

ALL ABILITIES LEAGUE 2026

RULES SUMMARY



JUNIOR DIVISION	YOUTH DEVELOPMENT DIVISION	SOCIAL DIVISION	SENIOR METRO DIVISION
SOCIAL	PLAYING-ENVIRONMENT	SOCIAL	SEMI-COMPETITIVE
6 TO 12 YEARS OLD	13 TO 18 YEARS OLD	14 YEARS OLD AND OVER	14 YEARS OLD AND OVER
5-A-SIDE	5-A-SIDE	7-A-SIDE (WITH FLEXIBILITY)	7-A-SIDE
10-MINUTE HALVES	20-MINUTE HALVES	20-MINUTE HALVES (WITH FLEXIBILITY)	30-MINUTE HALVES
5-MINUTES HALF TIME	5-MINUTES HALF TIME	5-MINUTES HALF TIME	15-MINUTES HALF TIME
PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	NO PHYSICAL SUPPORT ON PITCH
NO YELLOW & RED CARDS	NO YELLOW & RED CARDS	NO YELLOW & RED CARDS	RED & YELLOW CARDS
NO SLIDE TACKLE	NO SLIDE TACKLE	NO SLIDE TACKLE	NO SLIDE TACKLE
THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN