



North Canberra Futsal



NCF COACHES MANAGERS MANUAL 2011/12

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INTRODUCTION

- Welcome to the 2011/2012 futsal season for North Canberra Futsal (NCF), NCF's aim is to provide a safe, supervised, controlled and friendly environment for young people to play, contest and enjoy 5-a-side futsal (also known as indoor soccer).
- The NCF website has a link to the latest edition of the *Futsal Laws of the Game* (2005) which is available online at the FIFA website <http://www.fifa.com>. Printed copies of the *Futsal Laws of the Game* can also be purchased from the Capital Football-Futsal office, Football House, Unit 2/3 Phipps Close Deakin ACT 2600 Phone 6260 4000.
- NCF thanks all Coaches and Managers for volunteering. NCF relies upon volunteers like yourselves to ensure a successful season, and could not function without your assistance.
- Do not hesitate to contact any members of the Committee if you have any questions or require help. **Contact details on first page.** If you need advice or help please ask, don't leave it until the end of the season. If you are unsure please contact the Player Registrar at the above number for clarification.
- The terms and conditions, rules, by-laws, regulations and eligibility that govern participation in the NCF competition are outlined in this Team Manual. They are compulsory and unless otherwise stated are applicable to all NCF junior and mini competitions. Rules are based on the FIFA *Futsal Laws of the Game*.
- This Team Manual will be published on the website.

COACH'S & MANAGER'S RESPONSIBILITIES

- Be familiar with Futsal Laws of the Game and all NCF Rules and information sheets.
- Abide by and promote the NCF Code of Behaviour (Attachment C) to players and parents.
- Warm up players prior to commencement of the game (away from the court).
- Ensure that players are correctly attired for the game (i.e. shin pads, non-marking shoes and the uniform playing shirts, shorts and long socks that completely cover shin pads).
- Ensure that players are ready to start the match at the specified time. NOTE: Players are not allowed to be on the court whilst any other game is still in progress.
- Ensure that all players exit the court area immediately after completion of game. This enables the next game to commence on time.
- Warm down the players (away from the court) on completion of game.
- Ensure all players are correctly registered and eligible to play

- Abide by and promote the NCF Code of Behaviour (Attachment C) to players and parents.
- Ensure that players have water bottles. Drinking fluids is essential, especially during hot weather (see Attachment F).
- Ensure that the score sheet is correctly filled out with players' names and shirt number. The Venue Manager provides these sheets. Allow ample time to fill out or check the sheet prior to kick-off.
- Liaise with the Venue Manager. Keep Coach and players informed of any advice from the Committee. Handout NCF information to players and their families.
- Organize a scorer if your team is the Home team (listed first on the draw)
- Assist younger team Captains to sign score sheet and to check the recorded result.
- Carry a towel to wipe up spilt water from drink bottles on or near the court.
- Consider carrying a small supply of first aid items, spare shin pads, socks & goalie gloves etc.
- Ensure all players are correctly registered and eligible to play.

NORTH CANBERRA FUTSAL COMPETITION

LAWS OF THE GAME

- The following is a summary of the main laws of the game, extracted from the *Futsal Laws of the Game* published by FIFA. Note that some modifications have also been introduced and added by NCF and these apply to NCF's competition only.

NUMBER OF PLAYERS AND SUBSTITUTIONS:

- The game is played with 5 players one of which is a Goalkeeper and up to 5 substitutes per team. (i.e. a maximum of 10 players may be registered for any one team).
- Unlimited substitutions may be made at any time during the game, but must be made within the 5-metre sub zone, which starts 5 metres from either side of half way on the Players' Bench side of the court only. The player being substituted must completely leave the court within the sub zone before the substitute player can enter into play.
- The Goalkeeper substitutes in the same manner as the players and the game will not be stopped for the Goalkeeper to be replaced. However, in the U7 to U9 age groups the game may be stopped for a Goalkeeper to be replaced.
- Teams must change ends, including the Players' Bench, at half time (this is so players can substitute in their own half from the 5 metre sub zone when in play).

