

# RULES

## AGE RESTRICTIONS

All players competing in Adult Leagues must be at least 16 years old on or before 31<sup>st</sup> August this year (rule 4 FA Rules).

## NUMBER OF PLAYERS

(a) The match shall be played by two (2) teams. One (1) player of each team shall be the goalkeeper, who must wear distinguishing colours.

(b) Three (3) substitutes per team shall be permitted at any time during a game from a maximum of three (3) nominated substitutes.

(c) The Rules of a Competition may allow for "rolling" substitutes to be used. The number of "rolling" substitutions is unlimited except in the case of the goalkeeper (see clause d).

A player who has been replaced may return to the playing area as a substitute for another player. A "rolling" substitution is one which is made when the ball is still in play and is subject to the following conditions:-

(i) the player leaving the playing area shall do so from the sideline crossing over at the substitution area.

ii) the player entering the playing area shall do so from the substitution area but not until the player leaving the playing area has passed completely over the sideline.

(d) Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during a stoppage in the game.

(e) A match should not be considered valid if the playing strength of either team is reduced by more than two players.

## PLAYERS' EQUIPMENT

(a) Footwear shall be worn in accordance with the Laws of the Game, and subject to any local regulations.

(b) The wearing of shinguards, which must be covered by stockings, in accordance with the Laws of the Game is compulsory. Any player who fails to wear shinguards do so at their own risk.

(c) No blades or screw in studded footwear is permitted to be used on the artificial pitches.

## REFEREES

A referee shall be appointed to officiate in each game. He shall have the same powers and duties as laid down in the Laws of the Game.

### **DURATION OF THE GAME**

The duration of the game shall will be 36 minutes. On occasions this will be split into 2 equal halves.

(a) allowance shall be made for time lost through stoppages as decided by the referee.

### **START OF PLAY**

(a) Play shall be started by a team from the centre mark after a toss of coins.

(c) The game shall be re-started in like manner after a goal has been scored.

(d) After any other stoppage the game shall be re-started by the referee dropping the ball at a point nearest to where it was when play was suspended, unless it was in the goalkeeper's possession, when the player shall, at the referee's signal, roll the ball out, if a height restriction is in operation, to re-start the game.

The referee shall not drop the ball within 6' (1.82 metres) of the lines marking the goal areas or within 6' (1.82 metres) of surrounding walls, side-lines or barricades, if in use.

### **BALL IN AND OUT OF PLAY**

The ball shall be in play at all times from the start of the game unless:-

(a) the ball rises above 4' (1.21 metres) in the event of a height restriction being imposed;

(b) the ball has crossed the goal-line, side-lines or the barricades surrounding the playing area;

(c) the timekeeper, if appointed, has given the signal for half or full-time;

(d) the game has been stopped by the referee;

For a breach of any height restriction the penalty will be an indirect free-kick at the place where the ball was last played (unless the ball was last played by the defending goalkeeper in the penalty area, in which case the indirect free-kick shall be taken from a point not less than 6' (1.82 metres) outside the penalty area nearest to where the offence occurred).<br>If the ball rebounds above 4' (1.21 metres) from a wall, barricade, goalpost, crossbar, from a player who has made no attempt to play the ball, or other obstructions then the referee will re-start the play by dropping the ball at the point where the rebound occurred. (If this point is within the penalty area the ball shall be dropped at a point not less

than 6' (1.82 metres) outside the penalty area nearest to where the rebound occurred).

#### Ball out of Play

If the ball is kicked over the boundaries then the opposing team will be awarded an indirect free-kick from the offence took place.

### SCORING

A goal is scored when the whole of the ball crosses the goal-line between the goal posts and under the crossbar, provided it has not been thrown, carried or propelled by hand or arm by a player of the attacking side, except in the case of a goalkeeper who is within his own penalty area. A goal is not allowed if the ball was last played by a player of the attacking side whilst within either penalty area. (If the ball is last played by a defending player whilst within either penalty area, unless taking a penalty, a goal shall be allowed, unless that player entered the penalty area accidentally).

### OFFSIDE

There is no offside. Players may place themselves in any part of the playing area outside the penalty areas.

### FOULS AND MISCONDUCT

(a) Charging/sliding tackles are forbidden and shall be penalised by the awarding of a direct free kick.

(b) A player who unfairly impedes the progress of an opponent when not playing the ball shall be penalised by the awarding of an indirect free kick.

- Player shown a blue card is temporarily suspended from play for 2 minutes. The team must play for 4 players during this period.
- Player issued with a second blue card is permanently excluded from play. The team will play with 4 players for 2 minutes.
- Player issued with a red card and permanently excluded from play. The team will play with 4 players for 2 minutes.

### FREE KICK

When a player is taking a direct or indirect free kick all of the opposing players shall be at least 6' (1.82 metres) from the ball until it is in play. All free kicks given against the defending side for infringements committed in or near the penalty area shall be taken from a distance not less than 6' (1.82 metres) outside the penalty area at the nearest point to where the offence occurred.

## **PENALTY KICK**

A penalty kick shall be taken from the penalty mark and, except for the defending goalkeeper, only the player taking the kick can enter the penalty area and for that purpose only. Whether or not a goal is scored from the kick the player concerned must leave the penalty area immediately after taking the kick and before taking any further part in play. A player may only take 1 step before striking a penalty kick.

## **GOALKEEPER RETURNING THE BALL INTO PLAY**

After holding the ball the goalkeeper must immediately return the ball into play with an under-arm bowling action. It must not be thrown nor kicked if a height restriction is in operation.

Punishment for Infringement

An indirect free kick shall be taken by a player of the opposing team from a point 6' (1.82 metres) outside the penalty area nearest to where the infringement occurred.

## **PLAY WITHIN THE PENALTY AREA - WHERE APPLICABLE**

Only the defending goalkeeper is allowed within the penalty area except when a penalty kick has been awarded, and then only the player taking the kick can enter the goal area. If a goalkeeper leaves the penalty area he is then treated as any other player.

Punishment for Infringement

(i) by the attack - a direct free kick at a point 6' (1.82 metres) outside the penalty area nearest to where the infringement occurred.

(ii) by the defence - a penalty kick.

(Note: Referees should distinguish between accidental and intentional entry into, or exit from, the penalty area. Only deliberate actions where the player either plays the ball or tries to play the ball should be penalised. Accidental entry or exit that has no effect on the play should be ignored.)

If the ball hits any part of the goalkeeper that is outside the penalty area then a penalty is to be awarded.

Backpass rule

A defending player may not pass directly back to the goalkeeper if they have just been rolled the ball from the goalkeeper. It must touch another player first. An indirect free-kick will be awarded if this is not adhered to.