



SPORTS COMPETITIONS


Senior Outdoor Soccer

Summer 2025/26

Information & Registration Pack

Ryde Community Sports Centre

ELS Hall Park, Kent Rd, North Ryde
9878 2223 | ymcansw.org.au/ryde

 City of Ryde


Lifestyle and opportunity
@ your doorstep

the 

Welcome and thank you for choosing the Y NSW outdoor sports competitions. All of our competitions are professionally run and are SERIOUSLY FUN. Our sports competitions focus on fun, fairness and participation. We have great facilities and referees and offer the latest in online draws, results and fixtures.

This document contains all the information in regards to our Summer Football competition for seniors and includes information about registering ONLINE. Our Summer Football competition is 6-a-side and is played on the new state of the art outdoor synthetic pitch at ELS Hall Park.

COMPETITION DETAILS

COMPETITION	SEASON DATES	GAME TIMES*	TEAM COSTS
Tuesday Mixed & Men's	7 October 2025 - 24 Feb 2026	6:30PM - 10:30PM	18 weeks (including grading, rounds and finals) = \$1575
Thursday Men's & Women's (incl. O35s Mens)	9 October 2025 - 26 Feb 2026	6:30PM - 10:30PM	18 weeks (including grading, rounds and finals) = \$1575

*Time-slots and competitions subject to demand and may change depending on availability.

*The Y NSW reserves the right to adjust the number of grading rounds therefore increasing or decreasing the number of competition rounds.

Competition will break over Christmas/New Years. Tuesday Comp no games 23 Dec 2025 - 6 Jan 2026. Thursday Comp no games 25 Dec 2025 - 8 Jan 2026. First games back for 2026 on Tue 13 Jan & Thur 15 Jan.

COMPETITION FEES

Deposit:

- Team Registration is secured with a **NON-REFUNDABLE** \$250 deposit, which is taken off your remaining team fee balance. This deposit is paid online through our SportsFix registration platform. The deposit is an indication of your team's intent to register for the entire season. The deposit will not be refunded for change of mind.

Team Fee Balance:

- The outstanding team fee balance is paid direct to the Centre (i.e. not online) and **must be paid before the team takes the court on the following dates:**
 - Tuesday Mixed & Men's - 28th October 2025
 - Thursday Women's & Men's - 30th October 2025
- RCSC will only accept bulk payments from the Team Manager rather than split payments for team fees.**
- Payments can be made at the RCSC Reception by cash or card (EFTPOS, Visa, Mastercard only).
- RCSC accepts Active Kids Vouchers (AKV's) towards team fee totals. The Team Captain/Manager is responsible for submitting any players' AKV to be used toward the team fee balance by no later than Tuesday Comp Round 1: 21st October 2025 and Thursday Comp Round 1: 23rd October 2025 The Team Manager must confirm which players are redeeming AKVs in a single email to admin.rcsc@ymcansw.org.au no later than the above dates. Staff will then acknowledge and provide the link for guardians to lodge their AKV details.
- No discount on fees will be given if a BYE exists and/or a forfeit occurs in your competition division.
- Failure to pay by the due date may result in your team to be withdrawn from the competition with NO refund of the \$250 deposit.
- The Y reserves the right not to offer any refunds if your team is withdrawn from the competition due to any violations of our Code of Conduct.
- Team Season fee is NOT inclusive of Individual Player Registration through PlayFootball which is a separate per person cost (details below).

PLAY FOOTBALL REGISTRATION / INSURANCE DETAILS

Individual Player FNSW Registrations will open prior to competition starting. Team Captains will receive an email once FNSW registrations open.

No Registration = No Play Policy will be enforced by the centre.

Insurance only needs to be paid once per season, even if you play in multiple competitions (eg. Men's and Mixed).

The insurance program through Football NSW administered by Gow-Gates Insurance Brokers.

<https://gowgatessport.com.au/football>

REGISTRATION / INSURANCE FEES

SENIORS U19+ = \$28

Junior (U18 and below) = \$8

Any player U18 must contact the Centre first before joining the competition, otherwise you won't be allowed to play

The process is done 100% online through the method below.