COMPETITION POINTS

- The points system will be 3 points for a win, 2 for a score draw, 1 for a scoreless draw and 0 for a loss. A team that forfeits scores a 0 – 5 loss. Competition ladders will be published on the NCF website.
- Where more than one team has equal points, goal difference will be used to determine 'minor premiers'. If goal difference is equal, goals scored by each team will be used. If still equal, the result when the teams played each other will be used. Should two teams still be equal after this then a toss of a coin will decide playing positions for 'finals placements'. In the event of the toss of a coin, both teams will be awarded 'minor premiers'.
- U7 – U9 age groups are non competitive. Match sheets shall be used for each match. Scores will be recorded on the match sheet and results kept. No ladder will be maintained for these age groups.

DURATION OF THE GAME

- The duration of the game shall be two equal periods of:
 - 15 minutes for U7– U9 and
 - 20 minutes for U10 – U16,
 - with a 1 minute break at half time.

START OF PLAY

- The Referee will blow a whistle for the team Captains to come to the centre for the toss of the coin. The Referee will start the clock for kick off at the allocated time. The Referee will not wait for late teams to start the clock.
- The game starts with a player taking a place kick in the centre of the court into the opponent's half of the court. Players on the same team shall remain in their own half, and the opposing players shall remain in their half, 3 metres from the ball, until it is kicked. A goal may be scored direct from a place kick. The game shall be restarted in the same manner if a goal is scored

BALL IN AND OUT OF PLAY AND GOAL SCORING.

- The ball is out of play when the whole of the ball has crossed the goal line or touchline, and/or when the Referee has stopped the game.
- A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar.

FREE KICK

- Free kicks shall be classified as “direct” (from which a goal can be scored directly against the offending side) and “indirect” (from which a goal cannot be scored directly).
- The free kick must be taken when the ball is stationary, and **within 4 seconds** from the time the player takes possession of the ball. Opposing players must be at least 5 metres away from the spot where the kick is being taken.

FOULS AND MISCONDUCT

- Fouls are penalized by the award of direct or indirect free kicks to the opposing team, and players will be cautioned for committing certain types of infringements (refer to *Futsal Laws of the Game* for details on the types of fouls and punishment). Note that “sliding tackles” are not permitted.
- A player shall be sent off the court if, in the opinion of the Referee, the player is guilty of serious foul play or violent conduct, uses foul or abusive language, or is guilty for the second time of a cautionable offence.
- Refer to NCF’s General Rules “Cards, Suspensions and Appeals” for more information on cautions, cards, send offs, and appeals.

ACCUMULATED FOULS

- Beginning with the sixth accumulated foul, free kicks shall be taken without a defending wall being allowed by the opposition. The free kick shall be a direct shot at goal and, once the kick has been taken, no player may touch the ball until it has been touched by the Goalkeeper, or has rebounded from the goal posts or cross bar, or has left the court.
- Whenever an infringement occurs between the 10 metre imaginary line and the goal line it may be taken from the spot where it happened or it can be taken back to the 10-metre penalty mark. This choice is given to the player taking the kick.

PENALTY KICK

- Penalty kicks shall be awarded for infringements inside the penalty area, which warrant a direct free kick. The penalty kick shall be taken from the penalty spot, which is 6 metres from the mid-point of the goal line.

KICK IN

- When the ball has wholly crossed the touchline (sideline) it shall be kicked back into the game from the place where it crossed the line by a player of the opposing team to that of the player who touched it. At the moment of delivering the ball, the kicker must place the non-kicking foot on the ground outside the touchline (i.e. placing the heel of the foot on the line is acceptable). The placing of the non-kicking foot wholly inside the touchline is an infringement.
- The kick-in must be taken when the ball is stationary, and **within 4 seconds** from the time the player takes possession of the ball. Opposing players must be at least 5 metres away from the spot where the kick is being taken. **A goal cannot be scored directly from a kick-in.**

GOAL CLEARANCE

- When the whole of the ball has crossed the goal line, excluding that portion between the goal posts, having last been played by the attacking team, the Goalkeeper, standing within his/her own penalty area, shall throw it back into play beyond the penalty area. The ball may be thrown over half way on the full or on the ground. There is a 4 second time limit for the Goalkeeper to release the ball into play from a goal clearance.
- If after having cleared the ball, and the ball does not go over half way or is not touched by an opponent and is passed back by his/her team mate to the Goalkeeper, then it will be classed as a 2 touch and an indirect free kick will be given closest to where the Goalkeeper received the ball, but must be given outside of the penalty area.

