

OFFICIAL RULES FOR HUMAN FOOSBALL

1. Each team consists of six (6) players:
1 goalie, 2 forwards, 3 mids
2. All players must keep hands on the bar at all times or receive a penalty. Players are permitted to move from side to side only, not backwards or forwards.
3. No player, except the goalie, is permitted to touch the ball with their hands, and then only to retrieve the ball from the goal or to throw the ball to the referee.

A player may use his/her arms or chest to block the ball as long as both hands remain on the bar.
4. Play begins by the referee rolling the ball into mid-court.

Play continues until a penalty occurs, the ball is out of reach or out of bounds, or a goal is scored. Once a goal is scored, the game is re-started by the referee rolling the ball from the starting area to the non-scoring team.
5. If the ball is kicked out of bounds (outside of the court), the offending team receives a penalty. The referee shall return the ball by rolling it towards the non-offending team.

If the ball cannot be reached in the playing area, the ball should be rolled to the left from the place that it has stopped. The direction will alternate with every stopped ball.
6. The ball must remain below the foosball poles at all times. Players are not permitted to jump, lean over, or climb over the foosball poles. Players are not permitted to hang from the bar or lower their chin under the bar.
7. Each game consists of two (2) 10-minute halves, with a five-minute intermission.
8. The team with the most points at the end of the second half wins. A goal is worth one (1) point. A penalty is worth one (1) point to the opposing team. If a tie occurs, a Golden Goal will be initiated. During Golden Goal, all players stand at the sides of the court and remain frozen except the goalie – if any player moves, the other team will be awarded the goal. Each goalie gets three (3) shots towards the other team's goal. The team scoring the most goals wins.
9. Respect the referee. The referee's decision is final. The referee has the right to eject a player if he/she is acting too aggressively, physically or verbally.