

# ALTERNATIVE USES FOR SQUASH AND TENNIS COURTS

## Squash Courts

Squash Court Soccer 2 v 2

Box Ball Basketball 2 v 2

## Tennis Courts

Netball 5 v 5

Futsal Soccer 5 v 5

## **Squash Court Soccer**

This game is ideally suited for children and youth training as a compliment to their regular training or as an alternative to their regular training in the event that inclement weather has made their regular outdoor training facility unavailable.

Games can be structured to incorporate fun skill activities, shooting competitions or 2 v 2 squash court soccer tournaments.

### **Squash Court Soccer Rules of The Game**

#### **1. THE GAME**

Squash court soccer is played under similar rules to outdoor soccer between two teams attempting to score goals by kicking a ball into a goal. The game is played inside a squash court which allows the ball to stay alive. The game is played over 2 x 10 or 15 minute halves with the result being determined by the team scoring the most goals.

#### **2. FIELDING A TEAM**

- The game is played between two teams each with 2 on-court players.
- A maximum of 2 substitute players can be added to the on-court players.

#### **3. UNIFORMS**

- **Shirts**  
Team members of each team should wear the same style and colour shirt. Failing this team each member can wear a training bib of the same colour.

#### **4. PLAYING EQUIPMENT**

- **Goals**  
Goals must be no larger than 120cm wide by 90cm high.
- **Ball**  
The game ball must be a size 4 indoor soccer ball with a felt surface supplied by the home centre/club.

#### **5. REFEREE**

- The players will referee themselves.

#### **6. GAME DURATION**

- The game is played over 2 x 10 or 15 minute halves with a 3 minute break between halves.

#### **7. GOALKEEPER**

- There are no goalkeepers.

## **8. KICK OFF**

- To start the match, at half time and whenever a goal is scored, the ball must be brought back to the middle of the court and kicked backwards and touched twice within 3 seconds before any opponent can touch the ball.

## **9. HANDBALL**

- Players are not permitted to touch the ball with any part of their arm below the shoulder whether deliberate or accidental. This will cause a free kick to be awarded to the opposition.

## **10. TACKLING**

- To tackle or play the ball, players must be on their feet. Tackling can only be made from the front of the opponent whilst they control of the ball.
- Slide tackles are not permitted.
- Free kicks will be awarded for any player tackling from the side or back or slide tackling.

## **11. FREE KICKS**

- Players have 5 seconds to take a free kick.
- Opposition players may form a wall but must stand 3 metres from the free kick spot.
- If a free kick is awarded close to the goal, the ball must be moved back away from the defending wall to allow more room to take the free kick.

## **12. COMPETITION POINTS**

- 3 points for a win
- 1 point for a draw

## **Box Ball Basketball (Basketball on a Squash Court)**

This game is ideally suited for Adults, children and youth training as a compliment to their regular training or as an alternative to their regular training.

Games can be structured to incorporate fun skill activities, shooting competitions or 2 v 2 Box Ball tournaments.

### **Box Ball Rules of The Game**

#### **1. THE GAME**

Box Ball is a less complicated version of the traditional 5 v 5 basketball game. The idea is to involve the players in as much basketball action as possible while on the court. The most important rule is "Fair Play" Players are responsible for policing the rules of the game and ensuring the values of fair play are adhered to.

#### **2. DUNKING**

Dunking is not allowed during warm-ups or during the game.

#### **3. POSSESSION**

The first named team on the score sheet has first possession of the ball at the beginning of the game. The second named team on the score sheet has first possession of the ball to begin the second half of play.

#### **4. SHOOTING**

If the shot is unsuccessful, play continues.

Each time a team has scored, the ball changes possession. Before a basket is scored two players of the attacking team must have touched the ball. A player cannot bring the ball into play after a basket and score from that single possession.

#### **5. SCORING**

A successful basket made from any point inside the court area scores ONE POINT.

#### **6. DISAGREEMENTS/DISPUTES**

The players should make every effort to settle any disputes/disagreements. When the game has resumed, the disagreement is considered as settled. If the disagreement is not readily over possession, a jump ball will be contested. It is preferred that a neutral person toss up the ball.

#### **7. GAME DURATION**

The game is played in two x 10 minute halves, with a two minute break at half time. The time frame may alter to suit the circumstances of the competition. The organisers reserve the right to alter the duration of games.

## **8. SUBSTITUTION**

Substitution of players may occur when a basket has been scored. The opponents must be told of the substitution. There is no limit to the number of substitutions during a game, however a maximum of four players are entitled to register in any one team.

