**Rules**

* Max 7 players in each team.
* Matches are played with 2 halves of 10 min, with 5 min break in between.
* 5 Players in each team during a match, no Goal-Keeper
* Rolling Subs - Substitutions can only take place during a stoppage in play (e.g. a free kick, restart, throw-in etc.) The referee must be notified of this change.
* Players can't shoot in the opposition box
* No offside, corners or Goal Kick
* Yellow card 2 minutes outside & Player sent off( red card) can only return if their plays again
* Referees word is final - Always respect the match officials' decisions.
* Only captains can address the Ref  
    
   **Offenses**

Offenses leading to a ‘direct’ free kick and potentially a yellow card

* Dangerous play – Kicking, tripping or charging an opponent
* Excessive tackling – Recklessly or careless tackles
* Slide tackling – Slide tackles are not allowed (includes block attempts)
* Hand ball – In any area of the pitch
* Time wasting – Attempts to slowdown play  
    
  Point system:  
  Win 3 points  
  Draw 1 points  
  Lose 0 points  
    
  Knock out:  
  If teams draw in full time, they each will take 3 penalties.  
  Non-kicking foot may not move during a penalty take.