

FOOTBALL
SOUTH
AUSTRALIA

COMPETITION OPERATING REGULATIONS

Specific to Football Five5 Competitions

As of October 2026

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Application

These Competition Operating Regulations specify the requirements and regulations specific to the Football Five5 competition conducted by Football SA. These regulations are to be implemented in conjunction with the Football Australia Statutes and Regulations.

In the event of inconsistency between these regulations and any other Football Australia or Football SA regulations, the interpretation will prevail in the following order;

i. Football Australia Statutes
ii. National Registration Regulations
iii. National Disciplinary Regulations
iv. Football SA Competition Rules and Regulations
v. These Regulations

Scope

These regulations apply to:

i. participating teams, players and officials participating in the Football Fives competitions.

Definitions

Abandoned
Is a fixture which has failed to commence for any reason or did commence but was stopped by the Match Official prior to the game concluding.

Away Team
Is a team or Club not playing the fixture or match at its home ground and/or appears second on the fixture list where a match is conducted at a neutral venue.

Club
Means an entity affiliated to Football SA for the purpose of playing football in the Competitions.

Competition Administrator
Is a person appointed by Football SA to administer a competition.

Competition Fixtures
Are the matches scheduled and sanctioned by Football SA that form a competition.

Football Australia
Is the governing body for football in Australia.

Fixture
Is the scheduling and sanctioning of a game of football involving two teams as part of a competition.

Football SA
Is the governing body for football in the state of South Australia.

Forfeit

A match or fixture that is awarded to one team due to another team not fulfilling their competition obligations.

Goal Difference
Is the difference between the number of goals scored by a team (Goals For) and the number of goals scored against the team (Goals Against).

Goal Tending
The act of an outfield player (not the Goalkeeper) guarding the goal.

Home Team
Is a Team or Club playing the Fixture or Match at its home ground and/or appearing first on the fixture list in a match that is conducted at a neutral venue.

Interchange
Is the ability to replace one player for another player during a game. Interchange permits a player that has been replaced to come back into the game when required.

Junior Player
Is a player that is Under 18 and participates in the Junior Competitions.

Laws of the Game
Means the official laws of the game of football and futsal as proclaimed by FIFA.

Match
Is a fixture sanctioned by Football SA.

Match Official
Is a referee, assistant referee or fourth official who has been appointed by Football SA to take responsibility of a match.

Match Report
Is a written report submitted by a Match Official or Club Official providing details relating to a game.

Participant
Is a Player, Team Official or Match Official.

Player
Is any person who participates in a Match (irrespective of whether he or she is registered with Football Australia, junior or senior or an Amateur or Professional).

Postponed
Is a game that has not been played for any reason and is intended to be rescheduled.

Registered
Is a person that is registered in accordance with Football SA rules and regulations.

Spectator
Is a person that attends a Match.

Suspension
Is a ban from attending and/or participating in matches and/or competitions sanctioned by Football SA.

Team
An individual group of Players and Officials nominated by a Club to represent the Club in a Competition.

Team Official
Any person involved with the management, preparation or participation of a Team (whether paid or unpaid), including the coaches, managers, medical staff, other support staff or any other person acting for or on behalf of a Club or association.

1. Enforcement of Rules

a. The Football Fives competitions shall be subject to all of the Rules outlined herein. These rules are specific to the Football Fives competitions.

b. All teams and players must comply with these Operating Regulations as well as all Football Australia and Football SA Statutes, Codes of Conducts and Policies.

2. Teams

2.1 Team Size

a. A team is allowed a minimum of four (4) and up to a maximum of five (5) players per team on the field of play at any given time.

b. Should there be six (6) players on the field for one (1) teams at any given time, the referee will award a penalty to the opposing team.

c. A team that has less than four (4) players will be required to forfeit the match.

2.2 Mixed Teams

a. Mixed teams must have a minimum of two (2) female outfield players are all times on the field of play.

3. Duration of Game

a. Seniors 2 x 20 minutes

b. Juniors 2 x 15 minutes

c. Five (5) minute half time break for all matches.

4. Player Registration

a. Players must be registered on the National Registration System.

b. If a team is found to have fielded an unregistered player, the team will forfeit the match to the opposition.

c. If a team is found to have fielded an unregistered player for a second time, the team will forfeit the match and incur a $50 fine, payable before the team's next match.

d. Further breaches may result in additional penalties, including withdrawal of the team from the Football Five5 Competition.

e. A team wishing to field a player registered with another team must declare this to the Competition Administrator prior to kick-off. Permission for the player to participate is at the sole and absolute discretion of the Competition Administrator.

f. Any team that fields a player registered with another team without obtaining authorisation from the Competition Administration will forfeit the match.

