

# ITSF Foosball Rules – Simplified



**1. Toss**  
The winner of the TOSS, - coin flip – may choose for the KICK OFF or SIDE of the table.



**8. Goal**  
A goal can be scored from any rod or figure. A ball that goes in and out of the goal counts as a goal.



**2. Kick Off**  
Put the ball at the middle figure of the 5-rod. Ask your opponent if he or she is ready. When opponent replies 'ready', pass the ball via a second figure.



**9. FAIR PLAY**  
Don't move or jarr the table directly, or by slamming the rods. Don't distract other players, including your team member, by loud noise or needless talking.



**3. Ball Off Table**  
When a player makes the ball go off the table due to the power of the shot, it is given back to the opponent at the 2-rod.



**10. Passing on the Five Bar -** The ball may not hit the side wall, or side strips, more than twice without being moved forward. Violation results in re-serve by the opponent on the five bar.



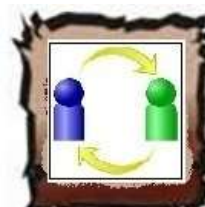
**4. Time Out**  
Two 30-second TIMEOUTS are allowed per set. Only the player in possession of the ball may call a time out while the ball is in play. When not in play, both players/team can call a timeout.



**11. Time limit**  
The ball is allowed to be under the 5-rod for 10 seconds and other rods (goalie & 2-rod count as one rod) for 15 seconds. Exceeding the time limit on the 3-rod goes to opponent's 2-rod, anywhere else goes to opponent's 5-rod.



**5. Restart**  
After every re-start, the ball must touch at least two player figures prior to advancing to another rod. Use 'Ready Protocol' with each new restart.



**12. Switching Player Positions -** Either team may switch positions during either team's time out, between points, and between games.



**6. Switch**  
After each set the players/teams may change sides.



**13. Dead Ball (DB) -** A dead ball will be agreed upon by both teams. A DB between the five bars will be put back into play by the team that last served. A DB anywhere else will go to the closest defensive two bar. Ready Protocol applies.



**7. Spinning**  
NOT allowed.  
In case of a shot/pass performed with a spin, the opponent kicks off again with the 5-rod.



**CODE of Honor -** Table soccer is FUN!  
Respect the opponent.  
Shake hands before and after the match.  
ALWAYS be sure that your opponent is ready before starting or re-starting.