



Hills Football Incorporated
2026 Summer Football Regulations



Hills Football Incorporated 2026 Summer Football Regulations

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Section 1: Organisation and Admission

1. Scope and Application

- a) These Regulations apply to Participants in the following competition (**the Competition**) unless stated otherwise:
 - i. Hills Football Summer Football Competition
- b) Where these Regulations are silent on any particular aspect, then all Clubs, affiliated bodies and organisations will first have regard to the Hills Football Constitution, By-Laws, FA rules and regulations and where applicable rules and regulations of the Asian Football Confederation (AFC) and FIFA.
- c) If any part of these Regulations is void that part shall be severable and will not affect the enforceability of the remaining sections of these Regulations.
- d) The Competition Administrator will interpret and apply all articles of these Regulations and any such interpretation or application will be final and binding on all parties.

2. Reference

Where these Regulations refer to a “Club” that reference is to a team that is entered into the Competition.

3. Capitalised Terms

Any capitalised terms used in these Regulations will have the meaning given to them in Schedule 3.

4. Alteration

The Competition Administrator will have the ability to expand on these Regulations and make additional rules which will be set out in Schedule 2.

5. Disciplinary Sanctions and Proceedings

All Clubs, Players, Team Officials, Match Officials, Spectators or any person participating in any manner at a Competition Fixture, Match or event will submit exclusively to the jurisdiction of the Competitions Administrator.

6. Unforeseeable Circumstance

Nothing in these Regulations will prevent Hills Football from approving a course of action to meet unforeseeable circumstances not covered by the Regulations.

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7. Control of Competitions

The administrative control and conduct of the Competition is vested with the Competition Administrator affiliated to Football NSW.



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Section 2: Technical Regulations

1. Matches Played in Accordance with the Laws of the Game

All Fixtures will be played in compliance with the Regulations in force at the time and in accordance with Hills Football, FA and FNSW By-Laws, regulations, codes and directives, and under the FIFA Laws of the Game where applicable.

2. Recommended Age Grades

Endorsed summer football Competition Administrators will be able to determine age groups they intend to conduct, beginning at U6.

3. Match Format (5's, 6's, 7's)

- a) Competition Administrators will be permitted to select which of the following formats they wish to deliver their competition in;
 - 4 v 4 U6/7
 - 6 v 6 U8 and above
- b) With the exception of the 4 v 4 format in which there is no goalkeeper, the total numbers indicated above is inclusive of the goalkeeper.
- a) For age groups of U6 and U7, Competition Administrators must apply the principles of FA Small Sided Football, including:
 - 4 v 4 format;
 - no competition tables or points; and
 - no finals series.
- b) For age groups U8 to U11, Competition Administrators must apply the principles of FA Small Sided Football including:
 - no competition tables or points;
 - no finals series;
 - Competition Administrators may apply smaller team numbers than those contained in the FFA Small Sided Football handbook, i.e. 5 v 5, 6 v 6 or 7 v 7.

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- c) For age groups U12 and upwards, Competition Administrators can commence competitions with points and finals series.

4. Duration of Match

- a) Match duration will be at the discretion of the Competition Administrator. This flexibility is provided given different constraints at the various venues, including numbers of teams, age grades, players per team and length of venue hire.
- b) The following table details FNSW preferred match durations:

Age Grade	Minutes per match
U6 and U7	Two 15 minute halves
U8 – U11	Two 20 minute halves
U12 – U16	Two 20 minute halves
U17 and older	Two 20 minute halves

5. Added Time

It will be at the discretion of the Competition Administrator if added time is played.

6. Extra Time

It will be at the discretion of the Competition Administrator if extra time is played during the Championship of the Competition.

7. Determining the Winner by Penalty Kicks

- a) If the result of a Match in the Championship be a draw (including after extra time where applicable) alternate kicks from the penalty mark will be taken to determine the winner, consistent with the principles described in the FIFA Laws of the Game.
- b) If the taking of kicks from the penalty mark cannot be completed because of weather conditions or for other reasons beyond control and not the direct result of actions by either Team, the result will be decided by the drawing of lots by the referee in the presence of the two (2) Team captains.

