FOOTBALL QUEENSLAND

PLAY ON

Metro Play On Carnival Rules of Competition

General Information

On Sunday 8th November 2026, Football Queensland (FQ) will host the Metro Play On Carnival at FQ's Nudgee Recreation Reserve.

The carnival will consist of four divisions:

- Social
- Competitive
- Mixed Walking Football 40+

Each team will play minimum four games throughout the day. The formats for each division are as follows:

Social

4 pools of 4 teams.

Each team will play 3 round robin games within their pools, followed by 'Cross-Pool' matches as follows. 1Av1B, 1Cv1D, 2Av2B, 2Cv2D, 3Av3B, 3Cv3D, 4Av4B, 4Cv4D. Winners of 1Av1B, 1Cv1D will then play off in a final.

Competitive

One pool of 5 teams (4 x round robin games)

Each team will play 4 round robin games. The teams who finish first and second will play a final.

Mixed Walking Football 40+

One pool of 4 teams (3 x round robin games)

Each team will play 3 round robin games. Followed by Semi-Finals (1v4 & 2v3), and a final (Winner of SF1 v Winner of SF2).

COMPETITION RULES

1. Fields, Goals & Match Balls

a) Size of goals used will be: 5m x 2m
b) Balls to be used: Size 5
c) Field sizes will be: **Mixed Walking Football -** 40m x 30m (Quarter sized fields), **Social and Competitive -** 60m x 50m (Half sized fields)

2. Number of Players

a) A match is played by two teams, the number of players on the field for each division is as below
   - Mixed Walking Football 40+– 6 players including one goalkeeper (2 females must be on the field at all times)
   - Social and Competitive – 7 players including one goalkeeper
b) A match may not start if either team consists of fewer than four players. If one team has fewer than four players on the field, a forfeit is awarded to the opposing team.
c) Each team will have the opportunity for unlimited interchanges during a match. An interchange may occur at anytime during the game, as long as the referee is notified. A goalkeeper can only be changed during a stoppage in play

3. Player Equipment/Uniform

a) A player must not use any equipment, or wear anything (including all jewellery) that could be dangerous to herself or another player.
b) The wearing of shin guards is compulsory.
c) Football boots or 'runners' must be worn.
d) Players in a team must wear the same colour shirts (preferably with numbers). In the event of a colour clash, the team listed second on the fixtures must wear an alternate shirt or bib (to be provided by venue).

4. Referees

a) Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection to the match to which they have been appointed. The decisions of the referee regarding play, including whether a goal is scored or the result of a match, are final.

5. Duration of the Match

a) 12-minute halves, 2-minute half time
b) A team not ready to start within 2 minutes of the designated match time will forfeit the match and the fixture will be awarded to the opposing team.

6. Start and Restart of Play

a) A kick-off starts or restarts play at the start of the match, the start of the second half of the match and after a goal has been scored.
b) A goal may be scored directly against the opponents from the kick-off.
c) For a kick-off, all players must be in their own half of the field of play with the opponents of the team taking the kick-off at least 5m from the ball until it is in play. The ball must be stationary on the centre mark of the halfway line and

cannot be kicked until the referee signals. The ball is in play when it is kicked and clearly moves.

d) After a team scores a goal, provided that the period has not ended, the other team takes the kick-off.

7. Ball in and out of Play

a) The ball is considered out of play when it has wholly crossed the goal line or touchline, whether on the ground or in the air, or when the referee stops play.
b) The ball is considered in play at all other times.

8. Method of Scoring

a) A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the cross bar, provided that no infringement has been committed previously by the team scoring the goal.
b) Goals can be scored directly from free kicks, penalty kicks, restart of play and corner kicks.
c) The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

9. Offside

a) There is no offside rule in this competition.

10. Fouls and Misconduct

a) Fouls and misconduct are infringements of the FIFA Laws of the Game. Fouls are penalised with a direct free kick or penalty kick. Misconduct is penalised with a caution, sin bin or a send-off.
b) A yellow card is used to communicate that a player has been cautioned. A player is sent off if he/she receives a second caution in the same match. A red card is used to communicate that a player has been sent off. A player who has been sent off must leave the vicinity of the field of play and the technical area immediately and receives an automatic one match suspension.
c) A player who has been sent off for serious foul play or violent conduct receives an automatic one match suspension and will be subject to further disciplinary action as deemed necessary by the competition administrators, based on the Referee's report.
d) All disciplinary matters will be dealt with in accordance with the National Disciplinary Regulations. Queries regarding suspensions should contact via email through an approved contact to competitions@footballqueensland.com.au

11. Free Kick

a) A free kick is awarded to the opposing team, if a player commits an offence as outlined in the FIFA Laws of the Game. All free kicks will be deemed direct free kicks and a goal may be scored directly from a free kick.
b) The free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred.

c) When a free kick is being taken, the ball must be stationary, and all opponents must be at least 5m from the ball until it is in play. The ball is in play when it is kicked and moves in any direction.

