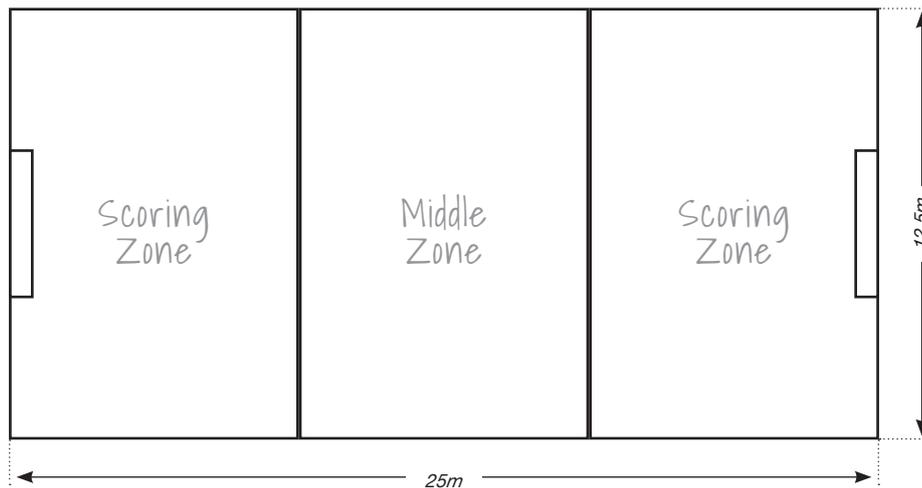


BIG-FOOT BALL GAME

The Playing Area

1. We recommend that the length of the pitch should be a least twice the width of the playing area.
2. For teams of 4-a-side, we recommend the playing area above of 25m x 12.5m.
3. The playing area is divided into 3 zones; 2 shooting zones at either end of the pitch and 1 middle zone.
4. If the playing area is surrounded by side walls and back walls these can be used to play the ball of but they are not essential.
5. At either end of the pitch there is a goal marked out by cones. The goal size is dependent on the age and ability of the players.



The Teams

6. We recommend that there are 4 players per team. This can be adjusted depending on the number of players in the group and the space available.
7. The game is played without a designated goalkeeper.
8. Rolling substitutes are allowed when there is a stoppage in play.
9. Each player on the pitch must be equipped with 1 Big-Foot.

The Game

10. We recommend that the game is 10 minutes each way with the two teams changing ends after the first period of 10 minutes.
11. The purpose of the game is to use the *Big-Foot* to hit the ball into the opponents' goal.
12. The ball can only be struck using the *Big-Foot*.
13. Goals can only be scored with shots taken inside the opponents' defensive "third" i.e. the attacking team scoring zone.
14. A defender trying to stop the ball going into the goal must only use his or her *Big-Foot* to block the ball.
15. All players are allowed anywhere on the pitch.
16. The game is started by all players standing in their respective goals with the ball placed in the middle of the pitch. When the whistle is blown the players may race to the middle to collect the ball.
17. After a goal is scored, the game restarts by the defending team taking a free hit from their goal line.
18. A foul is committed if:
 - a. The ball is played without using the *Big-Foot*
 - b. A player raises the *Big-Foot* above waist height
 - c. A player deliberately uses bodily contact to obstruct another player
19. If a foul is committed, the game restarts by the attacking team taking a free hit from the place of the foul. All defending players must be at least 5m away from the free hit.
20. A goal cannot be scored directly from a free hit.
21. If a player shoots from outside the scoring zone and the ball goes into the goal without hitting another players *Big-Foot* inside the scoring zone, the goal does not count and a free hit is taken from the goal line by the defending team.
22. If side and back walls are not used and the ball goes out of play, the game is restarted by the team who were not the last to touch the ball taking a free hit from where the ball went out.
23. The winner is the team which has scored the most goals.