CORNER KICK

- When the whole of the ball has crossed the goal line, excluding that portion between the goal posts, having last been played by the defending team, a corner kick shall be awarded to the attacking team.
- The corner kick shall be taken from the corner of the court and within 4 seconds from the time the player takes possession of the ball. Opposing players must be at least 5 metres away from the ball where the kick is being taken.

GOAL KEEPING RULES

- When the Goalkeeper comes into possession of the ball in general play, the Goalkeeper may throw or kick the ball into play. The Goalkeeper must release the ball within 4 seconds of taking control of the ball. A goal may be scored by a kick but not by a throw, unless it touches a player from either side before it goes into goals.
- If the Goalkeeper has control of the ball inside or outside of the penalty area and in his/her own half of the court he/she has only 4 seconds to release the ball. If the Goalkeeper goes over the half way line the 4 seconds does not apply nor does the 2-touch rule.
- If the ball is deliberately kicked back to the Goalkeeper by a teammate, the Goalkeeper cannot pick it up with his/her hands. The Goalkeeper may use his/her feet if the 2-touch rule is not applied.
- The Goalkeeper, after releasing the ball or throwing it clear, cannot receive the ball from a team mate, without it first having passed beyond the half way line or having been touched by an opponent.



NCF GENERAL RULES

PLAYER REGISTRATION

- Registration forms with payment must be submitted with all individual players' details before commencement of the season.
- Players can play for one Team in the NCF or SCF competition. Players can play up to three games in a higher age group for borrowing purposes.
- No unregistered players will be able to participate in the competition for insurance reasons.
- Venue Managers **WILL NOT** accept registrations or money on playing nights
- Players must be aged between 5 years on 1 January 2011 and 16 years on 31 December 2011.

GRADING

- NCF reserves the right to determine the age group/draw where a team will be placed.

AFTER COMMENCEMENT OF THE SEASON

- New players may be registered with a team on submission. Full fees and appropriate documentation up to and including first game in 2012.
- New players are not accepted or players able to swap from teams after this date.

TEAMS

- All teams must have two team officials, named on their sheet, including at least one person over the age of 18 years as a registered team official (Coach or Manager).
- Minimum age requirement is 14 years but must be always accompanied by the older person. These officials are covered by the club's public liability insurance.

UNREGISTERED PLAYERS

- A team found to bring the game into disrepute by playing unregistered or non-qualifying players will be reported and judiciary proceedings will occur.
- Any team playing an unregistered or non-qualifying player will automatically be deemed to have forfeited the game

GAME SCORES

- All non-competitive games (7-9yrs) will still need to complete match sheets, however their scores will not be placed on the website
- Where a team scores more than 10 goals ahead of the opposition, additional goals will not be officially recorded.

TIMING OF GAMES

- Game times are as noted on the website. No games can be deterred or times altered. If a team is unable to field sufficient players they must forfeit.

BALL SIZE

- NCF will supply a match ball to each team. The match ball must be brought to each game. Both teams will present their ball to the Referee, who will decide which ball will be used in the game. If a match ball is lost it must be replaced by the team. Any replaced ball must be a FIFA approved ball. Each team may keep its ball at the end of the season.
- Matches shall be contested using the following
- FUTSAL ball sizes:
 - Size 3: U7 - U12
 - Size 4: U13 – U16.

GIRLS AND BOYS COMPETITIONS

- All girls who wish to play in U11 – U16 boys/mixed teams may elect to play down one age group from their actual age, unless they are a rep player. Teams of girls who elect to play in boys comp must play in their own age group
- Boys cannot play in girl's competitions.