12. Penalty Kick

a) A penalty kick is awarded against a team that commits an offence inside its own penalty area (for the purposes of 6/7 a-side Football the Penalty area is to be no less than 5 metres from the centre point of the goal posts) and while the ball is in play. A goal may be scored directly from a penalty kick.
b) The penalty kick is taken from the penalty mark at the top of the goal circle (or where no goal circle is marked, 5 metres from the goal line). When a penalty kick is being taken, the ball must be stationary on the penalty mark. The defending goalkeeper must remain on their goal line facing the kicker, between the goalposts, until the ball has been kicked and all other players, discounting the kicker, must be located on the field of play, outside the penalty area and at least 5m behind the penalty mark.
c) The player taking the penalty kick must kick the ball forward. The ball is in play when it is kicked and clearly moves.
d) When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, in line with, or behind, the goal line.
e) The kicker must not play the ball again until it has touched another player or goes out of play (including into the goal).
f) Where a penalty kick has been awarded before the referee signals the end of the match, time shall be extended only to permit the penalty kick to be taken in accordance with the Laws of the Game.

13. Throw In

a) A Throw-In is a method of restarting play and is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the sideline, either on the ground or in the air.
b) A goal cannot be scored directly from a Throw-In
c) A Throw-In is taken from the point where it either left the field of play or on the ground outside it at a distance no greater than 1m from that point.
d) When a Throw-In is being taken, all opponents must be at least 3m from the point at which the Throw-In is being taken.
e) At the moment of delivering the ball, the thrower must have one foot on the touch line or on the ground outside the pitch
f) After delivering the ball, the thrower must not touch the ball again until it has touched another player. The ball is in play when it enters the field of play.

16. Goal Kick & Goalkeeper Play

a) A goal kick is awarded to the defending team when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.
b) A goal kick is taken by the goalkeeper of the defending team from any point inside the goal area. The ball is in play when it leaves the penalty area. When a

goal kick is being taken, all opponents must be in the field of play and outside of the penalty area of the team taking the goal kick until the ball is in play.

c) A goal may be scored directly from a goal kick but only against the opposing team.
d) After delivering the ball, the goalkeeper must not touch the ball again until it has touched another player.
e) If the goalkeeper saves the ball and it remains in play, the ball must be either thrown/rolled out, or placed on the ground to kick. The goalkeeper may not kick from the hands (punt or drop kick). If the goalkeeper places the ball on the ground, it is deemed as live, and the opposing team can then challenge.
f) The goalkeeper may not pick the ball up if it is intentionally kicked back to them by their own team, as in traditional format football.

17. Corner Kick

a) The corner kick is a method of restarting play and is awarded to the attacking team when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.
b) Opponents must remain at least 5 metres from the corner arc until the ball is in play.

18. Points Tables

a) Points will be awarded as follows:
    - Win 3 points;
    - Draw 1 point;
    - Loss 0 points;
    - Forfeit 3 points (3 - 0 win, to the opposing team).
b) Positions on the points table will be determined in order of the following:
    - Number of points accumulated;
    - Goal difference;
    - Number of goals scored;
    - Toss of the coin.

19. Finals

a) During each final, if the scores are tied at the end of regular time, a penalty shootout will commence to decide the winner.
b) Penalty shootout involves five kicks from the penalty mark. Only players on the pitch at the end of regular time are permitted to take a kick.
c) All other standard penalty shootout rules apply.

20. Eligibility & Other Matters

a) To be eligible to play, players must be registered in Squadi.
b) To be eligible for final series, players must have played in minimum of 2 games prior to finals to qualify to play.
c) Borrowing of players between same/and or different teams is at the discretion of the competition organiser.

d) The format of any final series will be determined by the competition organiser, based on the amount of team nominations.

21. Fixture Cancellations and Forfeits

a) In the event of the cancellation of a fixture due to inclement weather, all teams will be notified by the competition administrator.
b) In the event that a team needs to remove themselves from the competition, they are required to provide written notice within 72 hours of their first fixture. Team fee and players fee refunds will be at FQ's discretion.

22. Mixed Walking Football 40+ Differentiated Rules of Competition

a) All matches will adhere to the Football Australia Walking Football Laws of the Game Feb 2026.
b) A maximum four (4) touch rule shall apply. Where a player takes more than four (4) consecutive touches of the ball, an indirect free kick shall be awarded to the opposing team.
c) Running or jogging is strictly prohibited at all times, whether a player is in possession of the ball or not.
d) Walking Football is a non-contact sport. Any physical contact considered careless, reckless or excessive by the referee will result in a free kick and may result in further disciplinary action.
e) A team penalty count will apply to "not walking" offences. On the fourth "not walking" offence committed by a team during a match, a penalty kick will be awarded to the opposing team. Following the penalty kick, the team's offence count will reset to zero and recommence.
f) In accordance with the Laws of the Game, if a goalkeeper's save or block causes the ball to rise above the designated height restriction before leaving the field of play, possession will be awarded to the opposing team. Play will restart with a sideline kick-in or roll-in from the point nearest to where the offence occurred.

23. Other Information

Football Queensland reserves the right to make decisions and act on any matter not catered for specifically in these regulations, in addition it reserves the right to make a ruling on any ambiguities raised within these regulations, any such decision will be final and not subject to appeal.