



NS LEAGUE RULES & REGULATIONS 2024



Time



Ball Size



Goal Size



Players



Offside



Field Size



Substitutes



Kick or Throw In



Penalties



Onfield Coaching



Additional Rules

Under 6 & 7	Under 8 & 9	Under 10	Under 11	Under 12	Under 13	Under 14 / 15	Under 17 / Ladies/ Vets	Seniors
40 min (2 x 20 min) 5 min break	50 min (2 x 25 min) 5 min break	50 min (2 x 25 min) 5 min break	60 min (2 x 30 min) 5 min break	60 min (2 x 30 min) 5 min break	60 min (2 x 30 min) 5 min break	70 min (2 x 35 min) 5 min break	80 min (2 x 40 min) 5 min break	90 min (2 x 45 min) 5 min break
3	4	4	4	4	5	5	5	5
1.8m x 2.5m	1.8m x 4m	2m x 6m	2m x 6m	2m x 6m	2.4m x 7.3m	2.4m x 7.3m	2.4m x 7.3m	2.4m x 7.3m
5 v 5 (Max 10 Players)	7 v 7 (Max 12 Players)	9 v 9 (Max 14 Players)	9 v 9 (Max 14 Players)	9 v 9 (Max 14 Players)	11 v 11	11 v 11	11 v 11	11 v 11
No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
40m x 25m	60m x 45m (Goal area 9.15m)	70m x 50m (Goal area 9.15m)	70m x 50m (Goal area 9.15m)	70m x 50m (Goal area 9.15m)	Full Field	Full Field	Full Field	Full Field (min 90x50)
5 Rolling Substitutes	5 Rolling Substitutes	5 Rolling Substitutes	5 Rolling Substitutes	5 Rolling Substitutes	5 Rolling Substitutes	5 Rolling Substitutes	5 Substitutes Incl. GK	5 Substitutes Incl. GK
Kick-In	Throw-In	Throw-In	Throw-In	Throw-In	Throw-In	Throw-In	Throw-In	Throw-In
No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yes	No	No	No	No	No	No	No	No
<ul style="list-style-type: none"> * Full corners – opponents to be 2,7m away * Kick-off – opponents to be 2,7m away * No goals may be scored directly from an indirect free kick or a kick in. * All other general rules of football will apply * No persons allowed to stand behind the goal 	<ul style="list-style-type: none"> * Kick-off – opponents to be 4.5m away * Free Kick - opponents to be 6m away * Penalty - 6m from goal line * Goalkick - 9.15m * Goalkeeper can run the goallarea without interference * All other general rules of football will apply * No persons allowed to stand behind the goal 	<ul style="list-style-type: none"> * Kick-off – opponents to be 5m away * Free Kick - opponents to be 9m away * Penalty - 9m from goal line * Goalkick - 9.15m * Goalkeeper can run the goallarea without interference * All other general rules of football will apply * No persons allowed to stand behind the goal 						

There will be no postponement of any match. However, should a team have a valid reason to reschedule, match may be brought forward.