

Summary of new Football Rules for 2025

1. 1 v 1

1 v 1 battle for throw-in at the start of each half.

Winner of the coin toss decides which direction to play. Loser of the coin toss decides which sideline to place the non-competing midfielder on. They will swap sides for the second half.

All other players outside the 45 until the ball is thrown in.

Referee throws the ball in from the same side at the start of each half.

2. Kick-outs

Keeper can take a quick kick out, but still requires the go ahead from the ref via a nod, whistle, hand gesture, etc. They do not need to wait for players to be outside the 20m line. Players are required to be *13m from the ball* – if they are not, **a free** will be awarded against the offending team.

A player in direct receipt of the kickout may **not** pass to the goalkeeper or *person taking the kick* without another player playing the ball first.

A **50m penalty** will be imposed if an attacking player interferes with the kickout (up to **halfway line**).

The ball must be kicked *outside the 40m arc*. An *attacking player may play the ball inside the 40m arc, but a defending player cannot* – **Penalty = free where you received the ball.**

A free shall be awarded on the **13m line** if a team delays the kickout intentionally. Refs are advised to allow sufficient time for the kickout.

3. Solo and Go

Any player can “solo” the ball if he wishes to take a solo and go. The player cannot be challenged with 4m of the free. The free is advanced 50m if he is challenged. The solo and go ***is not permitted within the opposing 20m line.***

The solo and go must be taken immediately, anywhere within 4m of where the foul took place. A free against the player shall be awarded if the solo and go / free is not taken immediately. The ref shall direct the player to take the free from the original position if a player attempts to take it further than 4m away.

If the player fumbles the solo and go the ref shall allow it to be retaken.

This must be taken moving forward or sideways. A free will be awarded against you if you go backwards.

The solo and go cannot be taken where the ball has been moved forward 50m.

4. Goalkeeper receiving a pass

A goalkeeper can only receive a pass from a teammate if the keeper is in the opponent’s half, or if **both** the keeper and the player passing the ball are in the large rectangle. The ball **cannot** be brought into the square and then played to the goalkeeper. If the goalkeeper receives the ball outside the large rectangle, a free kick from where the ball was received by the goalkeeper (or on the 13m line if inside the large square) shall be awarded. You

can only pass the ball to the goalkeeper in the large rectangle if the ball was last played by an opposing player.

5. 3 v 3 Structure Rule

Teams must keep a minimum of 3 outfield players in each half. If a team is reduced numbers for a black / red card, you can reduce the requirement by that number (must have a maximum of 11 outfield players in the defending / attacking half). A goalkeeper is not considered an outfield player and can be positioned in the opponent's half. (Goalkeeper must be in the small square if he is not taking his own kick out)

A player crosses the halfway line in the act of *carrying, receiving or intercepting the ball* whilst failing to keep 3 inside the opponents / own half will result in a **free on the halfway line**, or referee may allow an advantage if there is one.

The ref will **throw the ball in** on the halfway line if *opposing players cross over the halfway line*.

A team *deliberately failing to keep 3 players* in the half will be penalised with a **free on the 20m line** in front of the scoring space.

Both feet must be outside the halfway line for a free to be awarded.

6. Square Ball

No change to the square ball rule.

7. Scoring

2 points will be awarded for a “point” scored directly from outside the 40m arc (exception is “45” which remains 1 point). Ball cannot be touched in-flight, but if it bounces and goes over the bar 2 points will be awarded. Only 1 point will be awarded if any player touches the ball in flight inside the arc.

Frees awarded inside the 40 arc must be taken from the spot where the foul occurred. The ball may be brought back outside the arc if the ball is advanced to inside the 40m arc.

A standing foot on the arc is permitted.

The ref will hold 2 hands in the air to signal 2 points awarded.

8. Advanced Mark

A player having caught the ball inside the 20m line after being kicked from outside the 45m line (from open play or from the kick out mark), may continue to play and if no advantage accrues the ref may award a free from where the original mark was made. The player does not have to put their hand up. *The defender may tackle the forward immediately.* Play will continue for as long as the ref deems that there is potential of an advantage to the attacking team (even if attacker kicks the ball short / wide).