How to Register:

1. Visit Playfootball.com.au
2. Click Find a place to play and choose either Adult football or Youth football
3. Search North Ryde 2113, click list view and select Ryde YMCA, then click Register Now
4. Create Playfootball account if required or login to existing account using email and password
5. Select the correct product (either 'Outdoor Football - Seniors' or 'Outdoor Football - Juniors' depending on your age. NOT Indoor Futsal)
6. Proceed through registration steps and answer all relevant questions. Playfootball requires a full face photo portrait to be added to profile so ensure to do this
7. Select RYDE YMCA agreeable items to proceed and choose which team you will be joining

Note: ALL PLAYERS will be required to verify their registration in person at the Centre using valid photo ID minimum 1 week prior to the start of the competition. No approval = no play

IMPORTANT:

- Please report all injuries and incidents immediately to Centre staff so that an Incident Form can be completed. Failure to report injuries at the time of incidence may result in any subsequent Personal Injury insurance Claim being declined by the insurer.
- Please contact RCSC at admin.rcsc@ymcansw.org.au if you or your child has sustained an injury while participating in our competition and a Claim guide and form will be emailed to you.
- Once all other sections on the Claim Form have been completed, the Competition Coordinator/Centre Manager will need to sign the Club Declaration section before the Claim can be sent to the Insurer.
- Completed Claim Forms must be submitted to the insurer WITHIN 30 DAYS of the incident, in order to initiate the claim (additional receipts and details can be provided at a later time once the claim is initiated).
- The final outcome of any claim is at the discretion of Gow-Gates Insurance Brokers and not YMCA Staff

If injuries and incidents are not sufficiently documented at the time, this may invalidate a subsequent insurance claim

REGISTRATION PROCESS

STEPS TO REGISTER A TEAM + ADD PLAYERS

THE TEAM MANAGER MUST BE 18 YEARS OR OVER

Online registrations can be made on SportsFix. The Team Manager must complete the Team Registration and then individual players (or their guardians) are able to add themselves to the team via an online link.

If you do not already have a SportFix account, you will need to create one, following the prompts.

1. Team Manager (to Register the Team):

- <https://sportfix.net/ymcafield>, or go to sportfix.net and search for "YMCA" in the venue search to select "YMCA Field" - NOT "Ryde Community Sports Centre" as this is for Indoor Competitions only
- Click on "Register a new team"
- Proceed to your relevant sport and competition night.
- Submit your team name, skill level and agree to the T&Cs.
- Pay the deposit as prompted.
- The centre will be notified of your registration in real time. The team details will be accessible through "My Registrations" and your registration status will read "Pending Allocation". Teams are "allocated" when fixtures are developed.

2. Team Manager (to "invite" players to join):

- Players are required to register on PlayFootball to be eligible to play (see previous page for further details)
- RCSC Staff will add players from the Team List to your SportFix Team as their PlayFootball Registrations are confirmed. Only registered players will be added and therefore only the players on the SportFix Team List are eligible to play.

RCSC recommends 9 players per team, minimum of 6 and maximum of 12 players are allowed on each team. If you wish to have more than 12 players, the Team Captain must consult with the Competition Coordinator first.

ALL players must pay and complete FNSW individual registration via playfootball.com.au website. (Please see below). Teams must complete FNSW registrations for each new season/competition. There is no automatic "roll over" of registrations from season to season.

ALL players must have their registration confirmed in person at the Centre with a valid form of ID at least 1 week prior to the start of the competition.

SIX (6) PLAYERS MUST BE REGISTERED ON PLAYFOOTBALL WITH THEIR ID CHECKS COMPLETED FOR YOUR TEAM BEFORE THE BELOW DATES TO BE ELIGIBLE TO PLAY IN THE COMPETITION:

- Tuesday Men's & Mixed Competitions - 30th September 2025
- Thursday Men's & Women's Competitions - 2nd October 2025

PLEASE NOTE THAT WE OPERATE ON A FIRST SERVED BASIS AS CAPACITY IS LIMITED

GAME DETAILS + REQUIREMENTS

TEAM MANAGER - MUST BE 18YRS+

The Team Manager is the person responsible for registering the team online. They will be the key contact should the Centre need to provide any correspondence regarding the competition (eg. fee reminders, notice of forfeit). It will be the responsibility of the Team Manager to pass all correspondence on to their team players. They must be 18yrs or above at the time of registration. If a team wishes to change the person listed as the main contact, please notify the centre by email at admin.rcsc@ymcansw.org.au.

Team season fee payments must only come from the Team Manager. Teams can organise amongst themselves to determine what individuals owe, but the Centre will **only accept bulk payments from the Team Manager**.

DURATION OF GAME

2 x 16 Minute Halves* 40 minute time-slots

*Time may be reduced if teams are late which includes late signing onto scoring sheet. 3-0 head start will be awarded to the opposing team every 5 minutes a team is late.