If, through the fault of a Team / Club, the taking of kicks from the penalty mark cannot be completed the Match will be deemed forfeited against the Team / Club responsible

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8. Footballs

- a) The Competition Administrator is responsible for either providing the match balls or communicating to the Clubs that they are required to provide match balls.
- b) The following ball sizes are applicable to the different age grades:

Grade	Size
U10/11 and older	Mid Bounce
U9 and under	Size 3

9. Premiership Ranking

The following process applies when determining the ranking of Teams within each grade of Competition:

- a) Greater number of points obtained in all Premiership Matches.
- b) If two (2) or more Teams are equal on the basis of the above criteria, their place will be determined as follows:
 - i. Greater difference resulting from all Premiership Matches;
 - ii. Greater goals scored from all Premiership Matches;
 - iii. Greater number of points obtained in the Premiership Matches between the Teams concerned (head to head);
 - iv. Great number of goals scored in the Premiership Matches between the Teams concerned (head to head).

10. Competition Points

Points will be allocated as follows for all Premiership Matches:

- a) Win - 3 points;
- b) Draw - 1 point each Team;
- c) Bye - No points;
- d) Loss - No points;
- e) Forfeit - 3 points to the Team receiving the forfeit.

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11. Competition System

The Competition Administrator may conduct a Premiership or Premiership and Championship which will include:

- a) Premiership consisting of a league format as approved by the Competition Administrator; and if applicable
- b) Championship consisting of knockout Matches in a format approved by the Competitions Administrator.

12. Technical Rules for the Championship

- a) All Championship Matches (where applicable) will be played in accordance with the knockout system, single match.
- b) Teams will play a single match and the Team having scored most goals in the Match will win the Match.
- c) If extra time or penalty kicks are required to determine the winner of a Championship Match they will be conducted as per these Regulations.

13. Interchange

- a) For all Competitions, unlimited interchange applies.
- b) The following is the procedure and rules for the unlimited interchange of Players:
 - i. The "Interchange zone" will be an area one (1) metre either side of the half-way line.
 - ii. An interchange is one which is made when the ball is out of play, and for which the following conditions will be observed:
 - a. the Player leaving the field will do so from the touch line, crossing over at the sector called the interchange zone; and
 - b. the Player entering the field will also do so from the interchange zone, but not until the Player leaving the field has passed completely over the touch line.
 - iii. Interchange may occur at anytime without the need to notify the referee as long as b) ii has been observed.
 - iv. If penalty kicks are required to obtain a result, any player that participated in the Match is able to participate in the taking of penalties.

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- c) Substitutes and interchange players cannot be used to replace any player who has been dismissed from the Match by the referee.

14. Preferred Field Dimensions

Field dimensions will be at the discretion of Hills Football and found within the information provided to each team official.

15. Clubs Removed or Withdrawn from Competitions

In the event of any Team withdrawing or being removed from the Competition, all Matches against that Team will be treated as a bye or forfeit.

16. Restarts (goals kicks, or kick-ins)

- a) should the ball leave the field of play across a touch line, play will be restarted by a “kick in” where the ball must be stationary on the sideline, all defensive players must remain a minimum of 5 meters from the ball.
- b) the defending team is to kick the ball off the ground into play to restart the match after a “goal kick” is awarded by the referee, a goal kick cannot be kicked over halfway on the full. An indirect free kick will be awarded at halfway to the opposing team.

17. Match Schedule and Kick-Off Times

Match scheduling will be flexible and rests with the Competition Administrators.

18. Wet Weather Affected Fixtures

In all instances where rain preceding a Match raises doubt as to the possibility of play taking place, the Competition Administrator will establish a process by which teams are informed of the status of that day's Match. This may include the responsibility being passed to the teams to check Hills Football Facebook page.

19. Abandoned Matches

- a) When a Match is abandoned for any reason for which neither Club is responsible, the Match may be replayed at the discretion of the Competition Administrator.
- b) Should a Club, its Players, Officials or Spectators be found to have caused the abandonment of the Match, the Match will be forfeited by that Club to the opposition.

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20. Forfeits

- a) Teams will be deemed to have forfeited a Match when:
 - i. they fail to fulfill an engagement to play a Match on the appointed date, time or venue; or
 - ii. they refuse or fail to begin a Match within ten (10) minutes of the stipulated kick-off time; or
 - iii. they field fewer than the required players as communicated by the Competition Administrator; or
 - or
 - iv. they field an ineligible Player; or
 - v. any other scenario within these Regulations or the Grievance and Disciplinary Regulations that stipulates a forfeit of the Match.
- b) In the event of any Team forfeiting its Match, full points allocated for the Match will be forfeited to the opposing Team (**Opposing Team**) and the goals will be recorded as 3 goals scored by the Opposing Team and 0 goals by the Team who has forfeited, unless the Opposing Team won by more than 3 goals, in which case the result on the pitch will be upheld. Any team who forfeits without notice will forfeit the match and a result of 0-10 will be recorded.

21. Protests

- a) Protests must be lodged and received by the Competition Administrator no later than two (2) hours after the Match was played.
- b) Protests will only be considered for obvious breaches of the Laws of the Game that clearly had a material effect on the outcome of the Match.
- c) No protests as to the result of a Match will be considered in relation to disciplinary decisions of the Match Officials or decisions of facts relating to play.
- d) Protests must be accompanied by a \$100 administration fee in order to be considered. The administration fee must be lodged together with the written protest.

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Section 3: Eligibility

1. Age Eligibility

Eligibility to age grades will be determined by the age in which the player turns in 2026. For example, a player turning 12 at any time during 2026 is eligible for the U12 age grade.

2. Eligibility and Ineligibility of Players General

- a) Eligible Players: An eligible Player is one that meets all registration requirements within these Regulations and is not ineligible according to any article of these Regulations
- b) Ineligible Players: Ineligible Players include:
 - i. unregistered Players;
 - ii. suspended Players;
 - iii. a Player who is required to stand down for receiving the required number of cautions; and
 - iv. a Player that is deemed ineligible due to any article of these Regulations and the FNSW Grievance and Disciplinary Regulations.
- c) Any Team that fields an ineligible Player will automatically lose that Match on forfeit.
- d) Additionally, the team, Team Official/s and Player may be further sanctioned in accordance with the FNSW Grievance and Disciplinary Regulations.
- e) For clarity, it is the team's absolute responsibility to ensure that they field eligible players in any Match.

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Section 4: Registration

1. Player Status

- a) All players registered to the Competition must be amateur.
- b) Teams are required to record the status of each Player on Dribl by having the player self-register.
- c) Players are permitted to play for any number of Clubs in affiliated summer football Competitions, but not for multiple teams within the one division of any Competition. E.g. A player cannot register into two All Age Ladies teams but can register into an All Age Ladies and All Age Mixed competition within the same season.

2. Process for the Registration of an Amateur

- a) All amateur Players must be registered via Dribl. The registration of an amateur Player with a team is effective from the date the individual is made active by Hills Football within the national online registration system.
- b) The registration can be effected through:
 - i. the player self-registering via Dribl and Hills Football accepting the Player's registration;
 - ii. if a Player is registering for the first time, that Player must provide the Competition Administrator with evidence of name and age, by producing an original birth certificate, passport or drivers licence.

3. Submission of Registrations

All registrations must submitted via Dribl and a head and shoulders photo is to be uploaded into the Player profile within the communicated registration period.

4. Registration Periods

The Competition administrator will communicate the Competition registration period.

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5. Player Deregistration

- a) An Amateur Player may be de-registered by applying to de-register via Dribl, which will notify the Club and Competition Administrator of the Player's intention to deregister.
- b) If a team no longer wants an Amateur / Professional to play for the team, Hills Football needs to apply to deregister that Player via Dribl, which will notify the Player, Hills Football and FNSW of the players intention to deregister.
- c) The deregistration is effective:
 - i. When the other party (i.e. Player as the case may be) has confirmed the notification or cancellation; or
 - ii. Amateur Players: seven (7) days from the date the Player requested the deregistration in the Dribl unless a grievance has been initiated with Hills Football or FNSW.
- d) Any disputes relating to Player deregistration will be settled in accordance with the FA Grievance Resolution Guidelines and FNSW Grievance and Disciplinary Regulations and Hills Football By-Laws and Refund Policy.

6. Maximum Player Rosters

U8 and above 12 players per match permitted.

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Section 5: Team Sheets, Reporting and Match Officials

1. Match Official Appointments

The appointment of all Match Officials will be made by the Competition Administrator in consultation with the Referee Branch or Association providing the Match Officials.