If a player commits a technical foul while playing on an advantage, the play reverts to the mark. A free to the opponents will be rewarded if he commits an aggressive foul.

If a player plays the ball back outside the 40m arc to attempt a 2-point score, the ref will not continue the advantage.

An advanced mark may not be claimed from a 45, free, lineball, etc.

A defender may claim the inside mark.

9. TACTICAL FOUL

Any foul which purposefully and deliberately delays or impedes play (not releasing the ball / not returning the ball on the full / slowing the kick, etc). A 50m Free Advancement is awarded.

10. Cynical Behaviour

10.1 Deliberately holding up a player

A player deemed to be cynically holding up a player (either in possession or not) from moving or playing the ball shall receive a **black card and a free will be awarded 50m more advantageous**. This would generally be where a player stops his opponents by *wrapping his arms around the opponent to prevent him from moving*. Note that the player fouled does not have to be pulled to the ground.

10.2 Delaying the play

If a player is delayed (hitting / kicking ball away, not releasing the ball, moving away, etc) from taking a free / sideline the ref will advance the ball 50m more advantageous up to the opponents 13m line. Likewise, if a player is jumping up and down, waving hands, or other physical or verbal aimed at distracting the kicker, the ref will advance the ball 50m more advantageous up to the opponents 13m line.

If it is brought inside the 40m arc, the kicker may bring the ball outside the 40m arc and attempt a “2 point” score.

10.3 Handing the Ball Back

The ball must be handed over to the nearest opponent in a prompt and respectful manner on committing a foul, i.e. hand to hand. If the ball isn't handed over promptly the ref will advance the free 50m (up to 13m line). Player may bring this advanced free outside the 40m arc or do a solo and go where the foul occurred.

11. Dissent

Advise teams before the start of the match. Only the captain / nominated player can ask the ref (during a break in play) for clarity on a decision. Players can still talk to a ref but not question a decision – penalty is advance the ball 50m. “To show dissent by forcefully challenging the referee’s decision to award a free kick to the opposing team, either verbally or by gesturing.

Continued dissent is a Yellow Card. Ball may be moved back outside the 40m arc.

If an identifiable team official displays misconduct (e.g. falls into yellow or red card territory) towards any match official, the ref will **award a free on the opponents 13m line and issue a yellow / red card to the mentor.** (Note – a red card for a team mentor incurs an 8 week suspension at juvenile level). This is the only occasion where the ball may be advanced to the 13m line.

Players may bring this outside the 40m arc to attempt two pointer if the free was awarded outside the 40m arc.

Juvenile players shall be issued with a **Black Card** for showing dissent but can be immediately replaced by a teammate for the 10 minutes.

12. Moving the ball up

Player may bring this advanced free outside the 40m arc or do a solo and go where the foul occurred.

13. Contributing to a melee

A player contributing to a melee (solely to remove his teammate) is permitted.

A player contributing to a melee not solely to remove his teammate will receive a black card and not a red card as was previously the case.

14. Head on Head , Shoulder on Head, or Elbow on Head contact.

Intentional or unintentional contact with the head as well as any form of neck restraint, chokehold or interference with the neck and throat area in any tackle attempt. Head on head, shoulder on head, elbow on head – careless tackles like these will be penalised. These infractions will be added to the current Category III infraction – behaving in any way which is dangerous to an opponent.

Penalty is a **RED CARD**

15. Stop Clock

Will not be in use.

16. Vanishing Foam

If a ref has the foam, they may use it. This will not be provided.

17. Advantage

The advantage can now last longer than 5 seconds (no limit stated).

The ref shall raise their hand and call advantage. When the advantage is over, they shall call “advantage over”.

If the fouled player commits a technical foul while playing advantage, the ball shall be brought back for the original free.

If the fouled player commits an aggressive foul while playing advantage the ref shall award a free against him.

Note

A player may bring their free outside the 40m Arc:

- When the ball is advanced 50m for dissent,
- When a 20m free is awarded for a 3v3 rule violation,
- When a 13m free is awarded for mentor dissent.