SIGN ON

- **IT IS THE TEAM MANAGERS RESPONSIBILITY TO ENSURE PLAYERS ARE SIGNED ON CORRECTLY.**
- The (acting) captain should be indicated on the scoresheet by writing a 'C' next to the relevant person's name.
- All registered players must 'sign on' on the score sheet before the start of a game by placing either their shirt number or signature next to their name. **AT LEAST 4 REGISTERED MEMBERS OF THE TEAM MUST SIGN ON BEFORE THE GAME CAN START. Fewer than the 4 registered players after 10 mins will result in a forfeit being declared.** A friendly can be played but only with players who are registered to play at RCSC.
- If an unregistered player takes the court, the game may be declared as a forfeit.
- **Borrowed players** must also write their names on the scoresheet and indicated which team they are registered in. (Note, you can borrow from the same or a lower division, but not a higher division).
- **Late players** must sign on before entering the court.
- The score sheet is located at the scorer's table before each game, games will not commence without all participating players signed on
- The Team Captain must sign the scoresheet at the completion of the games for their team

TEAMS AND PLAYERS

- All soccer competitions are 6v6 (including GK). **Six players must be registered on PlayFootball WITH their ID check completed by the below date to ensure your team is included in the competition:**
 - Tuesday Mixed & Men's - 30th September 2025
 - Thursday Women's & Men's - 2nd October 2025
- **For mixed, a minimum 2 females must be on the field at all times (Not including GK).**
- A maximum of 15 players are allowed on the team. If you wish to have more than 15 players on your team, the Team Captain must consult with the Competition Coordinator.
- Teams can add additional players throughout the season; however, the Centre holds the right to re-assess and make any necessary division changes to the team based on the additional recruited player and the newly formed team.
- A player must have played 5 games with the team to be eligible to play finals. Games played are recorded through player sign-ons - **if a player has not signed on or signed on incorrectly, it won't count as a game played**

COMPETITION POINTS

Win = 3 points | Draw = 1 points | Loss = 0 point | Bye = 3 points | Forfeit-For = 3 points | Forfeit-Against = 0 points

GRADING

Generally, grading of teams is scheduled for the first 2 weeks of the season. However, the Centre may not conduct grading if team numbers only allow for one division. Similarly, RCSC may extend the number of grading weeks if grading results are inconclusive after 2 weeks.

Teams are welcome to provide information about their playing experience and skill level. This information will be taken into account by the Competition Coordinators when setting grading fixtures. Appeals in relation to a team's grade can be made by the Team Manager by emailing admin.rcsc@ymcansw.org.au. Final determination of grades is the responsibility of the Competition Coordinators, in consultation with Centre Management, where necessary.

Re-grading may occur at the discretion of the Competition Coordinator during the season. In the event that a team is moved to a different division, they will be placed in equal 5th position with the same competition statistics (ie. Wins, Losses, Goals etc) as the other team occupying 5th position.

Please note: Decisions about a team's division are not based solely on whether they win or lose grading games. It takes into account a team's skill and performance, relative to other registered teams. While a team's performance in previous seasons or other local competitions may be taken into account for perspective when grading, all competitions are different and grading allocations reflect the varying skill and experience levels represented in a competition at that given point in time.

Grading must take into account a team's likely performance if playing with its strongest line up, it is not possible to take into account that stronger players may be absent from time to time.

UNIFORMS

- **All players** in each team must wear like colored matching **numbered** jersey. Goalkeepers must wear a different color shirt to distinguish them from their team.
- **All players** must wear shin pads and long socks that cover the entire shin pad.
- **All players** must wear permanent shirt numbers on the back of their shirt. **Players without shirt numbers will not be allowed to play.** This rule is set by the NSW Referees Association and will be strictly enforced by the Centre. Temporary numbers such as tape or stickers are not permitted.
- A warning system will be implemented for players and teams out of uniform, any teams that don't comply to uniform rules after being spoken to twice in a season without a reasonable reasoning a 3 goal deduction will be issued to teams out of uniform moving forward.