## **9. TIME OUTS**

No time-outs will be allowed during the game. Time delays may be called for injuries at the organisers' discretion.

## **10. FOULS**

Deliberate fouls on the attacking team are penalised by a free throw and possession of the ball is given to the fouled team. Every successful free throw scores one point.

When a player is fouled during the shooting action and the player makes the basket, the attacking team scores a point and the ball changes possession.

In case of poor behaviour, as determined by the organisers, the offending players may be disqualified from the competition. A team must have three registered players to continue in the competition.

## **11. RULE CHANGES**

The event administration reserves the right to change the rules, in consultation with team managers, to meet circumstances as they arise.

Each team is expected to keep itself informed about games, game times, and courts. Changes may need to be made to meet altering circumstances.

## 5 v 5 Netball (On A Tennis Court)

This game is ideally suited for Adults, children and youth training as a compliment to their regular training or as an alternative to their regular training.

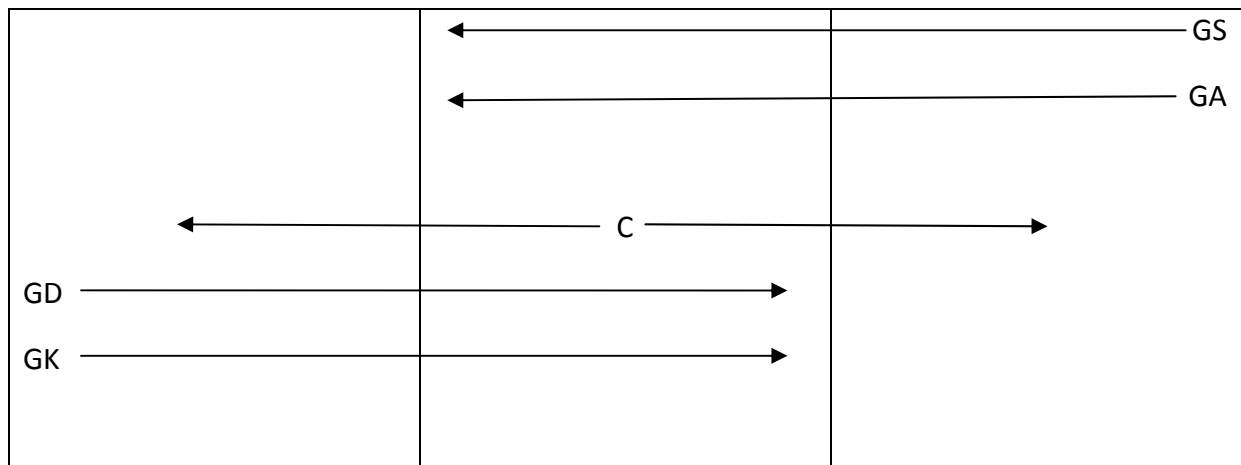
### 5 v 5 Netball Rules of the Game

#### 1. THE GAME

The standard rules of the 7 v 7 game of netball have been modified to allow players the opportunity to play the game within the parameters of a doubles tennis court. The rules have been modified to accommodate 5 v 5 games and to allow the players greater freedom around the court. The game has been designed to encourage maximum participation from those involved.

#### 2. THE COURT

The game takes place on a standard doubles tennis court. 5 members of the squad are on court at any one time and are allowed in the following areas.



#### 3. THE SQUAD

Squads consist of a minimum of 7 and a maximum of 9 players, with 5 on court at any one time. The game can be played by single sex or mixed squads. The squad is made up with the following playing positions; Goal Attack (GA), Goal Shoot (GS), Goal Keeper (GK), Goal Defence (GD), and Centre (C) as well as scorer/time keeper.

#### 4. SCORERS

Keep a simple score card for your own team.

#### 5. TIMEKEEPER

Time the 15 minute halves and indicate to the umpire when the quarter is finished.

## 6. DURATION OF THE GAME

Matches are 2 x 15 minutes with a 2 minute interval during which squad members can be rotated and/or substituted.

## 7. START OF PLAY

Team Captains toss a coin to determine who takes the first centre pass. Subsequent centre passes are taken alternately. Play is started by a pass from the 'Centre' who stands with both feet in the centre circle.

At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move.

When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the footwork rule. The ball must be caught or touched in the centre third.