AGE GROUPS

- All players may play up to two age groups above their actual age group. Players cannot play up more than two age groups.
- **No male player will be permitted to register and/or play down age groups.**

GAME START

- Managers and/or Coaches must ensure that their teams are on the court and ready to start when the Referee blows a whistle.
- Teams not ready (on the court) to kick off at the scheduled time as signaled by the Referee, will be penalized one goal for not being ready and a further goal every two minutes thereafter. After 5 minutes from kick off time, if the team is still not ready to start, the team will be deemed to have forfeited the game. A 0-5 score will stand and any game conducted in the time left will be regarded as a friendly. See also “Forfeited Games”.

BORROWING PLAYERS

- If short of players on the night, a team is permitted to play players from younger age groups in the NCF competition. Only NCF registered players can be borrowed. Players can **ONLY** play for **ONE** Team in the NCF competition in the same age group **NO** matter the division in that age group.
- The player will **NOT** be permitted to play for a **YOUNGER** age group (including his original team) **NOR** will he or she be permitted to play for any other team during the season. **PLEASE** keep a accurate record as an error on your part may cause hardship to your young player and your team.
- Younger players may play as a borrowed player two years above their actual age. If the player is registered in a team one year above their actual age they can only be borrowed for a game one year above their registered team. If a player registers to play above their actual age group, they cannot return to the younger age group for borrowing purposes.
- .No borrowing of players will be permitted for any quarter, semi or finals games.
- The Venue Managers keep a record of all borrowed players in higher age groups. These records are checked regularly.
- Teams may legally play with 3 players, one of which shall be the goal keeper

- A team of 6 players may not borrow players. A team of less than 6 players but more than 3 may borrow enough players to achieve a total of 6 players
- Record all borrowed players names on the score sheet along with their original team

UNIFORMS AND CLOTHING

The uniform for all teams consists of:

- numbered shirts with sleeves (players' shirts must be the same colour and individually numbered, from 2 – 20)
- shorts of the same colour
- black uniforms are not to be worn as the referees wear black
- optional bike pants (provided that they are the same colour as the shorts);
- long socks of the same colour (socks must cover the shin pads at all times);
- shin pads(must be worn); and
- Suitable footwear which is non-marking (dark soled are not permitted unless they are proper non-marking soccer shoes).
- Goalkeepers may wear track pants. The Goalkeeper's shirt must contrast with the team's shirts. Goalkeepers shirts must be numbered
- Players' shirts must be tucked in.
- Where teams have similar coloured shirts, the away team (i.e. the SECOND mentioned team in the official draw) will be required to use a set of bibs held by the Venue Manager.
- From week 3 of the competition all players are expected to be wearing full uniform each week.
- Current or previous **ACT REPRESENTATIVE GEAR, INCLUDING SOCKS, CAN NOT BE WORN IN ANY match of THE NCF COMPETITION.** Players wearing representative gear will not be permitted to play until they remove such gear/apparel.
- Taping will not be permitted. A player taking the court in ACT Representative Gear will be asked to leave the court to replace his or her uniform.

SAFETY REQUIREMENTS

- Players with plaster of paris casts or other heavy protection on their limbs will not be allowed to participate in games.
- **ALL PLAYERS MUST WEAR SHIN PADS THAT PROVIDE ADEQUATE PROTECTION OF THEIR LOWER LEGS (insurance cover requirement). NO SHIN PADS = NO PLAY.**
- **NO JEWELLERY IS TO BE WORN DURING GAMES.** The *Futsal Laws of the Game 2005* state: "All kinds of jewellery are potentially dangerous ... Taping up jewellery does not offer sufficient protection. To avoid last-minute problems, teams must inform their players in advance of this ban on such items." This ban includes (but is not limited to) all ear rings, necklaces, rings, watches, bangles, bracelets, and facial and body piercings. All jewellery must be removed for the protection of the player concerned and other players. Taping is not sufficient protection and is not acceptable, with one exception. **Official Medic Alert bracelets and necklaces are the only jewellery allowed to be worn.** All Medic Alert bracelets and necklaces must be securely taped to the body and the referees informed of them being worn prior to the game. **Players should not plan to have piercings carried out during the playing season** as it is often difficult to remove studs while the piercing is healing.

