

# ITSF FOOSBALL RULES (Short Version)



## TOSS

The winner of the toss (coin flip) may choose for the KICK OFF or SIDE of the table.



## KICK OFF

Put the ball at the middle figure of the 5-rod. Ask your opponent if they are ready. When opponent replies 'ready, proceed with the starting process to begin the match



## STARTING PROCESS

For any kick off or restart, the ball must touch at least two (2) separate player figures prior to being legal to advance to another forward rod.



## SPINNING

Not allowed, ever! In case of a shot/pass performed with a spin, the opponent kicks off again with the 5-rod. Goals scored this way do not count. Goals scored on yourself would count though.



## GOAL

A goal can be scored from any rod or figure from anywhere. A ball that goes in and out of the goal area still counts as a goal!



## BALL OFF TABLE

When a player causes the ball to go off the table due to the power of the shot, it is given back to the opponents goalie rods.



## TIME OUTS

Each team is allowed two (2) 30-second timeouts per game. Only the player in possession of the ball may call a timeout while the ball is in play. When not in play, both players/team can call a timeout.



## TIME LIMIT

The ball is allowed to be under the 5-rod for 10 seconds and every other rod for 15 seconds. Exceeding the time limits resets the ball on the opponents 5-rod if it was done on the 5-rod, otherwise, it goes to the opponents goalie rod.



## FAIR PLAY

DO NOT slam or hit the side walls with the rods, DO NOT put hands inside the table while in play. DO NOT lift the table. DO NOT distract the opponent with talking.

Complete up-to-date rules: <https://www.tablesoccer.org/page/rules>