

YMCA Leisure City Epping Indoor Football Rules

The game of indoor football is a fun-based sport open to players of any sex, age or ability.

The rules are derived from multiple sports such as Australian Rules Football ("AFL") and Basketball. It is a fast paced, non-contact sport that is designed to improve a person's fitness and AFL skills.

TEAM:

A maximum of eight players (from each team) may be on the playing field at any one time.

A player may be substituted at any time but must leave the playing field before the incoming player may enter.

Players must be registered to one team only.

Teams can use fill-ins or unregistered players, provided they are not already a listed player for another team in the same division. When a listed player plays for a team that they are not listed for (i.e. as a 'fill-in'), a penalty of 3 goals per borrowed player will be applied against the team borrowing the player(s).

Each team must have a minimum of 5 registered players take the field to constitute a match. A team fielding 4 or less registered players forfeits the match.

COMMENCEMENT AND TIMING OF THE GAME:

The game consists of four eight-minute quarters. Games are to be completed in the allotted 40 minute game slot.

The clock will not stop unless in the event of a serious injury or incident.

The clock will start at the fixtured time regardless of whether both teams are present.

A minimum of **five** players is required for a team to take the field.

For teams not ready to play at the fixtured start time, a two goal per minute late penalty will apply. Teams not ready to play before half time are considered to have forfeited the match.

TEAMPAY:

All game fees are to be paid before the game. Captains must show their phone screen with completed payment to umpire before play.

UMPIRES:

The centre will provide the umpire(s) who shall control the game (rules & spirit), keep time and operate the scoreboard. Players, in a civil matter, may address the referee for an explanation but shall not hold up play. Any disputes are to be lodged with management at the end of the game and only by the captain.

UNIFORM:

All players must wear the same uniform and must have an individual number.

A one goal penalty applies for each member out of uniform or without a number up to a maximum of eight goals.

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RULES OF PLAY:

Ball-Up

- Each quarter is commenced by a ball-up contested by a player from each team (the ruckman). Ruckmen must jump straight up to tap the ball, not making contact with each other.
- Only three players from each team are allowed in the whole of the centre tennis court at the start of each quarter.
- A player (ruckman) involved in a ball up situation may not grasp the ball until another player (other than the opposing ruckman) has touched the ball.
- Rucks must each have one foot forward, toe to toe with opposition ruckman before ball is thrown up.

General Play

Free kick's will be awarded for breaches of the following rules. A free kick will be taken in the same way as a regular free kick in Australian Rules Football (kick or handball):

- A player **may not make contact** with another player.
- A player may not kick or attempt to kick the ball out of mid air or off the ground deliberately.
- A player may not attempt to strip another player of the ball.
- A player may not punch the ball with a closed fist.
- A player may not touch the net (whether in possession of the ball or not) except between the two point posts at each end of the playing field.
- A player must release the ball by hand or by foot within 5 seconds as determined by the umpire.
- The ball may only be disposed of via an Australian Rules Football style kick or handball. The ball cannot be thrown.
- A defending player may not make contact with the ball while an attacking player is in control of the ball.
- Ball must travel a minimum of 10 metres from a kick to be a mark.
- A player may not retake possession of the ball directly after disposing of the ball by hand or foot without the ball being handled first by another player.
- Players must not deliberately shepherd/block for their teammate or the ball at any time.
- A player must be upstanding, or on one knee with one foot on the ground, when disposing of the ball. i.e. a player cannot be laying on the floor when disposing of the ball.
- A player must bounce the ball or touch it to the ground at least once within the equivalent of the width of one tennis court and the distance between each tennis court (about 15 metres).
- A player in possession of the ball may not "chop" a defending players arm.
- A player in possession of the ball may not use their hands or arms to fend off a defending player.
- Trying to take a 'speccy' (which will incur a yellow card penalty).

Smothers are permitted. Players should take care to avoid giving away a contact free kick when picking up a ground ball – the first player to the ball has priority when picking up the ball, and will receive a free kick if any contact is made with them as they pick up the ball.

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Where both players initiate contact or when the umpire is unable to determine which player made contact first, the umpire will call a ball up. The two players involved in the contest will be the ruckmen for the ball up.

Playing Advantage

Umpires **will not** pay advantage, unless in the following circumstance:

- A defender makes contact with an attacking player in possession of the ball (typically in the front half of the court), and the same attacking player then runs on to kick a goal in the immediate aftermath, Where the kick does not result in a goal, no advantage will be paid and the free kick will be brought back to be taken.
- This rule is designed to stop 'professional' contact free kicks being made to stop an attacking team from scoring a goal.

15 Metre and Full Court Penalties

A 15 metre penalty may be awarded for the same reasons as a 50 metre penalty in a regular AFL match, such as abuse, or time wasting. 15 metre penalties may also be awarded where teams are giving away an excessive number of contact free kicks in a match, at the umpire's discretion.

A Full Court Penalty takes the man on the mark to the goal line. A full court penalty may be applied for continued poor player behaviour after a 15 metre penalty has been paid.

Marking Contests

Marking contests are often the most difficult part of the Indoor Football rules to adjudicate. We ask that players respect the umpire's decision.

In a marking contest, a free kick will be paid against the any player

- initiating contact with another player.
- using a closed fist to spoil the ball (only open hand spoils are permitted).

Contact free kicks will be paid at the discretion of the umpire. Where the umpire believes both players have initiated or accidentally caused contact, a ball-up will be paid.

Umpires will use the following indicators to help make their decision in a marking contest:

- 'Player in front' – in a marking contest, where both players are at the drop of the ball and one player is clearly in front, the player in front will usually receive a free kick if any contact occurs between the players. Players may only mark or open hand spoil from behind without making any contact with the player in front.
- 'Eyes on the ball' – players keeping their eyes on the ball at all times will be less likely to have a contact free kick paid against them.

Charge Rule

A player in possession of the ball must not make contact with a defending player that is standing still. However, the defending player's hands, arms & legs must be contained within the width of their shoulders. A free kick for a 'charge' against the player in possession of the ball applies in following circumstances:

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- The defending player has as made a reasonable attempt to stand still in front of the player in possession of the ball, with their hands, arms and legs contained within the width of their shoulders, and
 - the player with the ball does not try to avoid the defender and makes contact that causes the defender to be knocked off balance or their body be twisted or to the head, **or**
 - the player with the ball leads with their shoulder/head or uses their arms/elbows to push past the defender making contact that causes the defender to be knocked off balance, their body be twisted or to the head.

A charge will not be called for a player in possession of the ball accidentally running into someone that is not involved in the play. In this instance the defender will be considered to be the player initializing contact.

Following a score

- Play is resumed by a 'kick-out' from the goal square by the team that did not score.
- The player returning the ball to play must release the ball from within the designated goal square area.
- The ball is inactive until the umpire calls "play".
- The umpire will not restart play until all players other than the designated defending player returning the ball to play have cleared the goal square.
- Once the umpire calls "play", the ball must be returned to play within 5 seconds as determined by the umpire.
- The ball must be returned to play by either hand or foot.

Scoring

- Six points is awarded for each goal scored.
- One point is awarded for each behind scored.

Outcome of the game

- The team with the highest score at the end of the match is the winner. A draw occurs when both teams have the same score at the end of the match.
- In the case of a forfeit: the result will be recorded as a 60-0 loss against the team forfeiting the match.
- In the case of the game being abandoned, the game will be decided on a fault basis:
 - One team at fault: Opposition is awarded a forfeit win.
 - Both teams at fault: No result (no points awarded).

FINALS:

- To qualify for finals a player must have played 3 games for that team, if a team enters the competition late and makes finals, they need to check with management on how many games a player must play to participate in finals. A team can only play in finals if registration and game fees have been paid in full.

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- In the event of a draw at the end on a final's match, 1 x 5 minute period of extra time will be played. If teams are still tied after extra time, teams will swap ends and play 'Golden goal', where the first team to score a goal is the winner.
- The top 4 teams on the ladder usually play off in the finals, however this may change depending on the number of teams in the competition. Management will inform teams of the setup of the finals before the season should it be different from the regular 'Top 4' scenario.
 - Semi-finals: 1st vs 4th and 2nd vs 3rd.
 - Grand Final played between the winners of the semi-finals.

POINTS/LADDER

Win	4 Points
Draw	2 Points
Loss	0 Points
Forfeit	0 Points, recorded as a 60-0 loss.
Bye	4 Points

Teams will be ranked on the ladder firstly by points, then by percentage.

PENALTIES/MISCONDUCT/SUSPENSIONS:

Yellow & Red Card System

- Verbal Warning – is given as a first warning for repeated intentional low-level contact, or any reckless or negligent play that is deemed to be dangerous or intimidating, for swearing, or for threatening/abusive language.
- Yellow Card – a yellow card may be given without first giving a verbal warning for repeated intentional low-level contact or for any reckless, negligent or intentional play that is deemed to be dangerous or intimidating, for swearing, or for threatening/abusive language. The player is out of play for 8 minutes and cannot be replaced on field.
- Red card – is given for a 2nd yellow card offense or can be given without first giving a yellow card for any intentional play that is deemed to be dangerous or intimidating, for swearing, or for threatening/abusive language that is worthy of at least a one match ban. A red-carded player is out of play for remainder of game, cannot be replaced on the field and will face a minimum of a one match suspension.
- The referee will use their discretion in awarding yellow & red cards.

When a player receives a card, a full court penalty will be applied (except in the event of cards being given to both teams at the same time).

A player receiving 2 yellow cards in one season will receive a 1 match ban.

Teams receiving two red cards in a match will forfeit the game.

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Code of Conduct

In deciding on appropriate consequences for misconduct, facility staff will use the YMCA Stadium Programs Code of Conduct to guide their decision, available here: [Sport-Policy-and-Code-of-Conduct-2023..pdf \(ymca.org.au\)](https://www.ymca.org.au/Sport-Policy-and-Code-of-Conduct-2023..pdf)

Please take note of the following excerpts from the code of conduct:

Players, supporters and spectators must always observe the Stadium Sports Code of Conduct. Teams are responsible for any supporter or spectator that is associated with their team and must make sure their supporters and spectators follow the same guidelines as players. Penalties may apply to teams for unruly spectators.

Penalties for breaching of the code of conduct:

The Y Leisure City referees and management shall use their discretion in adjudicating penalties for breaches of the code of conduct, in accordance with the rules of each sport. Penalties are most commonly a suspension for a period of time (i.e. a two-match suspension) or an in-game reprimand (i.e. a yellow card), however The Y Leisure City has the right to take any action deemed necessary in the best interests of all participants and all decisions relating to discipline are final.

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