IMPORTANT *APPROPRIATE FOOT WEAR*

- All players **MUST** wear moulded Football boots to participate
- Flat-soled or metal stud trainers damage the synthetic field
- Players will not be able to partake without correct foot wear

FORFEITS & FRIENDLIES

Teams considering a forfeit:

- At least 4 registered players from the team must take the court to avoid a forfeit.
- A team **must** inform the Centre of their intent to forfeit as soon as possible, preferably by phone (9878 2223) and by email admin.rcsc@ymcansw.org.au.
- A phone call is necessary when giving limited notice e.g. 5 hours or less, with a follow-up email required as well. A voicemail message is not considered sufficient notice.
- RCSC will also send an email to the forfeiting team to confirm forfeit is acknowledged.

Forfeits require as much notice as possible. **A forfeit fee of \$70 applies to any forfeits made within 5 hours of the scheduled match time. Excessive forfeiting (more than 5 games within a season) may lead to your team being suspended from the current competition.**

Teams being forfeited to:

- The Team Manager will be notified by phone in the event that the team's opposition intend to forfeit. If the Team Manager cannot be reached, RCSC staff will attempt to call other players in the team. Forfeits will also be confirmed by email.
- **Your team will receive a 3-0 win.**

- The Centre will do its best to arrange a friendly game for teams forfeited against, otherwise the time-slot of your game time will be available for your team to train.
- There are no refunds of season fees paid when your team misses a game due to a forfeit. The time-slot of your game time will be available for your team to use the court to train in lieu of refunds or friendlies.
- Note: Teams may be contacted in relation to moving time-slots in the case of forfeits.
- The Centre reserves the right to waive forfeit penalties in extenuating circumstances

BORROWING PLAYERS

Teams are able to borrow players from other teams as long as the player is fully registered.

A Team may only borrow maximum of (2) registered players under the following circumstances:

1. If a team can only field (4) players on the court, then (2) registered player maximum can be borrowed making a total of (6) players on the court. Teams CANNOT borrow other registered players if there are already (6)
2. You may NOT borrow any players from divisions above your own. eg. CANNOT borrow a division 1 player for a Division 2 game.
3. **Borrowed players must be registered at RCSC and with Play Football in the current season.**
4. It is the team captain's responsibility to notify staff members of any borrowed player. Games with unapproved borrowed players will be a forfeit.
5. Mixed Competition: The team must have both genders represented within the 4 original players for a game to start. Failure to do so will result in the game being declared a forfeit. 2 females must be on the field at all times NOT including the goal keeper. A maximum of 3 male players can take the court and no more than 3 female players can take the court at one time (up to 5 players in total) and both genders must be represented. In the event that more than 3 male players are available but only 1 female player, a female borrowed player can take the court even though this would give the team a male substitute player. Additionally in the event that 4 or more female players are present, a male player can be borrowed to meet gender requirements for mixed games, even though this provides the team with a female substitute player. The team would still play short as no more than 3 female players can take the court at one time.
6. **Players cannot be borrowed for finals**

FINAL SERIES

- Teams will play 2 weeks of finals/playoffs for all competitions, unless otherwise predetermined by the Competition Coordinator.
- Generally, the format for finals is: Semi Finals - 1st v 4th and 2nd v 3rd, with the winners playing each other in the Grand Final. This format is subject to change at the discretion of the Competition Coordinator.
- Teams that do not qualify for finals will be invited to participate in friendly matches across the finals weeks, if interested.
- A player must play a minimum of five (5) games for their registered team during the regular season to qualify for finals.
Any games where a player has not signed on for, either due to lateness or forgetting, does not count as a game played.

PENALTIES

- In the event of misconduct, suspensions will be awarded at the discretion of Centre staff.
- Suspensions can apply for both on and off court incidents, you are responsible for your actions and behaviour at all times within the Centre.
- Ryde YMCA uses the Football NSW Schedule of Disciplinary Penalties as a guide for warnings and suspensions

CHALLENGES / PROTESTS

Any challenges made by a team towards another team (i.e. suspected unregistered players playing or other match disputes) must be done through competitions staff as soon as possible, preferably at the start of the game.

Protest must be lodged and received by the Competition Coordinator no later than 2 hours after the match was played if necessary, **scoresheet from the game must be signed by the team captain for a protest to be legible.** It is the Team Captains responsibility to check the score at the end of the match and sign the scoresheet to confirm the score. If the scoresheet was not signed then challenges relating to the score will not be accepted.

The Competition Coordinator will only consider protests for obvious breaches of the Laws of the Game that clearly had a material effect on the outcome of the Match.

ABANDONED MATCHES

When a Match is abandoned for any reason for which neither Club is responsible, the Match may be replayed at the discretion of the Competition Coordinator.

Should both Clubs, their Players, Officials, or Spectators be found to have caused the abandonment of the Match, the Match will not be replayed and no match result will be applied.

