

- Games are played on our unique AirPitch system which keeps the ball in play more.
- Teams can have 3-5 players, sometimes an event may allow more at director's discretion
- Games are 15 minutes long with no halftime, but because the ball rarely leaves the pitch there are 83% more touches. It is more intense than traditional games. Your kids will be worn out! In Europe they only play for 8 minutes and love it!
- Game starts with players touching their goal. On the whistle it is a race to the ball on the center spot.
- If the ball does go out of play, then the opposition has a kick in from where the ball went out.
- After each goal, the scoring team must retreat to their own goal before being allowed to pressure the opposing team who can start immediately by passing the ball without delay. This gives an opportunity to advance quickly while the scoring team is retreating.
- Any foul/handball will result in a free backwards or lateral pass to restart.
- A clear and obvious handball or foul that is a denial of a goal will result in the referee awarding the goal. This is 100% at referee discretion and determination.
- Players can not stand within 3 feet of their own goal.
- You can not score from your own half.
- Substitutions happen quick and do not require a game stoppage. One player must exit the AirPitch so another can enter. This will not require referee approval.
- Sin Bins: Any serious foul play will result in a 3 minute sin bin. The player must leave the pitch and only return once the referee confirms it is okay to do so.
- Red cards may be given by referees which will result in a minimum 2 game suspension for the individual player.