



# BARROW DISTRICT Cubs

## 7-a-side Football Rules

1. Matches will be 5 minutes each
2. Teams must be made up of 7 members and 2 subs.
3. Subs may be swapped in at any time, to ensure every member gets a play, if you so wish.
4. The ball must not go above the height of the cross bar on the goal posts.
5. If the ball does exceed this height, a free kick will be given from where the ball was last kicked.
6. The goalie can not step out side of the half circle
7. Team members can go inside the half circle
8. The ball can not be thrown out - it must be rolled
9. Passbacks are allowed
10. POINTS - Instead of having leagues and then finals, we will make sure that everyone plays the same number of games, but points will be given for the outcome of a match  
eg. 5 points for a win  
3 points for a draw  
2 points for a no score draw  
1 point for a lose.

## 11. THE REFEREES DECISION IS FINAL

Please keep all parents off the pitch, unless they are looking after your team for you i.e.: if a leader is unable to make it.