccer's the ball off the ground
 - The ball fails to be touched by a player in the mid zone when in transition from the team's back zone to the team's scoring zone - ("over a third", See Rule 17)
 - Any contact that is deemed excessive or negligent (See Rule 9)
 - A player spoils the ball with a closed fist (must be an open palm)
 - Any other illegal act as seen by the umpire.
- 18.2 Players must be wearing their bibs correctly to be able to receive the ball. If a player is deemed to not have their bib on correctly for example inside out or in their hands (umpires discretion) then a free kick will be awarded to the opposition team in the location where the ball was touched.

19. Playing 'Advantage'

- 19.1 No advantage is given under any circumstance

20. Field bounces/ball-ups

- 20.1 The ball shall be thrown up:
- To start play.
 - When the umpire is unsure of an outcome.
 - When two players both have equal amount of grip on the ball.

21. Out of bounds

- 21.1 When the ball goes out of bounds (completely over the line) by hand or foot, a member from the opposition shall kick the ball back into play from behind the mark.
- 21.2 If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up 2-3 metres in from the boundary line. Forwards may not shoot for goal if the football has gone out of bounds in their scoring zone (see rule 11.3).
- 21.3 It is at the umpire's discretion to pull the man on the mark further back so that the disposer has adequate room when bringing the ball back into play.

22. Kicking off the ground or volleying

- 22.1 A player is not permitted to deliberately kick the ball off the ground or volley the ball (kick from mid air without guiding the ball by hand to foot) at any time.

23. Players exceeding permitted number

- 23.1 The captain of a team may, at any time during a match, request that the umpire count the number of players of the opposing team who are on the playing field.
Where a request is made, the field umpire shall stop play at the first available opportunity and call into line players from both teams on the playing field and count the number of players. Where a team has more than the permitted number of players on the playing field (as determined by the umpire), the following shall apply:
- The field umpire shall award a free kick to the captain or acting captain of the opposing team. This shall be taken in the centre of the ground or where play was stopped, whichever is the greater penalty. The team shall also lose all points it had scored up to the time of the count.

24. Injured player

- 24.1 Where a player is awarded a free kick or mark and in the opinion of the umpire, that player is suffering from injury or illness preventing the player from disposing of the football, then any other teammate from within the same zone may take the kick.
- 24.2 The time clock may be stopped for a serious injury (umpire discretion) during a regular season match, however the clock must be stopped for any serious injury that may occur in any finals match.

25. Fifteen-metre penalty

- 25.1 A reportable offence results in a 15-metre penalty and a send-off. A 15-metre penalty may be awarded when a player:
- Oversteps the mark.
 - Engages in time-wasting.
 - Enters the protected three-metre area around a player who has been awarded a mark or free kick.
 - Has not returned the football directly and on the full to the player awarded the free kick or mark.
 - Engages in any other conduct for which a free kick would originally be awarded.
- If a player receives a 15m penalty that takes them out of their own zone, they are allowed to take their kick. (Eg. A centre player gets a 15m penalty that takes them into the forward zone; they are allowed to shoot at goal).

26. Tagged in the forward line

- 26.1 If a forward is tagged by a defender in the attacking zone they cannot attempt a shot on goal nor can a goal be scored from their direct kick. They can either handball or kick the ball and they still have 1 second to dispose (as in Rule 8.1). This eliminates forwards being tagged, then steadying and kicking a goal. However, if the forward is in the act of kicking and the umpire deems it impossible for them to change their disposal (Eg. The ball has left their hand towards their foot when the tag occurs), then any score that results will count. This rule is at the umpire's discretion and the umpire's decision is final.

27. Send Off Rule

27.1 A send off rule will operation as follows:

- A player may be sent off at the discretion of the umpire for any reportable offence. The player sent off may not be replaced. They shall take no further part in the remainder of the game. (Umpire issues a Red Card)
- Players may also be sent off by the umpire for minor breaches for a "cooling off" period of 5 minutes (Umpire issues a Yellow card), they may not be replaced.
- When a player is sent off with a yellow card the offending player must seek approval from the umpire in charge to re-enter the game. The umpire will only allow the player to enter the game during a stop play such as out of bounds or a score (umpires discretion).
- If a player accumulates two yellow cards over the course of the competition the player will receive an automatic one-match suspension (management discretion).

39. Set Penalties and Appeals

39.1 Kingsway Indoor Stadium follows the "Tribunal Sliding Scale". The manager of the competition reserves the right to invoke heavier penalties if circumstances require. Repeat offenders may have their suspensions doubled from the previous time or double the prescribed penalty if a different incident has occurred with the same player.