



Colo SFC Summer 6-a-Side Rules/Regulations (V2 as of 21/9/25)

OBJECTIVE: The principal objectives of the Colo 6-a-side competition are to provide an environment in which players and spectators respect others and participate in a spirit of good sportsmanship, fun and enjoyment.

1. POINTS :

- Win = 3 points, Draw = 1, Loss = 0.

2. KICK OFF TIMES :

- All matches will commence at the scheduled kick off times.

3. MATCH BALLS :

- 1 x Match ball will be supplied for the competition per game per field

4. FOOTWEAR :

- Must be either Football Boots or trainers (No metal studs)

5. SHIN PADS :

- The wearing of shin pads is compulsory. **NO EXCEPTIONS.**

6. PLAYING FIELD :

- The size of the pitch will be 48mx36m.

7. GOAL AREA :

- This will be a semi circle or "D" of a 6 m radius.

8. GOALS :

- These will be 2m high x 3.5m wide x 600mm deep with nets.

9. MATCH DURATION:

- All Matches will be timed by the canteen and a hooter will be used.
- The duration of the match will be:
 - **Juniors 5-12's:** 13 minutes each half
 - **Juniors 13-16's** 16 minutes each half
 - **Seniors:** 18 Minutes each half. [\[MV1\]](#)

10. REFEREES :

- All endeavours will be made by our official provider Nepean Referees Group to appoint qualified referees for each match.
- Colo SFC will endeavour to supply a club referee when an NRG referee hasn't been appointed. However, when a club referee can't be appointed both teams will be required to agree on a stand-in referee to manage the match.
- All senior teams **MUST** nominate a person to act as referee should an official referee be unavailable as mentioned in the previous point.
- **Anybody who verbally abuses, mishandles, or strikes a referee will be SUSPENDED from the entire competition. In addition, Colo Cougars six-aside committee reserves the right to expel the player's entire team from the competition when one or more people are involved.**

11. INJURIES :

- There will be no clock stoppages for an injury unless it is extremely serious (Referees discretion).
- Injured players must leave the field of play immediately (Providing it's safe to do so) and once they have done so, the player may be substituted.

12. PLAYERS :

- U8-O35, Mixed, female or male will have six players including a goalkeeper with a minimum of 6 players in the team.
- U5 –U7 Mixed will have 4 players on the field maximum of 7 in the team

13. SUBSTITUTIONS :

These will be unlimited but must take place from the halfway line. The player being replaced **MUST** leave the field before the replacement player can enter play. Interchange can occur at any time and is not required to be during a stoppage of play.

14. TEAM KITS :

- All players on a team must wear shirts of the same colour
- Teams U5-11 Numbers on jerseys are optional. ***Under 12 to All Age & 035's are compulsory for numbers on the jerseys.***
- Goalkeepers should wear a different colour to that of their team (or a bib)

15. MATCH SHEETS:

- The referee and the manager will enter the final scores
- Please make sure that all players numbers for 12+ years are entered in Dribl as per winter process.
- Match sheets will be completed electronically via Dribl before KO
- Team representatives are required to identify any borrowed player before commencement of the match. See points about borrowing players below for information for breaches on over borrowing.
- There will be regular match sheet spot checks completed, and all players will be identified by the staff during the process.

16. FORFEITS :

- Teams must give **48 hours** notice of a forfeit to the Administrator of Colo Soccer Football Club telephone 0410 516 434.
- Teams failing to notify Colo SFC admin within the expected time will incur a fee of **\$50** to be paid prior to the next scheduled game. Team managers will be issued an Invoice for the fee. Additional forfeits will incur an increase in penalty fee of **\$100**.
- Any forfeited games will be awarded to the non-forfeiting team as a 3-0 win.
- Any team which forfeits **3 games** with notice **may**, at the discretion of the Colo Cougars six-a-side Committee, be disqualified from the competition, even if appropriate notice was given to the Administrator.
- There will be no refunds for teams that are disqualified or removed from the competition due to the 3 game forfeit policy.
- A team that drops out of the competition will have their points redistributed back to any side which they lost to, or drew with.
- There will be no refunds for teams that drop out.