## 8. PLAYING THE BALL

A player must:

- Pass or shoot within 4 seconds;
- Obey the footwork rule

## 9. A PLAYER MAY NOT:

- a. Deliberately kick the ball
- b. Bounce the ball more than once
- c. Hand or roll the ball to another player
- d. Place their own hands on a ball held by an opponent
- e. Throw the ball while sitting/lying on the ground
- f. Use the goalpost as a support in receiving a ball going out of court or to gain balance
- g. Throw the ball over a complete third without it being touched or caught by another player in that third
- h. Regain possession of the ball, having dropped or thrown it before it has been touched by another player

*Penalty: Free Pass*

## 10. FOOTWORK RULE

- a. A player may receive the ball with one foot grounded or may jump to catch the ball on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed;
- b. A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in

a) above.

*Penalty: Free Pass*

## **11. SCORING A GOAL**

A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

## **12. OBSTRUCTION**

The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

*Penalty: Penalty Pass or Shot*

## **13. CONTACT**

No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

*Penalty: Penalty Pass or Shot*

## **14. OUT OF COURT**

A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

## **15. THE THROW-IN**

The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

## **16. OFFSIDE**

A player is offside if she/he enters an area of the court in which she/he is not allowed.

*Penalty: Free Pass*

## **Futsal (5 V 5) Soccer on a Tennis Court**

### **THE TEAM**

Each team shall consist of five players (4 field players and 1 goal keeper). The minimum number of players required in order to start a game is 4. In a Mixed League, a minimum of 2 ladies and 2 gentlemen are required to be on the court at all times. A maximum of 6 substitution players is permitted. Please note: No player may play for more than one team if the player is already registered with another team. (Exception: A player has been approved to fill-in for another team).

### **MATCH DURATION**

Matches consist of 2 x 18 minute halves

### **SEASON LENGTH**

A season lasts X weeks duration plus 2 weeks Finals.

### **COMPETITION POINTS**

In all league fixtures, match points will be awarded as follows:

WIN = 3 POINTS

DRAW = 1 POINT

LOSS = 0 POINTS

BYE = 2 POINTS

LOF = Loss On Forfeit

WOF = Win On Forfeit + Plus 3 Points

### **UNIFORMS**

All teams' members must wear the SAME coloured shirts except for the goalkeeper. All shirts must be numbered and must have sleeves, however, there are to be no duplicate numbers. All players must also wear shin guards - they are COMPULSORY. All caps and jewellery must also be removed before going on court. The opposition will be awarded 1-goal per infringement.

Exception to the shirt colour rule: A fill-in player is provided by the centre, or another team (only if a team is genuinely short of players). The uniform penalty does not apply in these instances. However, shin guards must be worn by all players on the court – again COMPULSORY.

### **SUBSTITUTIONS**

Teams can substitute players any time during the duration of the game. However, the referee needs to be notified of a goalkeeper substitution. Only when the ball is out of play, and in your team's possession is where the game can be stopped.

### **RULES OF COMPETITION**

Rules will be kept in accordance with FIFA International Rulings plus our own by-laws.

## **BASIC RULINGS:**

1. At Kick-Off the Ball must be played forward. A single kick forward is allowed. Failure to do so will result in a Free Kick to the Opposition.
2. There is a 4 second time limit on kick-ins, corner kicks, Free Kicks and Goalkeeper clearance.
3. At the kick-in point, the opposing team must stand at least three metres away from the ball. Failure to do so will result in a Yellow Card to the offending player/players.
4. Players cannot play the ball whilst on the ground. If this happens, it will result in a free kick awarded to the opposition.
5. There is no off-side. Players can enter the Goalkeeper's 'D' area and can score from any part of the court. Goals can be scored directly from a corner.
6. The Goalkeeper cannot leave his/her 'D' with the ball in his/her hands. If this happens it will result in a Free Kick to the opposition.
7. The Goalkeeper may leave the 'D' in order to save the ball as long as:
  - A. He/she does not touch the ball with his/her hands
  - B. He/she starts his/her slide within the 'D' area.
  - C. He/she keeps possession of the ball within a 4-second time limit.

