

## RECREATIONAL FOOTBALL - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

1. Teams consist of 8 players with a minimum of 3 females at all times  
**(General Rule 1.1 & 1.2 apply)**
2. Non Contact game, no tackling, bumping, shepherding, spoiling etc
3. The field is split into 3 zones, attacking, mid & defensive zones. Teams must have 3 forwards, 2 mids and 3 backs.
4. Teams score by kicking the ball to a forward who must take a set shot (cannot play on to shoot on goal).
5. The ball can travel any distance to be allowed as a mark
6. If the ball is dropped or hits the ground a turnover occurs
7. Bouncing the ball is not allowed
8. There must be a female in each zone
9. A goal counts for 9 points if kicked by a female
10. When the ball goes out of bounds a free kick is awarded to the team who did not touch the ball last.

### Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment