2026/7 RULES & REGULATIONS

ATTIRE

- All teams must wear matching shirts as a minimum, the goal keeper must wear a distinguishing shirt or bib from other players.
- Boots with moulded soles/studs or joggers only to be worn on pitches. No screw in studs or blades.

READY TO PLAY & FORFEITS

- A team consists of 5 nominated players, one of which must be the goalkeeper.
- A team must have a minimum of 4 nominated players to start a match, 1 of which must be the goalkeeper.
- Mixed teams must have a minimum of 2 female outfield players at all times.
- Teams should arrive at least 10 minutes prior to the scheduled kick off time.A dedicated warm up area is provided for each team on the training pitch.
- A team that cannot field the minimum number of nominated players at kick off will incur a 3-goal penalty. Games will be cut short for late starts.
- In the event that a team needs to forfeit their fixture, they must contact CCF 5 a-side via phone on 0424 505 465 and speak with a staff member by 5pm on the day prior to their scheduled fixture.
- Forfeits made with at least 24 hours notice will be recorded as a 5-0 loss to the forfeiting team.
- Forfeits made with less than 24 hours notice will be recorded as a 10-0 loss to the forfeiting team.
- Repeated forfeits can result in a team being removed from the competition and NO refunds will be given.

CONDUCT & BEHAVIOUR

- Team Captains are responsible for the conduct of all players in their team.
- Referees are not to be abused at any point.
- Unacceptable Conduct includes the use of foul/abusive/offensive language, fighting, violent conduct, serious foul play, threatening behaviour, playing inebriated, entering the pitch when not involved in the game and being abusive to staff members.
- Spectators must not abuse other players and referees.
- Fighting can result in criminal charges.
- CCF5's management reserves the right to suspend any player or spectator from the facility at any time and for any period of time. This is not subject to appeal.
- All players are bound by the CCF Code of Conduct when participating in CCF5's, serious indiscretions could impact upon your eligibility to play winter football.

GAME RULES

- Matches consist of two 20-minute halves with a 2-minute changeover at halftime (Under 5, 6, 7 play 15-minute halves)
- Unlimited interchange will be allowed for all matches, this must be done without delay and with the acknowledgment of the referee
- Kick offs will be taken from half-way
- No slide tackles
- No offside
- No throw ins
- No corners
- In U11's competition and age groups below, players must retreat back into their own half whenever opposition goal keeper has possession
- If a JUNIOR TEAM (U5 to U16) is trailing by 6 goals, they are permitted to add a 6th player for the remainder of the game or until the scores are even.
- If the ball gets caught behind the goal net, play resumes with a goal keeper re-start. All other contacts with the goal posts, side netting, backboards or fencing is play on.
- Goalkeepers can pass the ball out with their feet or throw it out with their hands
- Goalkeepers can come outside of their goal circle at anytime
- Goalkeepers may not pick the ball up if it has been passed to them from a teammate or if they are outside their circle, any breach will result in the awarding of a penalty
- Goalkeepers cannot kick or drop kick the ball out of their hands
- Goalkeepers must release the ball within 6 seconds
- Players can shoot direct from the kick-off, without touching another player prior. A goal will be awarded if scored direct from the kick-off
- Only the defending goalkeeper is allowed to play the ball inside the goal area and only he/she may handle the ball in this area
- No outfield player is permitted to deliberately enter the goal areas. If a defending player enters their goal area and interferes with play a penalty is awarded against them. If an attacking player enters the opposition goal area and interferes with play a free kick is awarded and re-started by the goal keeper.
- The first player to receive the ball from their goalkeeper inside the goal circle, cannot pass it back to the goalkeeper. A penalty will be awarded against the offending team.
- If a team kicks the ball out of the pitch, the match will be a restart with the goalkeeper of the opposing team. Deliberately kicking the ball out of the pitch will result in a penalty against the offending team.
- All free kicks are indirect

- No pushing or grinding into the rebound boards
- When the ball goes into the corner then the closest player attacking or defending has the right to the ball. The opposing player must remain 2 metres from the player in the corner and allow the player to turn and play the ball. Any opposing player who goes too close will be penalized with a free kick in the corner to the other team. The player in possession of the ball has 3 seconds to play the ball or a free kick will be awarded to the opposition for time wasting.
- If the last defending player commits a foul the team will be penalised with a penalty and the player who committed the foul will receive a yellow card
- Serious foul play will be punishable by yellow and red cards
- Opposition players must be at least two meters from where any freekick is taken. If opposing players do not retreat the required two metres they may receive a yellow card
- Free Kicks less than 2 metres from the goal area of the opposition team will be moved back to the 2 metre mark to allow opposition defenders an opportunity to defend
- In the event of a penalty being awarded all penalty takers can only take one step before striking the ball
- Central Coast Football reserves the right to make amendments to the match rules at any time
- Any score discrepancy must be lodged with CCF within 24 hours of the game finishing.

ABANDONED FIXTURES

- The Pluim Park courts are all-weather surfaces. Games go ahead in rain and other non-threatening weather.
- Games may be abandoned for lightning or other dangerous weather. Abandoned games will not be rescheduled.
- The decision to abandon a game rests with CCF staff or the match referee.
- Abandoned before half time (including before kick-off): recorded as a 3-3 draw.
- Abandoned at half time or later: the score at the time of abandonment stands.

PLUIM PARK RULES

- No alcohol is to be brought into the facility
- No smoking is permitted anywhere within the facility
- No dogs or pets are allowed anywhere within the facility
- No outside food is to be brought into the café area
- Only players and officials are permitted to enter the warm-up areas and courts, no access to any of the playing fields is permitted at any time by any person
- Only players can use the change facilities, please leave them tidy, do not leave valuables unattended

INSURANCE AND LIABILITY

- All Participants understand that they are covered by the Football NSW accident support scheme and all claims and information relating to such claims are available via the FNSW website.

- All Players acknowledge that by playing in the CCF Fives leagues they are doing so at their own risk.
- All participants understand that they participate, attend and use the venue at their own risk. And Central Coast Football, its employees or agents shall not be liable for any damage whatsoever arising from any personal injury or property loss sustained by participation or attendance at the venue, Participants and parents assume full responsibility for all injuries and damages which occur in or about any programs on the premises or occur using the venue. Participants and visitors at the venue hereby fully and forever release discharged hold harmless, all associated facilities and its owner, employees, and agents from any and all claims, demands, damages or rights of action, present or future resulting from any person's participation in any programs or use of the facility. In addition, he/she agree(s) to follow the rules of conduct and play set by Central Coast Football.
- Central Coast Football conducts business with Policies of Public Liability Insurance and Workers Compensation Insurance in place.
- All persons entering the premises of Pluim Park accept responsibility for any injury or illness arising out of or in connection with their participation in activities at the premises.
- All persons entering the premises of Pluim Park release and discharge Central Coast Football, its employees and agents from any claim, suit, demand, expense or cost in respect of any injury or illness arising out of or in connection with their participation in activities at the premises.