



FOOTY SEVEN'S COMPETITION RULES

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Introduction

All players are subject to GESAC's Centre Rules and GESAC's Conditions of Entry and Use, copies of which are available online at, <https://www.geleisure.com.au/about-us/forms-terms-and-conditions>

It is the responsibility of each player and coach to be familiar with the Glen Eira Leisure Footy Seven's Competition rules.

1. Field of Play

- 1.1 Footy Seven's is divided into three zones – Forward, Midfield & Defence.
- 1.2 The player positions are as follows:
 - 2 x Forwards.
 - 3 x Midfielders (one of who can be nominated as the 'Scoring Midfielder').
 - 2 x Defenders.
- 1.3 The standard size of a Footy 7s field is approximately 80m (Length) x 40m (Width).

2. Competition & Match Format

- 2.1 Men's and Mixed matches consist of 2 x 16-minute halves.
- 2.2 There will be a one-minute break at half-time.
- 2.3 A match is started and finished by the umpire's whistle.
- 2.4 Glen Eira Leisure reserves the right to set the duration of a competition, which will be available (online at <https://www.geleisure.com.au/sports/footy-sevens>).

3. Teams

- 3.1 A maximum of 7 players are permitted on the field at any one time.
- 3.2 A team consists of 2 forwards, 3 midfielders (one of whom can score) and 2 defenders.
- 3.3 Mixed teams must have a minimum of 3 females on the field at any one time. In the case of 6 or less players a team must have a minimum of 2 females.
- 3.4 A team is permitted to have an unlimited number of players on the interchange bench. Interchange of players is permitted at any time during the game.
- 3.5 Players are only permitted to play for one team in a Men's or Mixed competition on any competition night.
- 3.6 Teams found to be playing ineligible players relating to rule 3.5 may lose match points.

4. Starting the Game

- 4.1 The game is commenced with a ball up in the midfield zone between two centre players standing toe to toe. This occurs at the start of each half and after a goal has been scored.
- 4.2 The centre players contesting the ball up must tap or palm the ball backwards, when the ball is on the way down. Punching and taking possession of the ball are not permitted.
- 4.3 The remaining centre players stand a minimum of 2 metres away from the ruck contest on the defensive side of the ball up.
- 4.4 The player who wins possession from the ruck contest has a maximum of 2 seconds to dispose of the ball.
- 4.5 Players must start in their designated zone after a goal has been scored.
- 4.6 A kick in between the goal posts occurs after a behind has been scored. The opposition player must be a minimum 5 metres back from the player kicking in. The ball must be kicked from within the goalposts.

5. Possession of The Ball

- 5.1 The ball must be disposed of correctly by handball or kick in each zone for a goal scoring opportunity to occur.
- 5.2 The kick in after a behind is only permitted to enter the defensive zone.

- 5.3 The minimum distance for a mark to occur is a 5-metre kick. If it is under 5 metres, a call of 'play on' occurs.
- 5.4 A player is only permitted to bounce the ball once while they are in possession of the ball. The ball must be bounced once after 15 metres.
- 5.5 If the ball is kicked or handballed over two thirds, a free kick will be awarded to the appropriate team on their defensive third line.

6. Gaining Possession of The Ball

- 6.1 A turnover occurs in the following instances:
 - When the ball goes out of bounds
 - When the ball touches the ground due to a poor kick, handball or dropped mark

* The only time the ball can touch the ground is from a ball up contest or when a forward is shooting for goal. *
- 6.2 If a turnover occurs, the opposing team takes possession of the ball where the ball first touched the ground or went out of bounds.
- 6.3 The nearest player to where the turnover occurs must take possession of the ball. They can dispose by hand or foot if the turnover occurred on field. For out-of-bounds, the ball must be disposed by kick only.
- 6.4 The ball must be kicked in from out of bounds. A shot for goal is not permitted.
- 6.5 A ball up occurs if there is any doubt as to which team caused the turnover.

7. Dispossession of The Ball

- 7.1 A player must be caught 'holding the ball' by the 'two handed touch' method. No tackling, bumping or barging is permitted.
- 7.2 If a player is deemed to have had prior opportunity to dispose of the ball, this is considered 'holding the ball' and a free kick is awarded.
- 7.3 If a player is considered to have had no prior opportunity to dispose of the ball the umpire calls 'Touch' and the player has 2 seconds to dispose of the ball. If the player is unsuccessful in disposing of the ball after this opportunity, a free kick will be awarded.

