



# West Ashfield



## TEAM FORMAT

### MEN'S TEAMS

- 11 players on the field at all times
- 3 reserves available
- **Unlimited interchange**, allowing teams to rotate players freely throughout the match to maintain intensity and manage fatigue

### WOMEN'S TEAMS

- 11 players on the field
- 3 reserves
- **Unlimited interchange**, following the same rotation flexibility as the men's match

## GAME FORMAT

Each match is played in a **cross-code format**, combining soccer and touch football in one fast-paced contest.

- **Total Match Duration:** 30 minutes
- **1st Half – Soccer:** 10 minutes
- **Half-Time Break:** 5-minute changeover
- **2nd Half – Touch Football:** 10 minutes

This structure ensures a fun, competitive, and dynamic experience for players and spectators.

## SOCCER HALF - RULES

The first half is played under simplified soccer conditions to keep the game flowing and inclusive.

- **Full-field play**
- **Standard soccer rules apply**, with the following modification:
  - No offside rule, allowing more open attacking play
- **Goals are worth 1 point**
- Normal fouls, throw-ins, and restarts apply as per standard soccer conventions

## TOUCH FOOTY HALF - RULES

The second half switches to touch football, bringing speed, agility, and teamwork into play.

- **Full-field play**
- **Kicking is allowed**, adding strategic options
- **6 tackles per set**, after which possession changes
- **Dummy half can be caught** with the ball **without causing a turnover**
- **Knock-ons result in an immediate changeover**
- **Standard touch football rules apply**, including:
  - Forward passes
  - Sideline outs
  - Correct play-the-ball procedures
- **Tries are worth 1 point**

## SCORING SUMMARY

Soccer Goals: 1 point  
 Touch Football Tries: 1 point