17. UNREGISTERED PLAYERS :

- Any team playing an unregistered, suspended or disqualified players will be deemed to have forfeited the match and 3-0 Win awarded to the opposing team. Colo SFC committee may also suspend the team from participating in further games.

18. INTERCHANGING BETWEEN TEAMS :

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- Teams will be allowed to borrow 3 players to make up a team in any particular game.
 - The player must come from a team in a lower division in the same age group or from an age group below the age of the team they are upgrading to.
Non-competition teams may borrow within their own age group/division.
 - Junior players can dual register to a senior team if they have attained the age of 16.
Dual registration must take place prior to the commencement of the game

19. RULES:

- The Colo Six a Side Committee reserves the right to alter rules as it deems necessary.
- No discussion will be entered regarding rules that may be altered.

20. MIXED COMPETITION:

- Players registered to play in AA, AAL or O/35 can dual register for the mixed competition. Registration into a second or third team is at a discounted rate, using the voucher on the website
- Junior players can dual register to a mixed All Age team if they have attained the age of 16. **Dual registration must take place prior to the commencement of the competition**

Colo Cougars 6-a-Side Game Rules

FIFA Rules of Football apply where they have not been altered or affected by these Game Rules. Rules for U5-U7 are slightly different and are outlined below in point 19.

1. GOALKEEPERS:

- The goalkeeper can handle the ball anywhere inside the penalty area.
- The goalkeeper may leave the penalty area, but can't handle the ball outside the penalty area.
- Where the goalkeeper receives the ball during general play, the goalkeeper may kick or throw the ball from the penalty area over halfway on a full.
- Goalkicks: Keeper **cannot** kick the ball over halfway on a full or be helped over the halfway line by a chest or head or volley of a player within the same team. The ball may travel along the ground over halfway though.
- During general play, a goal can be scored directly from a goalkeeper's kick.
- A goal **cannot** be scored directly from a goal kick or keeper's throw.

2. SCORING OPPORTUNITIES:

- A goal can be scored by the attacking team from any point of the field in general play including the "D". **Exception to this rule** is for **AA Mixed teams** where **Males can**

only score inside the attacking “D”. Goals are disallowed if a male shoots outside the “D” and scores.

- A goal can be scored directly from a corner.

3. KICK OFF:

- Kick off shall be from the middle of the field.
- A goal **cannot** be scored directly from a kick off unless another player of the same team plays the ball.
- Opposing players must be at least 5 metres away from the ball.

4. GOAL KICKS:

- Goal kicks must be taken from inside the penalty area.
- The ball must be kicked from the ground, not thrown.
- A goal **cannot** be scored directly from a goal kick.
- Opposing players must be at least 5 metres away from the ball.
- Keeper **cannot** kick the ball over halfway on a full or be helped over the halfway line by a chest or head or volley of a player within the same team. The ball may travel along the ground over halfway though.

5. BACK PASSES:

- The regular back pass rule applies- ie the goalkeeper **CANNOT** pick the ball up.
- An indirect free kick, to be taken from the edge of the penalty area, shall be awarded for an infringement of this rule closest to where the infringement occurred.

6. CORNERS:

- These will be marked and taken in the usual manner.
- A goal **can** be scored directly from a corner;
- Opposing players must be at least 5 metres away from the ball.

7. INDIRECT FREE KICKS:

- Except in the case of an infringement within the penalty area, an indirect free kick shall be taken from the point where the infringement occurred;
- Where an infringement occurs within the penalty area, any indirect free kick shall be taken from the edge of the penalty area at the closest point to where the infringement occurred.
- Opposing players must be at least 5 metres away from the ball or position on the goal line.

8. KICK INS:

- When the ball goes over the sideline, play restarts with a KICK-IN (No throw-ins).

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- The KICK-IN must be taken within 4 seconds or the kick-in will be awarded to the opposing team.
 - Opposing players must be at least 5 metres away from the ball.
 - A goal **cannot** be scored directly from a KICK-IN. The exception to this rule is if a kick occurs and the ball touches a player before the ball enters the goal.