8. Marking

- 8.1 A 'mark' is awarded if a player controls the ball after it has been kicked a minimum 5 metres without getting touched by another player or hitting the ground.
- 8.2 There is no type of physical contact permitted in a marking contest. The player in front has every chance to mark the ball. A free kick is awarded against any player initiating contact.
- 8.3 An opposition player may stand on 'the mark'. This is the place where a mark or free kick has been awarded.
- 8.4 The umpire will call 'play on' if it is deemed the player has had reasonable opportunity to dispose of the ball.

9. Playing On & Advantage

- 9.1 The umpire calls 'play on' in the following instances:
 - When a player who has taken a mark or possession of the ball from a turnover has run over or around 'the mark'
 - When the ball has been touched from a kick still yet to hit the ground
- 9.2 The umpire is permitted to call 'advantage' if the player in possession of the ball initiates the advantage.

10. Scoring

- 10.1 The Footy Seven's scoring system is as follows:
 - Goal - 6 points

Behind - 1 point

Super Goal - 9 points (goals kicked by female scoring players in Mixed games)

- 10.2 The two designated forwards and scoring midfielder are the only players able to score. A score can only occur through taking a mark, receiving a kick or hand-pass or when they are awarded a free kick.
- 10.3 A scoring player can score if they are awarded a 15-metre penalty which takes them into the scoring zone.
- 10.4 A goal or behind can still be awarded if the ball touches the ground directly from a shot at goal by a scoring player. If the ball is touched following the shot at goal, a standard turnover occurs from where the ball was touched. If the ball is touched as a kick is made at goal, a point will be awarded opposed to a turnover if the ball crosses the goal-line.
- 10.5 A team is not able to score directly from out of bounds or from a turnover.
- 10.6 A team is only able to score inside the forward zone.

11. Game Time

- 11.1 Teams are to be on the field at the scheduled game time.
- 11.2 Games are started by the umpire's whistle at the scheduled time.
- 11.3 Teams are to have a minimum of 5 players for a game to commence
- 11.4 The following penalties apply for team lateness:
- 1>3 minutes: 1 goal
- 3>5 minutes: 2 goals
- 5>8 minutes: 3 goals
- 8>12 minutes: 5 goals
- 12+ minutes: Forfeit loss
- 11.5 A forfeit due to a team being 12+ minutes late will result in a 60-0 win awarded to the opposition.

12. Interchange

- 12.1 Players may interchange at any time without notifying the umpire. A player must leave the field before the substitution may replace them.
- 12.2 There is no limit to the amount of substitutions a team can make during a game.
- 12.3 In the case of a player being sent-off, the player is not permitted to return for the remainder of the game. After two minutes of the player being sent-off, the team may then replace them with another player.

13. Points System

- 13.1 Teams will be awarded 4 points for a win.
- 13.2 Teams will be awarded 2 points for a draw.
- 13.3 In the case of a forfeit, a team will receive 4 points for a win and a 60-0 result.
- 13.4 In the case of a game being abandoned, the result of the game will be decided on a fault basis:
- One team at fault: opposition awarded a 60-0 win.
- Both teams at fault: no result and no points awarded.

14. Finals

- 14.1 All finals fixtures will be advised to participating teams and posted at Glen Eira Leisure's sporting pulse website.
- 14.2 Teams participating in finals must ensure they are available for all possible game times.
- 14.3 Finals format will be dependent on the competition/division make-up

- 14.4 Final ladder positions are determined by total game points. In the case of teams having equal points, higher goal difference will take precedence. If still equal, higher goals for will take precedence.
- 14.5 In the case of a team being unable to play a finals game, the next highest ranked team will qualify.
- 14.6 In the case of divisions with uneven bye allocation, points will be averaged to determine final ladder positions. (i.e. A team with 1 bye and 30 points from 15 matches (2 points per match) will finish higher than a team with 2 byes and 31 points from 16 matches (1.94 points per match).
- 14.7 If teams are tied at end of a finals match, extra-time will consist of 2 x 3-minute halves. If scores are tied after extra-time, the first team to kick a goal (Golden Goal) will be deemed victorious.
- 14.8 Players must have played a minimum of 3 games in the regular season to be eligible to play in finals.