SCORE SHEETS

- Score sheets will be available prior to the start of the game from Venue Managers. The Team Manager should check score sheets before the start of each game and ensure that all relevant players and their shirt numbers are listed. The names of absent players should be ruled out, and initialed by the Manager.
- Only those players listed on the score sheet prior to the start of the game will be permitted to play. Any player under suspension from the association will have their name highlighted in red on the match sheet and will not be permitted to play.
- Each home team (listed first on the official draw) shall provide a Scorer.
- Both Team Captains must check that the score is correctly recorded and sign the score sheet at the completion of the game. Team Managers should assist the younger Captains.
- Score sheets will only be used for non competitive competitions (U7 – U9) for the purpose of player identification and recording attendance.

FORFEITED GAMES

- Teams not turning up, teams not on court ready to start 5 minutes after whistle (see Section on “Game Start” for details), teams unable to field at least 4 players at the start of the game, teams with unfinancial or non-qualifying members in the NCF competition, or teams fielding suspended players, will be deemed to have lost their game with a score of 0-5 against. A friendly game may still be played (excluding suspended players and non-registered players) however the Referee will not officiate at the game.

TEAMS THAT FORFEIT

- Teams must notify NCF if they intend forfeiting a game, either by phone, in writing by email preferably seven days in advance of their scheduled game, but at least three days in advance. This enables NCF to give notice to the opposing team.

CARDS, SUSPENSIONS AND APPEALS

- A Yellow card is a caution. Players who receive up to 4 Yellow cards in the competition will automatically be suspended for one (1) match. They will then restart with a clean slate. When a player receives a second yellow card in the same game, they will receive a Red card at the same time. This will incur an automatic one (1) match suspension.
- On receiving a Red card a player is sent off and must leave the playing court area. This will automatically incur a one (1) week suspension. The sent-off player's team may bring on a substitute after the attacking side scores a goal, or after 2 minutes have elapsed.
- A Red card will be given for a professional foul and serious foul play, and the player may be required to attend a judiciary. The NCF judiciary committee & CFF will consider the Referee's report, and hear the player's evidence before deciding the suspension period for players who receive a Red card. See Attachment D for information on the judiciary procedures.
- The NCF Offence and Penalty Chart is at Attachment E (Rules R1 through R18). The penalties that are stipulated in this chart also apply to Coaches/Managers and spectators who may bring the game into disrepute by using foul or abusive language or are guilty of violent conduct within the area controlled by NCF.
- NCF has the right to instigate an informal hearing for any breach of the NCF Code of Behaviour (Attachment C), and may impose appropriate penalties.
- Suspended players and others have a right of appeal to futsal's Governing Body, i.e. Capital Football-Futsal (contact details on first page). If the player does not wish to accept the suspension as imposed, the player must both appeal in writing and pay a fee. To appeal a panel's initial decision, the appeal fee is set at \$330
- The fee will be refundable ONLY if the appeal is upheld. Appeals are to be lodged within 5 working days of the person concerned being advised of their suspension.

- **Game suspensions do not include forfeits or byes.** The game suspension must be a scheduled competitive round game.
- If a player's suspension carries into a National or State championship, that player will have the right for an appeal to be heard as to why participation in the above mention events should be granted.
- No registration refunds will be issued for any Player/Coach/Manager who is suspended.
- If a Coach is suspended during a match, it is up to the discretion of the NCF Committee if a Coach replacement is required and who may be the replacement.

