

SMALL SIDED FOOTBALL RULES

The Laws of the Football Association and the Weetabix Youth Football League apply with the following exceptions:

1 PLAYING AREA

- (a) The pitch will be 30 x 50 yards for Under 7's, Under 8's and Under 9's and 40 x 60 yards for Under 10's.
- (b) The penalty area is 9.15m (10yards) by 16.47m (18 yards.)
- (c) The penalty mark is 7.32m (8 yards) from the Goal Line opposite the center of the goal.
- (d) A penalty kick is awarded if any of the offences in Rule 12 are committed inside his / her own penalty area, irrespective of the position of the ball, provided it is in play.
- (e) The ball used will be a size 3 for U8's and U9's and size 4 for U10's.

2 NUMBER OF PLAYERS

- (a) Under 7 – 5 players per team. Maximum to be Registered 10.
- (b) Under 8 – 5 players per team. Maximum to be Registered 10.
- (c) Under 9 – 6 players per team. Maximum to be registered 12
- (d) Under 10 – 7 players per team. Maximum to be registered 14.
Clubs must register at least team plus 2 players by 7th August or be fined up to £20.
- (a) Players must play with and against players from their own age range. Therefore Under 8 players must be 7 years of age as of midnight on the 31st August and at Under 10 players must be 9 years of age before August 31st.
- (b) Three substitutes may be used at any time .
- (c) Substitutes are permitted to leave and re enter the field of play as permitted by the timekeeper. (Rolling substitutes)

3 PLAYERS EQUIPMENT

- (a) Players must wear shinguards and goalkeepers must wear a distinguishing playing strip. Shinguards must be covered entirely by the stockings.

4 REFEREES

- (a) Duties and responsibilities as laid down by the Football Association Rules of the game.
- (b) The home team should pay the Referee prior to the start of the game or immediately after the game.

4 TIMEKEEPER / SCORER

An independent timekeeper / scorer shall be appointed to assist the Referee. The Official shall:

- (a) Record goals scored
- (b) Act as timekeeper and signify half time and full time.
- (c) Suspend play on the Referees instructions for all stoppages and add time to each half.
- (d) Supervise the use of substitutes as permitted by the Rules.

5 DURATION OF THE GAME

The playing time for

- (a) Under 7's, Under 8's is 30 minutes split into two halves.
- (b) Under 9's shall be 30 minutes and Under 10's shall be 40 minutes split into two halves.

6 PLAYERS

- (a) Teams may include male and female players (boys teams only).

- (b) Players registered for small side football teams cannot register for any other teams.

7 OFFSIDE

There will be no offside.

8 START OF PLAY

- (a) A kick off is taken at the center of the playing area to start the game and after a goal has been scored, opponents must be 4.5m (5 yards) away from the ball, and in their own half of the field. The ball must be played forward.

9 SPECIAL CIRCUMSTANCES:

A dropped ball to restart the match after play has been temporarily stopped inside the penalty area takes place on the penalty area line parallel to the goal line at the point nearest to where the ball was located when the play stopped.

10 GOAL KICKS, THROW INS AND CORNER KICKS

- (a) **Goal kick:** A player of the defending team kicks the ball from any point within the penalty area. Opponents must remain outside the penalty area and at least 4.5 (5 yards) from where the kick is taken until the ball is in play.
- (b) **Corner kicks:** The opposing players must remain at least 4.5m (5 yards) from the ball until it is in play. The kicker may not touch the ball again until it has touched another player. If he / she does – a free kick is awarded against them. The ball is in play immediately it enters the field of play.
- (c) **Throw in:** A goal cannot be scored direct from a throw in. A throw in is awarded when the whole of the ball passes over the touchline, either on the ground or in the air.

11 FOULS AND MISCONDUCT

- (a) All free kicks are direct.
- (b) **A free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered to be careless, reckless or using excessive force.**
Kicks or attempts to kick an opponent.
Trips or attempts to trip an opponent
Jumps at an opponent.
Charges at an opponent.
Strikes or attempt to strike an opponent.
Pushes an opponent.
Tackles an opponent to gain possession of the ball, making contact with the opponent **before touching** the ball.
- (c) **A free kick is awarded to the opposing team if a player commits any of the following offences.**
Holds an opponent.
Spits at an opponent.
Handles the ball deliberately (except for the goalkeeper within his / her own penalty area)
Plays in a dangerous manner.
Impedes the progress of an opponent.
Prevents the goalkeeper from releasing the ball from his / her hands.
Commits any other offence, not previously mentioned for which play is stopped to caution or dismiss a player.
- (d) **A free kick is awarded to the opposing team if the goalkeeper:**
Takes more than 6 seconds to release the ball from his / her hands.
Touches the ball again with his / her hands after it has been released from his / her possession and has not touched any other player.
Touches the ball with his / her hands after it has been deliberately kicked to him / her by a teammate.

Touches the ball with his / her hands after he /she has received it directly from a throw in taken by a teammate.

For all these offences, the free kick should be taken from the penalty area line, parallel with the goal line, at the nearest point to the offence.

12 CAUTIONABLE OFFENCES

A player is cautioned and shown the yellow card if he / she commits any of the following seven offences.

1. Is guilty of unsporting behaviour
2. Shows dissent by word or action.
3. Persistently infringes the Laws of the Game.
4. Delays the restart of play.
5. Fails to respect the required distance when play is restarted with a corner kick or free kick.
6. Enters or re-enters the field of play without the Referees permission.
7. Deliberately leaves the field of play without the Referees permission.

13 SENDING OFF OFFENCES

A player is sent off and shown the red card if he / she commits any of the following seven offences.

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious scoring opportunity, by deliberately handling the ball (this does not apply to a goalkeeper within his / her own penalty area).
5. Denies an obvious goal scoring opportunity to an opponent towards the player's goal by an offence punishable by a free kick or penalty kick.
6. Use offensive or insulting or abusive language and or gestures.
7. Receives a second caution in the same match

14 TEAMS PLAYING AT CENTRAL VENUE

- (a) When teams play at a central venue the team named first on the fixture list will be deemed the home team.
- (b) Teams with the first kick off time must each put up a set of goals.
- (c) Teams with the last kick off time must each take down a set of goals and return them to the pavilion.
- (d) Teams kicking off late may be fined £2.00 for ten minutes and 50p for each subsequent minute.
- (e) **All teams will be invoiced for £6 per game.**

15 KNOCK OUT CUP

- (a) There will be no knock out Cup Competition for Under 7's, Under 8's, Under 9 and Under 10 teams.

16 REGISTRATION CARDS

- (a) Registration Cards must be carried as per League Rules.

17 OTHER MATTERS NOT COVERED BY THESE RULES

The League organizing the competition may decide any matters not covered by these rules, other than the provisions stipulate in the Laws of the Game.