5. Team Registration

a. Football SA will provide team registration dates and information prior to the commencement of each competition.

b. The team registration fee is non-refundable.

6. League Formation

a. The number of teams placed into any one league will be at the discretion of Football SA.

7. Finals Series

a. Football SA may facilitate a finals series. Any finals series will be dependent on number of teams registered.
b. Football SA will advise if a finals series will be facilitated once the competition has commenced and will provide structure details at that time.

8. Team Sheets

a. Team sheets will be provided to teams on the night of the scheduled match by the Competition Administrator.
b. Team sheets must be completed and provided to the match official no later than ten (10) minutes prior to the scheduled kick-off time.
c. Team Sheets must include the following information:
    i. Full Name
    ii. Shirt Number

9. Match Fixtures and Results

a. Football SA will schedule all matches including date and kick-off times to each registered team prior to the Competition commencement.
b. All fixtures are subject to change.
c. Teams must be ready to kick-off at the scheduled time. If a team is not present ten (10) minutes after the scheduled kick-off time, a forfeit will be applied with the score line of three (3) goals to nil (0) awarded to the opposing team.
d. Competition points will be allocated as below:
    i. Win – three (3) points
    ii. Draw – one (1) point
    iii. Loss – zero (0) points

10. Playing equipment

a. All players must wear shinpads.
b. All goalkeepers must wear gloves.
c. All players must wear the same colour playing shirt.
d. All players must have numbered shirts.

i. If a player does not have a numbered shirt, they must not enter the field of play.
ii. Electrical tape will be available for temporary shirt numbers if needed.
iii. Where a player cannot be reliably identified following a disciplinary incident, the Competition Administrator may use the referee's report and other available evidence to determine the player's identity.
iv. Teams that repeatedly fail to comply with player identification requirements may face disciplinary action.

e. No jewellery is to be worn.
f. Football SA will provide match balls for each match.

11. Match Rules

11.1 Players

a. The offside rule does not apply.
b. Kick offs will be taken from halfway. The ball must be passed backwards from kick off.
c. No throw-ins
d. No corners
e. If the ball hits any part of the goal net or fence behind the goalkeeper, the ball resets with the goalkeeper for a restart.
    i. To clarify, if the ball hits the solid wall behind the goal, the ball is still in play.
f. If a team kicks the ball out of the pitch, the match will restart with the goalkeeper of the opposing team.
g. If the match official deems that a team has intentionally kicked the ball into the net behind the goalkeeper or out of the pitch, a penalty will be awarded to the opposition team.
h. Players (not goalkeepers) are not to goal tend unless for a set piece. If the match official deems that a player is persistently goal tending, a penalty may be awarded.
    i. Exception: an exception to this rule is for set pieces.

11.2 Goalkeepers

a. A goalkeeper must not handle the ball with their hand outside of the of the goal area.
    Penalty: *An indirect free kick will be awarded from the point of the offence*
b. Goalkeepers are able to pass the ball out with the feet, or throw it with their hands only.
c. Goalkeepers can not kick the ball out of their hands or drop-kick the ball directly from their hands.
    Penalty: *A penalty will be awarded to the opposition team.*
d. Goalkeepers have four (4) seconds to dispose of the ball from their hands.
    Penalty: *A penalty will be awarded to the opposition team.*

e. Goalkeepers are not able to pick-up the ball if passed back by a player of their team.
Penalty: *A penalty will be awarded to the opposition team.*

11.3 Free Kicks

a. All free kicks awarded are indirect.
b. Any opposing player or wall must be a minimum of two (2) metres away.

11.4 Penalties

a. All penalties are to be taken one (1) metre back from the goal area.
    i. All penalties can be scored directly from the penalty spot.
b. A penalty taker can only take one step prior to striking the ball.
c. No throw-ins
d. No corners.

11.5 Walls

a. The walls may be used during normal game play.
b. Players must not push, bump or deliberately force an opponent into a wall through an aggressive or dangerous challenge.
c. A player who commits an offence under clause 11.5(b) may be penalised with a free kick to the opposing team and a yellow card. More serious or repeated offences may result in further disciplinary action, including a red card, suspension or removal from the competition.
d. The ball must not be deliberately held or trapped in a corner or against a wall to prevent an opponent from playing it. If the referee determines that a player is doing so, or is otherwise not playing in the spirit of the game, a free kick may be awarded to the opposing team from the point of the offence.