ABANDONED GAMES

- If a Coach, Manager or spectator disrupts a game, the Referee has the right to ask the individual to leave the Court area. Failure to adhere to this request can result in the game being abandoned. An abandoned game as a result of player, spectator, or team official's conduct will result in the forfeiture of the game by the offending team. Teams or individuals found responsible for the abandonment of games may also be subject to penalties.
- Games may be abandoned by the Referee on the grounds of:
 - a. threatening behaviour or conduct by player, team, spectator, team officials or NCF official;
 - b. insufficient players left on the court; or
 - c. Physical violence against an appointed referee, player, spectator team officials or NCF official.
 - d. Illegal players on the court
- Games may also be abandoned due to circumstances beyond the control of the Referee such as:
 - A. unsafe court conditions;
 - B. power failure;
 - b. insufficient lighting;
 - c. fire, flood or bomb threat; or
 - d. Any other conditions that may endanger the players' safety.
- In such circumstances neither team will be penalised as a result of the abandonment, and the game may recommence once conditions are deemed satisfactory for play to recommence. Games will recommence from the point of abandonment and scores will commence unchanged from those recorded at the time of abandonment. If games are unable to recommence on the day of the abandonment the score will stand as at the time of abandonment.
- If a Referee abandons a game, the Referee must report the circumstances in writing within 24 hours to the NCF Committee. The team whose player, Coach, Manager or spectator is the cause of the disruption will be deemed to have forfeited the game and the points will go to the other team. If both teams are deemed to have played an equal part in the disruption, no points will be awarded. It will be at the discretion of the NCF Committee as to whether any penalties will apply to whoever caused the abandonment of the game. No make-up games will be rescheduled.

VENUE REGULATIONS

- Venue Managers and NCF Officials will be responsible for the coordination of all games.
- Parents are responsible for their children.
- The NCF Code of Behaviour (Attachment C) is applicable to players, parents, spectators, administrators, Committee members, Venue Managers and officials (Referees, Coaches and Managers). Coaches and Managers are expected to inform their players, parents and spectators of the NCF Code of Behaviour.
- Coarse and abusive language is not permitted and will not be tolerated. Any violent conduct by parents or spectators will be dealt with by NCF. NCF Officials and Referees will oversee this and the person(s) concerned will be asked to leave the venue. Penalties may apply.
- All Coaches, Managers, players, parents and spectators should respect the Referees, and remember that Referees are often young people who need to be encouraged. Supportive comments are more helpful and constructive than abuse.
- Only Coaches, Managers and players (wearing the team uniform) whose game is scheduled for the current timeslot, are permitted in the Players' Bench substitute zone. Registered Players who are not included on the Match Sheet and are not playing in a particular game, e.g. due to injury or suspension, can not sit on the Players' Bench for that game.
- Coaches/managers are asked to bring a towel to mop up any water spillage that may occur

Attachment C



NCF CODE OF BEHAVIOUR 2011-12

Applicable to Coaches, Managers, Players, NCF Officials

NCF members must:

- Respect the decisions of Match Officials and encourage others to do the same
- Verbal abuse aimed at any player, referee, and /or spectators will not be tolerated.
- Persons participating in this verbal abuse will be removed from the venue under **instruction from the referee or NCF official.**
- If a spectator, coach, manager and or player behaviour causes the game to be abandoned by the referee this may result in the offending team forfeit
- Disciplinary action may also result in the team being removed from the competition
 - Condemn the use of violence in any form, whether it is by other spectators, Team Officials (including coaches) or Players
 - Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
 - Comply with any terms of entry of a venue, including prohibited and restricted items such as flares, missiles and dangerous articles
 - Comply with FFA Rules and Regulations and the rules and regulations of Capital Football and District Associations, including the ban on national and political flags, banners or emblems (other than the national flag of a competing national team).

