

TABLE FOOTBALL: ABRIDGED RULES

The full rules can be downloaded from [FISTF](#) but these *Abridged Rules* are based on the official rules to enable the new player to get playing quickly. Links to instructional videos from the [Subbuteoman YouTube Channel](#) are provided.

Match Duration

FISTF Rules state matches should be two halves of 15 minutes.

Flicking ([Video](#))

The ball is “kicked” when it is struck by one of the playing figures. In order for this to happen the player in possession of the ball flicks the *base of the playing figure* cleanly with the nail of his/her forefinger or middle finger. It is allowed to use the pitch surface to spring the flicking finger off. It is an *illegal flick* if:

- The thumb is used to spring the flicking finger
- The back or side of the finger is used instead of the nail
- If another figure or the ball is touched when making the flick
- The hand moves whilst making the flick (no swiping)
- The figure is pushed instead of flicked.

Penalty for illegal flicking: Free-flick

Possession ([Video](#))

The attacking player is the player in possession of the ball. The defending player is the player who is trying to gain possession of the ball. Possession of the ball is retained if the ball is legally hit (kicked) and the ball remains in play without striking an opposition figure. If another figure (of either team) is struck before the ball is struck it is a foul and a free-flick to the defender is awarded. If the ball is not struck or it last strikes an opposition figure possession changes. If the ball is not struck but the flicked figure hits another figure, possession changes and a “Back” is awarded. *The same playing figure may only strike the ball three times in succession.*

Blocking & Backs ([Video](#))

If the player in possession flicks, hits the ball and retains possession the defending player may take a *Block-flick*. The object of a block-flick is to defend against the attacking player by:

- Positioning a defending figure in front of the ball so that it is difficult to hit
- Positioning a defending figure behind the ball so that the way to goal is obstructed.

A block-flick can also be used to move figures around the pitch for strategic purposes. In taking the Block-flick the normal flicking rules apply and in addition the flicked figure must not come into contact with another figure (of either team) or the ball. *If it does it is a "Back."*

If the figure or ball it came into contact with was stationary all the pieces are *returned to their original positions*. If the ball was moving then a *Free-kick* is awarded to the attacking player at the point of infringement. If the ball was stationary and a moving attacking figure was hit (intercepted) by a defender's figure then Back is awarded but the attacker's figure is placed at the point of interception, this is called a *Moving Back*.

Scoring a Goal ([Video](#))

A goal may only be scored if the ball is wholly inside the shooting area when it is struck. If the ball is struck from outside the shooting area and deflects off a figure inside the shooting area into the goal or across the goal-line a goal-kick is awarded.

A goal is only given if the ball is wholly across the goal line, between the posts and under the cross bar.

Goal Kicks ([Video](#))

If the attacking player hits the ball over his opponent's goal-line without scoring a goal or forcing a corner kick a goal-kick is awarded. Both players may pick up and reposition all of their playing figures. The defending player should position their figures after the attacking player. The ball is placed wholly inside the goal area and the rod goalkeeper, the spare goalkeeper, or one of the outfield playing figures is used to kick the ball out of the penalty area.

Corner kicks

A corner kick is awarded when the defending player hits the ball over their own goal-line or when the attacking player hits the ball which is wholly inside the shooting area off a defending playing figure which is also wholly within the shooting area - and the ball then crosses the goal line.

Procedure for taking the Corner kick: The attacking player nominates a figure to take the corner. He then takes *three* positional flicks. The defending player then takes *three* defensive flicks. The corner kick is then taken.

Throw-ins ([Video](#))

A throw-in is given to the defending player if the attacking player hits the ball across either touchline. A Throw-in is awarded to the attacking player if they *force* the ball over the touchline off a defending figure only if the ball, the flicked figure and the defending figure are all within the same zone ([Quadrant](#)) when the flick is made and the ball crosses the touchline wholly within the same zone.

Procedure for taking a Throw-in: The attacking player nominates the figure to take the throw-in and announces whether (a) they are going to take one positional flick. If the attacker takes a positional flick, the defending player then makes a positional flick. The attacker may also (b)

announce “no flicks” and then take the throw-in. To complete the throw-in, the ball is placed on the touchline at the point where it crossed it. The attacker then flicks the nominated figure so that the ball is brought back into play. Play resumes as normal.

Free Kicks

The attacking player (a) nominates a figure to take the free kick and then makes a positional flick. The defender then takes a positional flick. Or (b) the attacking player nominates a figure and announces “*no flicks*”. The attacker then strikes the ball with the nominated figure and play resumes as normal as soon as the ball is struck. All free kicks except the penalty flick are indirect.

The Goalkeeper

The goalkeeper can be manipulated by use of the handle to save shots anywhere within or directly above the goal area. It can be held above the pitch before the shot is taken. The only exception being is when a penalty is being taken, when the goalkeeper must not be forward of the goal-line. If the ball is touched by the goalkeeper outside the goal area an indirect penalty is awarded.

The Spare Goalkeeper [\(Video\)](#)

The goalkeeper may be substituted for the spare (Flicking) goalkeeper at any time by a player in possession of the ball. The spare goalkeeper must come on the pitch within or directly behind the goal area. It may be used to take goal kicks, clear the ball or for any other purpose but the rod goalkeeper may only replace the spare goalkeeper when the player is in possession of the ball or when a penalty flick is awarded. If both goalkeepers on the pitch at the same time an indirect penalty kick is awarded.

Offside [\(Video\)](#)

A figure is in an offside position if it is wholly within the shooting area and there are less than two (including the goalkeeper) opposition figures between it and the goal line. However offside is only given when the ball is wholly within the shooting zone and has passed the last defender.

Onside Flicks The attacking player may take up to *three onside flicks* per possession. After each onside flick (Tick) the defending player takes a positional flick.

Acknowledgement

Thanks to Tom Taylor who originally made a set of “quick rules” available to players.