2. Match Official Powers, Duties and Obligations

- a) The Match Officials are charged with all duties, responsibilities and obligations as contained within the FIFA Laws of the Game.
- b) Unless otherwise stated, the referee will be the sole arbiter as to whether a game will proceed, having regard to the condition of the ground, the weather at the time of inspection and the projected weather forecast.
- c) If the referee finds it necessary to stop play for whatever reason, he / she should wait a reasonable time before deciding to abandon the Match.
- d) Referees may abandon, postpone or forfeit a Match in accordance with any relevant articles of these Regulations.
- e) In addition, referees are required to, immediately after the conclusion of each Match, forward to the Competition Administrator send-off reports and incident reports if the latter is deemed necessary.

3. Welfare of the Match Officials

The Competition Administrator will be responsible for the welfare of the Match Officials, from the time they arrive at the venue, until the time they depart the venue.

4. Non-attendance of Match Officials

Should an official referee not be appointed, or be appointed and not attend, it is the Competition Administrator's responsibility to determine who will officiate the Match. This may be a volunteer, employee or Club representative, or combination of any of the above throughout the Match.

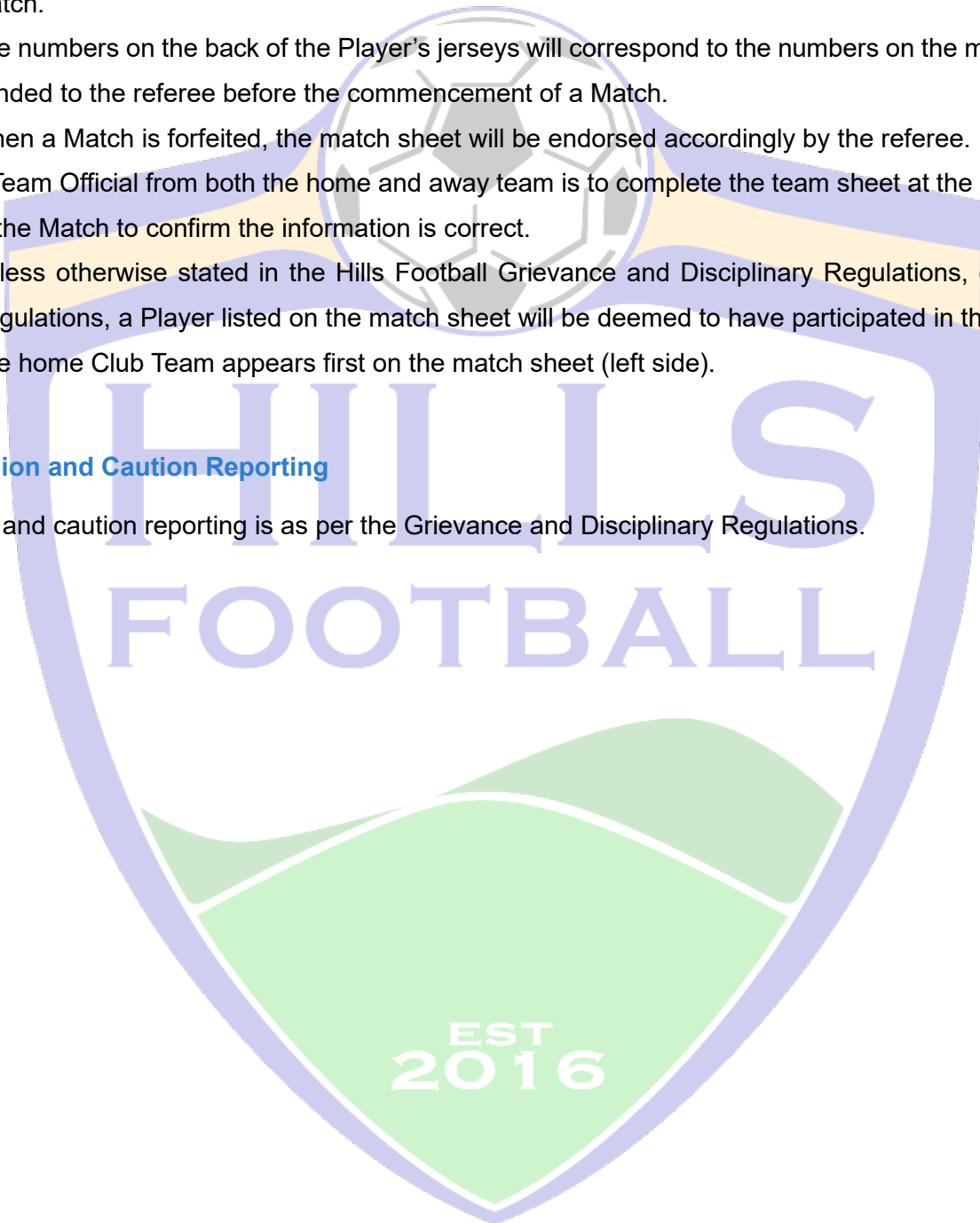
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5. Team Sheets

