

Up & at Em

6 a-side Football – Basic Rules

About Up & At Em

- The target age group for Up and At Em is 16-24 years of age
- 5 out of 6 players must be in the age bracket of 16-24 years of age (i.e. teams can have 1 oldie (24 years +))
- Teams can be mixed or single sex

Normal FIFA rules apply other than those stated below.

Players:

- All games are 6 v 6

During the game:

- When the goalkeeper collects the ball in general play they must throw the ball. Drop kicks or punts out of the hands are not allowed. They can drop the ball to the ground and kick it off the ground but once the ball has left the goalkeepers hands it is in play and the opposition can play it.
- If the ball is played over the goal-line (but not in the goal) by the opposition then a goal-kick is taken from anywhere inside the goal area. (If no goal area is marked then the goal-kick is taken from where-ever the referee determines).
- If the ball is played over the goal-line by the defending team then a corner kick is taken.

Off-side:

- There is no off-side rule

Points:

- Each goal is worth one point

Substitutions:

- Rolling substitutions can be made when ball out of play

Duration of Game:

- 2x 25 minute halves

Cost:

- \$5 per person/game or a max of \$30 per team/game

Defaults:

- Teams are not expected to default and will be charged a default fee of \$30 per game.

Competition dates:

- The competition begins on Sunday 12 February and runs for 5 weeks
- Games will be held at Turnbull Thomson Park
- Games will be played at 5:00pm

Competition format:

- The competition will have a round robin competition followed by a finals week.

Draws and results:

- The draw and an up to date points table will be available from www.sportsouthland.co.nz and on the Up & at Em Facebook page

To enter a team:

- Contact Sport Southland on 03 2112150 or Tracy.Simpson@sportsouthland.co.nz
- Entries close at 4pm on Tuesday 7 February.