

Hensley Sixaside Basic Rules

Most of the time, normal football rules apply.

Here are the special rules that apply to Hensley Sixaside:

- U8 to U12 – 7 on the field. Size 4 balls.
- U13 and up – 6 on the field. U13 Size 4. U14 and up – Size 5 balls.
- 20 minutes each half.
- No parents or spectators on the field. Only 2 officials from each team are allowed on the field.
- Unlimited substitutions
- GK cannot kick the ball out. Only throw. And throws cannot go over half way on the full.
- No throw ins. Only kick ins.
- No slide tackles.
- From a free kick, the opposition must retreat at least 3 metres.
- A goal cannot be scored directly from a kick-in, free kick or corner. If so, then retaken.
- A player shown a red card cannot be replaced at all.
- When the GK has the ball, opposing players must retreat at least 5 metres
- Penalties are taken with a one step “run up”.
- If a match is forfeited, an automatic 0-3 score is the result.
- In semi finals, if scores are level at full time, there is 5 minutes of “Golden Goal”, followed by a penalty shootout (5 shots, then sudden death)