- a) Competition Administrators are required to prepare teams to access their match sheets for each match.
- b) The numbers on the back of the Player's jerseys will correspond to the numbers on the match sheet handed to the referee before the commencement of a Match.
- c) When a Match is forfeited, the match sheet will be endorsed accordingly by the referee.
- d) A Team Official from both the home and away team is to complete the team sheet at the completion of the Match to confirm the information is correct.
- e) Unless otherwise stated in the Hills Football Grievance and Disciplinary Regulations, or in these Regulations, a Player listed on the match sheet will be deemed to have participated in the Match.
- f) The home Club Team appears first on the match sheet (left side).

6. Expulsion and Caution Reporting

Expulsion and caution reporting is as per the Grievance and Disciplinary Regulations.



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Section 6: Walking Football

Walking Football is a modified version of football and is characterised as having a focus on the passing of a ball rather than running at speed. This form of football requires participants to walk whilst participating; also defined as always having one foot on the ground at all times.

IT IS ALSO IMPORTANT TO NOTE THAT THERE IS TO BE NO-CONTACT UNDER ANY CIRCUMSTANCES

1. COMPETITION RULES

The below sections cover any rules related to all formats of the Walking Football that are different to other forms of summer football:

WALKING RULE

Walking is defined as 'always having at least one foot in contact with the ground and never having both feet off the ground at once'. The referee will award an indirect free kick against any player who is seen to be not walking either with or without the ball and whilst the ball is in play.

The Referee has sole discretion in deciding what is, and what is not, walking during the game of Walking Football.

HEIGHT OF BALL RESTRICTIONS

A height restriction is set at a designated height of the small-sided game goals and if the ball is kicked above them then an indirect free kick shall be awarded to the opposing team. If a player kicks the ball and the ball deflects from the opposition and rises above the height restriction an indirect free kick is awarded to the kicker.

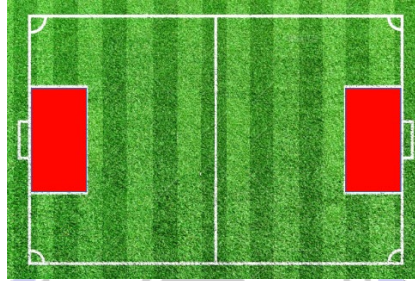
EXCLUSION ZONES

For the purpose of this document, an exclusion zone relates to:

- A penalty area will be the goal box for the playing area sizes as the below diagram

No Player is to enter the exclusion zone. If a forward enters the exclusion zone then an indirect free kick is taken in the exclusion zone goal. If a defender enters the exclusion zone an indirect free kick 3m back from the exclusion zones goal line is awarded. The opposition layers are permitted to stand on the exclusion zone goal line.

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OFFENCES

An indirect free kick is also awarded if a player commits any of the following offence against an opponent in a manner considered by the Referee/Game Leader to be careless, reckless or using excessive force:

- Kicks or attempts to kick
- Tackles
- Trips or attempts to trip
- Jumps at
- Charges
- Strikes or attempts to strike
- Pushes
- Running

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Schedule 1: Additional Rules – Competition Specific

1. Scope and Application

- a) These additional regulations expand on the regulations presented above.
- b) These regulations are specific to the following Competition only:
 - i. Hills Football Summer Competition

2. Age Grades

U6/7, U8/9, U8/9girls, U10/11, U10/11girls, U12/13, U12/13girls, U14/15, U14/15girls, U16/17, U18girls, U21, AAmen, AAladies, AAmixed, O30ladies, O45ladies, O35men, O45men, O55men & Walking Football