11.6 Challenges

a. Slide tackles are not permitted. All tackles must me made while standing. A player who commits a slide tackle will be penalised with a free kick to the opposing team and a yellow card.

b. Players must not hack, kick or attempt to kick an opponent when challenging for the ball. Such actions will be penalised with a free kick to the opposing team and may result in a yellow or red card, depending on the severity of the offence.

c. Challenges that are reckless, excessive or endanger the safety of another player are prohibited. The referee may award a free kick and issue a yellow or red card depending on the severity of the offence.

d. Further disciplinary action, including suspension or removal from the competition, may apply to serious or repeated offences.

11.7 Abandoned Matches

a. The referee may suspend or abandon a match where a serious incident occurs, a person's safety is at risk, or players or team officials refuse to comply with the referee's directions.

b. The Competition Administrator will review the circumstances and determine the match result and any further disciplinary action.

c. Where a match is abandoned because of the conduct of one team, that team may forfeit the match, with the opposition awarded a 3–0 win.

d. Where both teams are responsible, or responsibility is unclear, the Competition Administrator will determine the appropriate outcome based on the available information.

12. Substitutions

a. Football Five5 will utilise interchange.
b. Unlimited interchange is allowed for all matches.
c. The coach/player can make a substitution while the ball is in play, however, the player coming off the field of play must leave the field of play prior to the replacement player coming onto the field.
d. The referee does not need to be informed about a substitution occurring, however it must be made at an appropriate time that does not impact play.

13. Disciplinary

a. Serious foul play, violent conduct or other serious offences may result in a red card.
b. Reckless, careless or unsporting behaviour may result in a yellow card.
c. A player who receives a second yellow card in the same match will receive a red card and must leave the field of play for the remainder of the match. The player cannot be replaced, and the team must continue with one (1) fewer players.
d. A player who receives a red card must leave the field of play for the remainder of the match and cannot be replaced. The team must continue with one (1) fewer players.
e. All red cards will be reported by the referee to the Competition Administrator.
e. All red cards and related disciplinary matters will be reviewed in line with the Football SA Disciplinary and Judicial Body Regulations.

f. Any player that receives a red card, will face a mandatory one (1) match suspension. The Competitions Management Committee (CMC) may review the circumstances and impose a greater sanction where appropriate.

g. The referee's decisions during a match are final. Players, team officials and spectators must not intimidate, abuse or aggressively confront referees over decisions.

Penalty: Abusive, threatening or intimidating behaviour towards a referee, or failure to comply with a referee's directions, may result in disciplinary action against the individual and/or team, including suspension, forfeiture of a match or withdrawal from the competition without refund.

14. Extreme Weather

a. All matches will be played in accordance with the Football SA Extreme Weather Policy.

b. If a match is required to be cancelled due to weather, a text message will be sent to all team contacts by 5:00pm that day.

15. Penalties and Fines

a. If a game is forfeited, a three (3) goal to nil (0) score line will be awarded to the opposition team.

Penalty: If notification is received prior to 5:00pm on the day before the scheduled match, the team will be charged 50% of the match fee ($47.50)*

Penalty: If notification is received less than twenty-four (24) hours before the scheduled match, the team will be charged the full match fee of $95.*

Penalty: No notification of forfeiture is received, the team will be charged the full match fee of $95 plus an additional $55.*

*Senior Teams Only.

b. If a team forfeits three (3) times during the season, the team will be withdrawn from the competition.

Penalty: If the team forfeits three (3) times during the first half of the season six (6) weeks for Seniors and five (5) weeks for Juniors, a $200 withdrawal fee will apply.

Penalty: If the team forfeits three (3) times during the final half of the season, a $100 withdrawal fee will apply.

c. If a team decides to withdraw from the competition, a withdrawal fee will apply.

Penalty: If the team withdraws during the first half of the season, a $200 withdrawal fee will apply

Penalty: If the team withdraws during the final half of the season, a $100 withdrawal fee will apply.

d. If a team receives a direct red card, a $25 fine will apply to the player.
e. All fines and penalties are required to be paid prior to the next match at the Coopers Courtyard Bar.