Note: The goalkeeper is the only player who may slide in order to save the ball (providing he/she does not use excessive force). There is strictly no slide tackling, shoulder charges or rough play.
8. Players may not use their elbows in order to shove the opposition from the ball. A warning will be given and a Free Kick awarded to the opposition.
9. The goalkeeper can throw the ball over the half way line on the full. A 'goalkeeper's ball' must be thrown in to play. Exception: if the ball has been a caught save, it can be drop-kicked back into play.
10. The following 'back pass' rule only applies to a selection of competitions. The goalkeeper can only touch the ball once in general play. Once he/she releases the ball to his/her own players in their defensive half of the court, the goalkeeper cannot receive the ball back. (Unless the ball is touched by the opposing team or the ball has gone over the half way line). A warning will be given and a Free Kick to the opposition.
11. Goals cannot be scored directly from a side kick-in, it must be touched by another player on route to goal to be counted.

## **FOULS**

(Please note: Only a selection of competitions will apply a foul-count).

1. Once a Team has accumulated five (5) fouls (in a half) a direct free kick will be awarded. A Goal can be scored directly from this free kick.
2. The free kick awarded for five (5) fouls can be defended by a wall of players. (At least a five (5) metre distance from the free kick position).
3. When a sixth (6th) foul (in a Half) has been accumulated, a free kick is to be taken from the 10 metre line in the offending team's half. In this instance, a wall is no longer permitted in defence of the free (direct) kick.
4. The player taking the free Kick shall kick with the intention of scoring a goal and shall not pass the ball to another player.
5. Once the free kick has been taken, no player may touch the ball until it has been touched by the goalkeeper or has rebounded from the goal post or cross-bar.

## **CARDS**

### **1. RED Card:**

- Any player given a Red Card is to leave the field for the rest of the game with a minimum suspension of one (1) week (possibly more), dependent upon the severity of the offence.
- It is up to the referee's discretion as to whether a player can be replaced after 2 minutes or when the opposition score.
- Most often depending on the offence, the player cannot be replaced for the rest of the game, nor may he/she sit on the substitution bench.

### **2. YELLOW Card:**

- Any player given a Yellow Card is given a Warning.
- Two (2) Yellow Cards in one match is equivalent to a Red Card.
- Frequent yellow cards in a competition to an individual may also result in disciplinary action.

## **BY-LAWS**

The following will not be tolerated:

1. SLIDE TACKLING - intentional or not (at the referee's discretion)
2. Kicking, pushing in the back and/or front
3. Intentional tripping of an opponent

4. Swearing (intentional or not)
5. Abusive or racial language
6. Unduly rough play
7. Intentional hand-ball
8. Any foul or abusive language directed towards a player or referee/officials on or off the court

A Yellow Card and a Free Kick will be given for the following:

1. Intentional hand-ball
2. Time wasting
3. Shirt pulling
4. Roughly kicking the ball through an opponent's legs from behind or from the front
5. Obstruction
6. Charging the goalkeeper
7. If the goalkeeper handles a back-pass from his or her own player
8. If a substituting player enters the field from an incorrect position or before the player coming off has entirely left the field
9. Persistently infringing the laws of the game

#### **PENALTY KICK ON THE SIREN**

A Penalty kick awarded on the siren (marking the end of the half or the game) must be played.

#### **INJURIES**

The scoreboard clock will not stop for injury time. The injured player must vacate the court immediately. The Player may re-take the court once he/she has been attended to. (Subject to the referees discretion, if a player is seriously injured).

#### **BLOOD RULE**

If a player is bleeding, they must vacate the court immediately to seek treatment. The Player may take the court once he/she has been attended to. All wounds that are open and exposed, whether bleeding or not, need to be covered with appropriate bandaging before a participant can return to the playing area.

## **FINALS**

A minimum of five (5) games must be played by each player in order to compete in the Finals series.

If a team is on equal points at the end of the season's draw, the position on the ladder will be determined by the following means and order:

- The team with the greatest goal difference will finish higher
- If goal difference is the same, then the team that has scored most goals FOR, will be deemed to have finished higher
- If goals FOR is the same, then the team who has conceded less goals will be deemed to have finished higher
- If goal difference, goals scored, and goals conceded are all the same, then the teams will be deemed to have tied and appropriate action will be taken by Futsal Super 5's.

In finals, if there is a draw at full-time, teams will play an extra 3 minutes each way, with the Golden Goal rule to apply. (Golden goal: First team to score wins). After this time, if the scores are still level, a penalty shootout will be played.

Teams are allocated 7 trophies per team for the final series (Winners and Runners-Up).

**MANAGEMENT RESERVES THE RIGHT TO REMOVE OR BAN PLAYERS AND/OR TEAMS FROM A COMPETITION LEAGUE FOR BEHAVIOURAL OR FINANCIAL MISCONDUCT.**