3. Match Format

6v6 except U6/7 will be 4v4

4. Duration of Match

U6/7 15min halves U8/9-O55 Incl WF 20min halves (half time 2 mins)

5. Added Time **No added time**

6. Footballs

Provided by Hills Football – U6-U9 size 3, U10 – 055 & WF Mid Bounce

7. Competition System

Dribl

8. Clash of Colours

Bibs will be provided

10. Restarts (goals kicks, kick-ins)

Sideline kick in (no throw ins)

11. Maximum Player Rosters

Up to 12 players permitted to play per fixture U8-O55 & WF

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12. Other Competition Specific Regulations

- All Age Mixed competition teams must have a minimum of 2 females on the field at all times
- No slide tackles are permitted.
- The goalkeeper is not permitted to throw or kick the ball over halfway on the full, except when played to them by a teammate or by an opponent and does not control the ball with their hands.
- There are NO offsides.
- All free kicks are indirect except for a penalty, all defensive players must remain a minimum of 5 meters from the ball.
- The penalty spot will be 8 meters from the goal line.
- U12 and above the minimum number of players to commence a match is four (4)
- Players who show dissent (word or action) towards any match official will be “Sin Binned” for 3 minutes. The team will play “short” whilst the player is temporarily dismissed.
- U6/7 - U10/11 at the taking of a goal kick opposition players must retreat behind the exclusion zone until the ball has been played by a second player or passes the exclusion zone line, the exclusion zone line will be halfway between the goal line and the halfway line at the sole discretion of the referee.

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Schedule 2: Definitions

“Body” Has its meaning given to it under the Grievance and Disciplinary Regulations.

“By-Laws” means the by-laws of Football NSW as amended from time to time.

“Championship” means the final series conducted at the completion of the Premiership in accordance with the Regulations.

“Competition” mean the relevant organised matches delivered by the Competition Administrator.

“Competition Administrator” means the person in charge of all matters relating to the administration of the summer football competition, including enforcement of its rules and regulations.

“Constitution” means the constitution of Football NSW as amended up to 26 August 2011.

“Dribl” means the competition management and registration system used for Summer Football.

“Executive” means the Chief Executive Officer of Football NSW or his or her nominee.

“FA” means Football Australia Limited, the governing body for football (soccer) in Australia.

“Field of Play” or “playing area” Means the field of play and any perimeter area between the line markings of the pitch and the spectator area.

“FIFA” means Federation Internationale de Football Association, its successor or assignee.

“Fixture” means a meeting of two (2) clubs as scheduled in all grades applicable.

“Football NSW” means Football NSW Limited ACN 003 215 923 which is the governing body for football (including Futsal) in the State.

“Grievance and Disciplinary Regulations” Means the Grievance and Disciplinary Regulations of the Competition as endorsed by Hills Football and FNSW.

“Home Club” Means the Club playing the match at its home ground and/or appearing first on the fixture list in the event a match is conducted at a neutral venue.

“Laws of the Game” means the official laws of the game of football and futsal as promulgated by FIFA.

“Match” means any match played in a Football NSW Competition, Cup, Premiership, other event or tournament under Football NSW's control.

“Match Official” means a referee, assistant referee, fourth official, match commissioner, any person in charge of safety or any other person appointed by FA, Football NSW, a Referee's Body, a Centre, an Association Member or a Club to assume responsibility in connection with a Match.

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“Official” means a Club Official, Match Official or Team Official.

“Participant” means a Player, Official or Spectator.

“Player” means any person who participates in a Match (irrespective of whether he or she is registered with FFA, junior or senior or an amateur or professional).

“Premiership” means the round robin Matches (both home and away) that a team competes in during a Season in accordance with the Football NSW Rules and Regulations.

“Regulations” means these Football NSW Competition Regulations.

“Season” means from the commencement of a Football NSW Competition to the conclusion of a Football NSW Competition unless otherwise directed by Football NSW.

“Spectator” means a person who attends a Match.

“State” means the state of New South Wales with the exception of the northern regions of NSW which are identified by FA as “Northern NSW”.

“Suspensions” means the suspensions issued by a Body pursuant to these Regulations.

