

Hamilton Soccer Club Inc.

Incorporated Association No. A0041405N

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Rules for Wednesday Competitions Wednesday evening 7 a-side games

- Matches will be two x 22 minute halves with a short half time. No injury time.
- There are 3 points for a win, one for a draw and zero for a loss. Winner is the team at top of ladder when season ends. Finals will be played if a spare date is available.
- If a team does not have 7 players, they may recruit a “guest” to make up numbers, however any goals scored by the guest will not count!
- If a team has less than 4 players after 5 minutes from designated kick-off time, the game is forfeited and the opposing team gains three points. (The remaining players of both teams can then play an informal game if they so wish).
- Substitutes can be interchanged at any time without informing the referee as long as the two players cross the touch line at the same time.
- All free kicks to be direct. Opposing players to be at least 10 metres from ball when free kick taken.
- No off-side rule.
- Goal keepers may only handle the ball inside the D goal area.
- If the ball is **deliberately** passed to a Goal keeper by a team mate, the keeper may play the ball but not use their hands. However, if the team mate plays the ball to them with their head, the goal keeper may pick the ball up.
- Team lists will be issued to captains for a roll call before kick-off and then handed to referees to record goals scored.
- For reasons of safety and fairness, referees will be entitled to issue Red and Yellow infringement cards for foul play. Red card meaning the player is sent off for the remainder of the game. Two Yellow cards in a game also means the player is sent off.
- All games to be played in a spirit of Fair Play and in accordance with our Code of Conduct.

April 2014

CODE OF CONDUCT

Play to win – play fair

Show courtesy and respect to referees and officials. Remember, the referees are volunteers and are giving their time to make the game fairer for you. They are also human and likely to make mistakes – just like you! Accept their decisions without argument, criticism or grumbling.

Support and encourage your team-mates. This is far more effective in the long run if you want to play in a good team and if you want to win. It will also create a better team spirit and make the game more enjoyable.

Show respect and courtesy to the opposing players. Treat them as you would like to be treated.

Fair Play begins with behaviour “off the ball”. No physical harassment (such as shirt tugging). Verbal taunts, insults, foul language, angry gestures and intimidation have no place on or near the soccer field. This applies to players, coaches, spectators, parents, officials and anyone else involved in the game.

Foster a spirit of fair play throughout the club. Applaud good play by both sides and thank the officials and opposition at the end of the game.

Accept defeat with dignity and good humour. In any game it is usual that half the players end up on the losing side so you will need to get accustomed to it. Don't look for excuses either or blame others. Learn from the situation and resolve to do better next time.

Keep your temper at all times and don't retaliate when fouled. If you disagree with a refereeing decision, inform your captain. Your captain can raise the issue later with the referee in a calm manner at either half or full time.

Remember to play for enjoyment – yours and everyone else's!

Finally, if in the heat of the moment you do not meet these standards of Fair Play, an apology will go a long way to making things better.