Should bad weather play affect Y staff and referees reserve the right to enforce the FNSW Lightning and Thunder policy, which may result in abandoned games. RCSC will try to run make-up games but it is subject to availability of the Field.

COMPLAINTS AND REPORTABLE CONDUCT PROCEDURE

The (acting) Team Captain may politely approach match officials to ask for clarification regarding rules and procedures at appropriate intervals (eg. quarter-time break). Teams are also encouraged to alert RCSC staff if they have any concerns during the game. After a game, teams wanting to register a complaint or reportable misconduct about another player, team, referee or Centre staff will need to complete a Match Report Form, which will be given to all team captains upon request. Alternatively, an email can be submitted to admin.rcsc@ymcansw.org.au.

PLEASE NOTE: That this is the correct way of registering a complaint. Teams failing to comply with this and confronting referees, players or staff without adhering to the Code of Conduct may receive suspensions or dismissals from the competition.

All complaints will be taken seriously, and appropriate actions will be undertaken in the following weeks of competition. However, depending on the severity of the complaint, some complaints may take longer to resolve.

Complaints involving staff members or very serious complaints will need to be emailed to emily.donkin@ymcansw.org.au

REFUNDS

Monies paid as Team Fee deposits, team fee balances and individual player registrations are NON-REFUNDABLE for change of mind.

Refund applications will be considered by the Centre Coordinator in the event of documented extenuating circumstances, or in the event that the competition does not go ahead due to insufficient registrations.

YMCA NSW will not be responsible for any competition days and/or rounds cancelled due to factors beyond our control, such as, Environmental Issues (flooding, heat, smoke, wind) or cancellations due to advice from Authoritative Directions (NSW Police, NSW Emergency Services, Local and State Governments and or any other national, state and/or local authority) and or Abandonment due to illegal activity (vandalism, sabotage or criminal and illegal activity). In the event of any such cancellations and/or Abandonment, YMCA NSW reserves the right to NOT Refund any fees, deposits, payments or any other costs incurred by individual participants and or teams, spectators, players and supporters.

RULES + REQUIREMENTS

FNSW RULES APPLY UNLESS OTHERWISE STATED BELOW.

Referee reserves the right to alter these regulations below if deemed necessary.

INFORMATION FOR STAFF, OFFICIALS AND PLAYERS

Sign On	<p>Team Managers (or the acting Captains) are responsible to fill out scoresheets 10 mins prior to game at the referees table. Late players must sign on before taking the court. Borrowed players must also write their names on scoresheet and indicate which team are registered in. See above on borrowing players. Players found signing on as another player would not be able to continue playing, and will result the game in a forfeit.</p>
Forfeits & Late Starts	<p>Teams failing to comply with sign on procedures or any form of prevention to start the game as scheduled will be penalized 1 goal per 3 minutes. Clock will still start at scheduled game time even if players are not ready to take the court. Clock will not be stopped or reset for the commencement of the game.</p> <p>10 minutes grace allowed to each team after scheduled game time before a team forfeits the match.</p> <p>A team may commence a game with a minimum of 4 players.</p> <p>Team at fault will be penalized 1 goal per 3 minutes for preventing game to start on time - Maximum 20 points</p> <p>Teams not ready to play (i.e. scoresheets not filled out prior the game starting) will be penalized 2 points per minute.</p> <p>Where a team forfeits the score shall be recorded as 3 – 0.</p> <p>Where both teams fail to appear with less than 4 players after 10 minutes, the game shall be declared a double forfeit. The score recorded as 0-0 for both forfeited teams.</p> <p>By mutual agreement between the teams a match may be played after the forfeit time has lapsed and if Referee agrees.</p> <p>All rules and regulations fall under the discretion of Football NSW.</p>
Injuries	<p>IMPORTANT: Please report all injuries and incidents immediately to Centre staff so that an Incident Form can be completed. Players are to contact the Centre as soon as possible in order to initiate an Insurance Claim. A Claim Form will be provided with instructions. Completed Claim Forms must be submitted to the insurer WITHIN 30 DAYS of the incident, in order to initiate the claim (additional receipts and details can be provided at a later time once the claim is initiated).</p> <p>If injuries and incidents are not sufficiently documented at the time, this may invalidate a subsequent insurance claim.</p>
Zero tolerance	<p>Zero tolerance towards staff, ball controllers, and referees, if occurs disciplinary action will be made to players using FNSW disciplinary and regulations towards referee guidelines.</p>
Temporary Dismissal	<p>This season referees will be applying a 5 minute temporary sin bin dismissal, any player cautioned for dissent will be shown a yellow card and placed in a temporary dismissal period of up to 5 minutes. The team will not be able to interchange the player and will continue with one less player for the full duration. The referee will be the sole timekeeper of the period. Once the Temporary Dismissal has expired, the player must wait for the referee to call the player back on the field at an appropriate time. This may slightly extend the dismissal period. If the player commits a yellow card offence on the field of play in addition to a period in the sin bin, they will continue to play. If the player commits a 2nd dissent caution and no other offences, they will receive a 2nd sin bin. After which they can't take any further part in the game but can be substituted.</p>