Attachment D



JUDICIARY PROCEDURES

1. When a player is sent off and is required to attend a judiciary the player will be contacted within 3 (three) working days to arrange for a judiciary. Players will be given 2 (two) alternate dates to appear before a judiciary. Should a player not be able to attend the judiciary on the dates provided the player will remain suspended until such time as he/she can attend a judiciary? Any player failing to attend a judiciary will have their matter heard in their absence. Players unable to attend may have an approved representative attend on their behalf or submit a written statement in their defence. No one may be represented by legal advisers.
2. A Judiciary Committee is made up of 3 (three) persons who are not players directly associated with the particular person, and may include one representative from the futsal Governing Body. Any decision must be a majority decision.
3. A referee representative may be present for the interpretation of the rules only and takes no part in the judiciary.
4. At the appointed time the player will be read the charge as per the referee's report. The player is given the opportunity to respond to the charge. The player is then requested to leave the room whilst a decision is considered.
5. The player's past history will be taken into consideration (this evidence may be provided by their coach) together with the information and scores of the game in which the event occurred and the penalty guidelines. Other witnesses may be asked to provide evidence.
6. The player is then called back into the room and advised of the decision and the reasons why.
7. The player is then advised the date on which he or she can resume playing.

Attachment E



**CAPITAL FOOTBALL FUTSAL, NCF and SCF
JUDICIARY SUSPENSION GUIDELINES**

OFFENCE AND PENALTY CHART 2011-12

R1	Violent/Dangerous Kicking · a) Lower Body 2 - 4 Weeks · b) Upper Body 4 - 6 Weeks · c) Head 6 Weeks – 6 Months
R2	Violent /Dangerous Striking · a) Body 2 - 4 Weeks · b) Head 6 - 12 Weeks
R3	Violent/Dangerous Pushing · a) Player does not fall 2-4 Weeks · b) Player falls 2 - 6 Weeks · c) Pushes into wall/post etc. 6 - 12 Weeks
R4	Violent/Dangerous Slide Tackle · a) Front 2 - 4 Weeks · b) Side 2 - 6 Weeks · c) Behind 3 - 8 Weeks
R5	Violent/Dangerous Charging · a) Player does not fall 2-4 Weeks · b) Player falls 2 - 6 Weeks · c) Player hits wall/post etc 6 - 12 Weeks
R6	Fighting · a) Response to a punch if to defend 3 Weeks (if warranted) · b) Response to a punch if to carry on the fight 3 Weeks - 6 Months · c) Starts fights but stops 1 – 3 Months · d) Starts fight and carries on 3 - 6 Months
R7	Elbowing a) Elbow to Head 3 - 8 Weeks b) Elbow to Mid Body 3 - 8 Weeks
R8	Head Butting 4 Weeks - 6 Months

R9	Two Yellow Cards - 1 Week
	Offences against Match Officials/Spectators
R10	Threatening with Physical Violence · a) Spectator 4 - 10 Weeks · b) Official 8 - 10 Weeks
R11	Physical Attack on Games Official · a) One punch but does not carry on 1 Year · b) More than one punch 2 Years to life · c) Continues even when restrained Life
R12	Pushing with Open Hand, Hip or Shoulder · a) Spectator 3 - 6 Months · b) Official 6 - 12 Months
R13	Attempting to Strike with Ball or other object · a) Spectator 6 - 12 Weeks · b) Match Official 8 - 14 Weeks
R14	Spitting at/or near another Player, a Games Official or Spectator 3 - 8 Weeks
R15	Attacking or Fighting with Spectators · a) Responded to attack if to defend 1 - 2 Weeks (if warranted) · b) Responded to attack if to carry the fight on 3 - 6 Weeks · c) Initiated attack 3 - 6 Months
R16	Inciting Crowd to Violence 3 - 6 Months
R17	Foul or Abusive Language · a) On or off court 1 Week · b) Against official/spectator 2 – 4 Weeks
R18	Professional Foul 1 Week

Fines

Withdrawal of team after commencement of competition

- \$150.00 per team

Attachment F



ADVICE FOR FUTSAL IN HOT WEATHER

- Drink water or a sports drink, before and during the game:
 - at least 500 mls (two standard cups) 30 minutes before the game
 - at least one cup at half-time
 - while sitting on the bench
- Damp towels for players to cool skin
- Spray bottle for instant cooling
- Removing shin pads immediately after the game
- Coaches: do not “over-play” players, if players show signs of heat distress on the court substitute players

See www.betterhealth.vic.gov.au