

Football

CPS Rules



1. Safety Rules

- **No Tackling from Behind or Slide Tackling:** Kids must stay on their feet at all times.
- **Hands and Arms Away:** No pushing, No shirt-pulling, no shoving, no arm-barring, or shoulder-charging. Any intentional physical contact to shove someone off the ball is a penalty.
- **Watch High Feet:** Keep feet below waist level.
- **Goals:** Agree on the goal posts before playing. A goal only counts if it goes below knee height between the posts.



2. Fair-Play Rules

- **"Rock, Paper, Scissors" Fixes Everything:** If there is debate over what happened, don't waste time arguing. The two players involved do a quick 3-second game of Rock, Paper, Scissors, and the winner gets the ball.
- **The Referee's Word is Law:** When a teacher or Sports Leader is the referee, "Only the referee speaks." No whining or arguing with a call, otherwise you are out of the game.
- **The "Self-Referee":** If there's no teacher or Sports Leader you must have a self-referee. Everyone has a turn and change the person everyday.
- **The "Hand Up" Rule:** If you accidentally kick someone, trip them, or commit a hand-ball, put your hand straight up in the air and hand the ball to the other team. Owning up to it earns instant respect from the group.



3. Basic Game Rules

- **Hands Off (Except the Goalie):** Only the goalkeeper can use their hands, and only inside their marked penalty box. Everyone else uses feet, chest, or head.
- **Throw-ins:** When the ball goes over the sideline, the opposing team throws it back in with two hands over their head, keeping both feet on the ground.
- **Give Space on Kickoffs and penalties:** When a kick is being taken after a penalty or goal, defenders must back up at least 5 big steps to give the kicker room.
- **The "No-Play" Penalty:** If someone doesn't stick to the rules or keeps arguing, the ball gets picked up and the game pauses completely and find the duty teacher.