15. Physical Contact

- 15.1 Footy Seven's is strictly a non-contact sport. The following actions (intentional or unintentional) are not permitted:
- Holding or grabbing an opponent
 - Any form of pushing
 - Spoiling with contact
 - Bumping
 - Barging or shepherding
 - Touching the ball while another player has possession
 - Tripping
- 15.2 Any physical contact will result in a free kick awarded to the relevant team.

16. Discipline

- 16.1 A 15 metre penalty will be awarded when a player engages in the following:
- Oversteps the mark
 - Time-wasting
 - Uses abusive language towards the umpire
 - Abusive language in general play
 - Threatening behaviour
 - Does not return the football directly to the opposition or umpire on request
 - Rough play
- 16.2 In the case of a yellow card offence, a player is sent off for 2 minutes. The player can be replaced immediately. A 2nd yellow card offence in a game is an automatic 1 match suspension.
- 16.3 In the case of a red card offence, a player is sent off for the rest of the game and receives a minimum 1 match suspension. The player can be replaced after 2 minutes.

17. Registration

- 17.1 A team shall consist of a minimum of 7 players and a maximum of 12 players registered to 1 team.
- 17.2 The online registration system (located at:) should be completed by the team captain. Individual players will then need to register to their team via their team code and pay the competition entry fee (which includes registration, match fees and insurance).
- 17.3 Teams will automatically be registered up to and including round 3. Notwithstanding clause 2.2 if after round three and a team have not registered a minimum of 7 players, Glen Eira Leisure management reserves the right to withdraw the team from the competition.

- 17.4 If a team or player withdraws from the competition for any reason after commencement of the competition and prior to the end of the competition, they will not be entitled to a refund unless approved by Glen Eira Leisure competition management.
- 17.5 If Glen Eira Leisure competition management suspends or withdraws a team from the competition for any reason, no refund of the players' registration fee will be refunded. Extenuating circumstances may be considered at the discretion of Glen Eira Leisure's competition management.
- 17.6 If a player is unable to register online, he/she can provide details to Glen Eira Leisure's competition management and a manual registration can be processed. This needs to be done prior to a match to ensure the player is covered by insurance. Details provided must include the player's full name, postal address, parent/garden contact information, date of birth and email address. Glen Eira Leisure will only use, disclose or deal with personal information in accordance with its privacy policy available at <https://www.gleneira.vic.gov.au/media/3329/privacy-policy-060318.pdf>
- 17.7 Prior to each game, each team must mark off on the scoresheet its participating players. If a player is missing off the scoresheet they are not registered under your team, please check with Glen Eira Leisure's competition management to get this fixed.
- 17.8 Any additions or changes to teams must be advised to Glen Eira Leisure competition management.

18. Insurance

- 18.1 All players must be registered in accordance with clause 17.
- 18.2 If a player wishes to make an insurance claim, they must complete a Personal Injury Claim Form which is available upon request from Glen Eira Leisure's competition management via email to stadium@geleisure.com.au or in person. All players registered to a current Glen Eira Leisure competition are covered by insurance.

19. Forfeit

- 19.1 An automatic forfeit will apply if a team is not on the court within 7 minutes of the fixtured start time. A team that wins by forfeit of its opponent will; receive five goals and three premiership points. The forfeiting team will receive no goals or premiership points.
- 19.2 Once play has started, there must be a minimum of three players on the court for the duration of the game, otherwise a forfeit will apply.
- 19.3 If a team continuously forfeits without sufficient notification (at least 24 hours prior to the time of the fixture), Glen Eira Leisure's competition management reserves the right to remove the team from the competition.
- 19.4 If a team forfeits, no refunds are given as all payments are considered part of the competition fees.

20. Spectators

- 20.1 Management reserves the right to ask any patron to leave the venue if they do not follow staff directions. If the patron chooses not to comply, the police may become involved and they may be barred from attending future games.
- 20.2 Spectators are not allowed to approach umpires at any time during or after the game. All communication must go through a team captain in the form of a rule clarification only. This must be in a respectful manner and the interaction concluded at the discretion of the umpires. If players or spectators wish to query a call or result, formal communication should be lodged in the form of an email to stadium@geleisure.com.au or a call to 9575 7134.

21. Injuries

- 21.1 There will be no added time for injuries. If required, an injured player may be helped from the field. Glen Eira Leisure staff will be present for first aid assistance.
- 21.2 If a player is bleeding, he or she must vacate the field immediately. Once the bleeding has stopped, has been covered appropriately, and the player has been checked by the umpire, at the discretion of the umpire, the player may re-join the game.
- 21.3 Details of any injuries sustained by a player during the match must be reported to the field's supervisor and Glen Eira Leisure's duty manager. A Glen Eira Leisure First Aid Report and Incident Report Form should be completed.
- 21.4 Eye safety: for players with vision corrections a player is forbidden to wear equipment that is dangerous to themselves or another player. Any player wearing spectacles must either:
- Have them secured by means of a sports band or adjustable strap;
 - Have properly and firmly fitting curled ends of the arms of the glasses;
 - Wear protective sports glasses that are constructed of plastic with rubber cushioning and no metallic parts; or
 - Wear contact lenses.

22. Misconduct

- 22.1 Use of offensive, insulting, abusive or intimidating language and/or gestures or behaviour (personally directed or not) including but not limited to use of discriminatory, racist, religious, ethnic or sexist remarks and/or gestures toward or against a match official(s), GESAC staff member(s), spectators or other players by players during or after a match is unacceptable and will be treated as red card offences.
- 22.2 In the event of any conduct set out in Clause 22.1 by players or other persons, the person(s) engaged in such conduct will be asked to leave the facility immediately and further action may be taken by GESAC's competition management at its discretion. This may include, without limitation, red card offences being implemented when not previously implemented under Clause 22.1, or players or teams being withdrawn from the competition.
- 22.3 The referee will ask spectators who use unacceptable language or behaviour to leave the court area. Failure to do so will result in the game being abandoned and the offending team deemed to have lost on forfeit.

23. GESAC field ruling

- 23.1 An on-field player may be substituted at any time, provided the substitution occurs at the team's designated position ie. in front of team bench. The substituting player may not enter the court until the on-court player is over the sideline.
- 23.2 When the ball goes out of play, a player may play the ball back into the field of play from the point where it left the court or behind the side line at a distance no greater than 25 centimetres from that point.
- 23.3 The referee's decisions on the field of play are uncontested and endorsed by GESAC's competition management. A suspended player or associate (such as a coach or spectator) can be sent from the venue if the referee so instructs. At all times the game is deemed to be under the control of the referee.

24. Extreme weather policy

- 24.1 In the event of extreme heat, GESAC will operate in accordance with the guidelines set out by Sports Medicine Australia (available online at www.gesac.com.au/About_us/Terms_and_Conditions).
- 24.2 In such cases where the temperature reaches 31 to 35 degrees, games may be limited to shorter quarters and there may be enforced drink breaks. This will be at the discretion of the supervisor and the umpires at the time of play.

- 24.3 In such cases where the temperature reaches more than 36 degrees, some games may need to be cancelled. The game will be recorded as a washout and the fixtures will continue as per the fixtures of the following week. Match fees will be credited to the teams for games being cancelled in accordance with this clause.
- 24.4 If a game has to be cancelled due to extreme weather, the team captain will be notified by phone and/or email at least two hours prior to the game time scheduled.

25. Miscellaneous

- 25.2 There is strictly no smoking and no alcohol allowed at GESAC.
- 25.3 Teams are to provide a contact with home, work and mobile telephone numbers and an email address. Glen Eira Leisure will only use, disclose or deal with personal information in accordance with its privacy policy available at www.gesac.com.au/Privacy A copy can also be obtained by emailing Stadium@geleisure.com.au or by writing to PO Box 42, Caulfield South VIC 3162.
- 25.4 Players play at their own risk. Glen Eira Leisure is not liable for any injury that a player receives in the course of a game, except to the extent that there is negligence on the part of Glen Eira Leisure's employees or agents.
- 25.5 Persons who have been asked to leave GESAC or the field and who do not do so immediately will be treated as trespassers and evicted from GESAC. GESAC reserves the right to call the police in such circumstances and ban such persons from further entry for a period at its discretion.
- 25.7 A game will not be stopped for a player to do up his or her shoelaces.