9. FREE KICKS:

- Free kicks, other than penalties will be INDIRECT.
- Opposing players must be at least 5 metres away from the ball.

10. PENALTIES:

- Penalties are awarded as normal for any fouls inside the penalty area, and will be taken 6m from the goal line directly in front of the goal at the top of the “D” & 2 step back, rule is applied
- Opposing players must be behind the kicker and not be within the penalty area.

11. TACKLING:

- **NO Slide tackles**
- Tackling from behind is not permitted.

12. OFFSIDE:

- The offside rule **DOES NOT** apply.

13. OFFENSIVE, ABUSIVE OR THREATENING LANGUAGE:

- Any player using offensive, abusive or threatening language will automatically receive a yellow card; or
- The player may receive a red card if, in the opinion of the referee, the incident is serious enough to warrant such action.

14. YELLOW CARDS:

- Any player receiving 2 yellow cards in the same match, will immediately receive a red card;
- Any player accumulating 3 yellow cards (in separate games) will be automatically suspended as follows:
 - From playing for any other team on the day that the 3rd yellow card is awarded; and
 - from playing the next scheduled match for the team for which the player is registered.

15. RED CARDS:

- Any player receiving a red card will be automatically suspended as follows:
 - From taking any further part in the game in which the player received the red card; and will serve a minimum mandatory one match suspension in his/her next scheduled fixture (not including any fixtures on the day of send off) and
 - Is suspended from playing for any other team on the day that the red card is awarded.
- Suspensions for serious conduct will be awarded by the Nepean FA judiciary as per the Nepean FA By Laws (www.nepeanfootball.com.au) or at the discretion of Colo SFC disciplinary Committee

16. PLAYERS UNDER SUSPENSION:

- If any player plays, or attempts to play, in a game whilst under suspension: **The player will be suspended for the remainder of the competition**; and If such game involves the team for which the player is a registered player, that game shall be forfeited to the opposing team
- If such game involves a team other than the team for which the player is a registered player, that game may be forfeited to the opposing team at the discretion of the Colo six a side committee.

17. FINALS:

- Refer to the draw on Dribl regarding semis and finals when the time comes.
- Once the Finals draw has been placed on the website teams have until Monday 5pm to dispute league position. No disputes will be allowed after Monday 5pm
- Games will be played on the allocated day. Changes of days will not be considered.
- All teams play on the final week and final table standings will determine the games. 1v2, 3v4, 5v6, 7v8, 9 v10, 11 v 12.
- All Finals must end with a result. Therefore, any draws at the end of normal time will activate 5 min halves of the Golden Goal. If result is unchanged then penalty shoot out will occur best of 3 shots as a minimum at the top of the D. Two step rule applies.

18. MIXED COMPETITION:

- A maximum of 3 male players can be on the field at any time.
- A goal can be scored by the attacking team from any point of the field in general play including the "D". **Exception to this rule** is for **Mixed teams** where **Males can only score inside the attacking "D"**. Goals are disallowed if a male shoots outside the "D" and scores.

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- A goal can be scored directly from a corner.

19. MINIROOS U5-U7: (Will follow Winter rules)

- 4 players from each team on the field at any time
- No goalkeepers - Coaches will encourage players not to constantly stand in front of goals.
- No corners
- When the ball goes over the goal line, a goal kick will be awarded to the defending team from the point on the line in which the ball went out. The opposition will retract to halfway to allow play to continue.
- **Game leaders are given discretion over fouls and are encouraged to keep the game flowing, limiting any calls for penalties for handball, trips etc, only stopping play for serious offences that need addressing.**

20. INSURANCE:

- Limited player injury insurance is provided through Football NSW and is included in your registration fee. The Association strongly advises all players to review the policy and address any perceived shortfalls in coverage by engaging their own Private Health Insurance and/or Income Protection Insurance. Colo SFC does not accept responsibility to any player injured. All players are covered under the Football NSW limited insurance policy. This is found at the time of player registration online.
- The Colo SFC does not accept responsibility or liability for any loss, theft or damage to personal possessions or equipment whilst attending the competition location.