CODE OF CONDUCT

Honesty

- All borrowed equipment must be returned to centre staff
- All players must be fully registered prior to taking the court

Caring

- Should your team encounter a problem with the opposition, an umpire/referee or a spectator, please approach the RCSC Staff immediately in a polite manner.
- Addressing the situation during the game will provide the best opportunity to rectify any problems. Should you feel that your complaint is not dealt with in a satisfactory manner by game night staff, please contact the Centre Coordinator, sheree.napper@ymcansw.org.au.
- Management has the right to abandon games for safety of players, officials & spectators.
- Teams can request management or front desk staff to watch their game as an independent witness.

Respect

- At no time will aggressive, insulting or dangerous behaviour be tolerated.
- No fighting or aggressive behaviour within the complex whatsoever
- No swearing, disrespecting behaviour, direct or indirect comments on court, or towards players/officials/spectators/complex staff
- Use of derogatory language based on gender, race or ability will result in dismissal from the competition
- No spitting within the complex whatsoever
- The referee will have the final call and must be shown respect at all times
- All players/coaches will respect the direction of YMCA staff at all times

Responsibility

- Players/spectators must not be under the influence of any alcoholic or drug substances or furthermore bring such\ substances onto the premises
- Spectators and children are welcome at the RCSC Y. However, supervision is the responsibility of the Parents/Guardians. We aim to keep our patrons, players and umpires safe and ask that any guests of our players be seated during all games being played. Persons under 12 years of age must be directly supervised by an adult at all times.
- All animals (with the exception of Service Animals)

- are not permitted within the Centre
- ALL Player/Coach/Manager/Spectators who fail to abide by Competition Rules and the Code of Conduct will be subject to disciplinary review and action (including Official Warning, game suspensions and bans from the centre.
- It is the responsibility of the captain/coach/manager to ensure players are signed in on the team sheet prior to every game
- Complex staff will record all infringements and notify players involved should this occur

Safety

- The YMCA is committed to ensuring the provision of safe environments for children, youth, vulnerable adults and families
- Photography/Videography is not permitted within the Centre unless written permission has been granted from staff
- Patrons are encouraged to report any safety concerns to RCSC Staff immediately

SUMMER FOOTBALL MATCH RULES

SUMMARY

- A minimum of 4 players per team must be present and signed their jersey number on the scoresheet for a game to start. Teams that have less players and delay kick off time a goal penalty will be applied to the team that is late.
- Any teams that have suspected unapproved/unregistered players, staff reserve the right to stop the game and remove the player from the court.
- All teams need to report any unapproved players to staff before game starts
- All free kicks are indirect, except penalties
- Kick off and kick ins require all players to be 5 metres away from ball
- No offsides

Time Duration

- 16 minute halves for seniors
- 14 minute halves for youth
- 12 minute halves for U12s and under

Goal scoring

- No goal can be scored from direct kick off, corners or kick in.
- Goal can be scored from any half off the field.
- Goal keepers can score but only off the feet not in hands
- When a free kick is issued, ball has to touch a team player before goal is scored

Goal Keeping

- Goal keeper has 4 seconds to release the ball when in possession
- If keeper releases the ball to a team mate, they cannot touch the ball again (until the opponent touches the ball again)
- Goal keepers can score but only off the feet not out of the hands
- Goal keeper can slide tackle but not leading with feet
- Goal kicks can't be kicked out of the hand, ball must hit the ground before kicked
- No floating goal keepers

Slide tackling

- No slide tackling in games.
- Goal keeper can slide but not leading with feet

Player rule breach system

If teams are found not to be following competitions rules they will be warned by the Y and may lose competition points for any breaches in rules, this may include, incorrect uniform jerseys, missing jersey numbers and unapproved players taking the court.