

CUFC_United Sports SMALL SIDED FOOTBALL

Small Sided Football Laws of the Game

SECTION ONE

Laws of the Game

LAW 1: The Playing Area

The Pitch

Small Side Football may be played with or without barriers.

Dimensions:

The playing area must be rectangular. The length of the touchline must be greater than the length of the goal line.

For 5 and 6— a side football the following dimensions are recommended:

Length: minimum 25 m maximum 50 m

Width: minimum 16 m maximum 35 m

For 7 a side football the following dimensions are recommended:

Length: maximum 60m

Width: minimum 30m x maximum 40m

Area Markings

The playing area is marked with lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines.

All lines are 8cm wide.

The playing area is divided into two halves by the halfway line.

The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 3 m is marked around it.

A penalty area is defined at each end of the pitch as follows:

A semi-circle of 6 m radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether or not the goal posts encroach onto the playing area.

Penalty Mark

A penalty mark is drawn 6 m from the midpoint between the goal posts and equidistant from them.

The Corner Arc

Where barriers do not surround the playing area a quarter circle with a radius of 25cm from each corner is drawn inside the playing area.

Goals

If official dimensions are required, you are advised to use metric measurements

Goals must be placed on the centre of each goal line.

They consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar.

The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m minimum 1.20m.

Both goal posts and the crossbar have the same width and depth of 8cm. Nets, made of hemp, jute or nylon, are attached to the posts and crossbars behind the goals. The lower part is supported by curved bars or some other adequate support.

Safety

The goals may be portable, but they must be anchored securely to the ground during play as per Health and Safety requirements.

Playing Surface

Where natural turf is not used the surface must be smooth and flat and non-abrasive. The use of wood or artificial material is recommended.

LAW 2:

The Ball

Qualities and Measurements

The ball is Spherical made of leather or other suitable material size appropriate to the age group playing.

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a game:
the game is stopped.

The game is restarted by dropping the replacement ball at the place where the first ball became defective

If the ball bursts or becomes defective while not in play:

the game is restarted according to the Laws

The ball may not be changed during the match without the permission of the referee.

LAW 3:

The Number of Players

A match is played by two teams, each consisting of not more than the following number of players and substitutes for each format:

5-a-side = 5 players per team and 4 substitutes (total of 8 players)

6-a-side = 6 players per team and 4 substitutes (total of 9 players)

7-a-side = 7 players per team and 4 substitutes (total of 10 players)

Substitution Procedure

The maximum number of substitutes permitted is three.

The number of substitutions made during a game is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

Substitutions should take place when there is a break in play or during play if the second official is involved in refereeing the game. This will be determined by the Competition Rules.

A substitution is one that is made when the ball is in or out of play for which the following conditions must be observed:

The player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line.

Where barricades are used the players must use the opening onto the playing area

A substitution is complete when the substitute enters the playing area from which moment he becomes a player and the player he is replacing ceases to be a player.

A substitute is subject to the authority and jurisdiction of the referee whether called upon to play or not.

Changing Places with the Goalkeeper

Any of the players or substitutes, may change places with the goalkeeper. The following conditions must be observed:

The referee must be informed before the change is made

The change may only be made during a stoppage in play

The replacement goalkeeper must wear a jersey which distinguishes him from all other players.

Infringements/Sanctions

If, while a substitution is being made, a substitute enters the playing area before the player being replaced has completely left play is stopped the player being replaced is instructed to leave the playing area.

The substitute is 'sin binned' for the agreed period.

Play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken on the penalty area line, at the place nearest to the position of the ball when play was stopped.

Where barricades are used if, while a substitution is being made, a substitute enters the playing area, or a player being replaced leaves it from a place other than the recognised opening in the barricades: play is stopped

The substitute is 'sin binned' for the agreed period.

Play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken on the penalty area line, at the place nearest to the position of the ball when play was stopped

Validity of a Match - Playing Numbers

A match should not be considered valid if the playing strength of either team is permanently reduced by:

-More than two players for 5—a-side,

-More than two players for 6-a-side

-More than three players for 7—a-side.

However, this should only apply when players are permanently excluded or lost through injury rather than within the 'Sin Bin' for a two-minute suspension.

LAW 4:

The Player's Equipment

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewellery. Jewellery should be removed.

Basic Equipment

The basic compulsory equipment of a player is: ' A jersey or shirt, Shorts or track suit trousers, Socks and Shin guards.

Footwear—which is subject and appropriate to local conditions and surface type must be worn.

Shin guards

- are covered entirely by the socks
- are made of a suitable material (rubber, plastic or similar substances)
- provide a reasonable degree of protection

Goalkeepers

the goalkeeper is permitted to wear long trousers

Each goalkeeper wears colours which easily distinguish him from the other players and the referees

Infringements/Sanctions

For any Infringements of this Law:

The player at fault is instructed by the referee to leave the playing area to correct his equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks that the player's equipment is now correct. The player is only allowed to re-enter the game when the ball is out of play.

Players can return to play whilst the ball is in play if a second official has checked the equipment. If no second official is present the player must wait for a break in play in order for the referee to check the faulty equipment.

LAW 5:

The Referee

The Authority of the Referee

Each game is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the game to which he has been appointed, from the moment he enters the locality where the playing area is situated until he leaves.

Powers and Duties

The Referee:

- Enforces the Laws of the Game.
 - Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time.
 - Keeps a record of the match and provides the appropriate authorities with a game report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the game.
 - Acts as timekeeper.
- Stops, suspends or terminates the game for any infringement of the Laws or due to any kind of outside interference.
- Takes disciplinary action against players guilty of cautionable and sending-off offences.
- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the playing area and its immediate surrounds.

Ensures that no unauthorised persons enter the playing area.
Stops the game if, in his opinion, upon injury assessment a player is seriously injured and ensures that he is removed from the playing area.
Ensures any player bleeding from a wound leaves the playing area.
Allows play to continue until there is a stoppage in play if a player is, in his opinion, only slightly injured.
Ensures that any ball used meets the requirements of Law 2.
Make use of timed suspensions to exclude temporarily players guilty of infringements of the laws.
In the absence of a second official, the referee should make excluded players aware of the end of their period of suspension.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

LAW 6:

The Match Official

Duties

The duties of the Match Official are to assist the referee in the control of the game in the following areas: -

' Control of the substitution procedure, ensuring that the player to be replaced has left the playing area before the substitute is allowed to enter the playing area

Check the equipment of all the substitutes entering the playing area

Ensure that a player sent from the playing area by the referee, to replace any missing or defective equipment is checked before being allowed back on to the playing area

If a player has been removed from the playing area by the referee to have a 'blood injury' treated the match official must ensure that the bleeding has stopped before the player is allowed to re-enter the playing area

Keep a full record of the game details

' Act as the timekeeper for any player who has been given a temporary suspension from the game

Report to the referee any misconduct by any of the team players or officials in the technical / bench / substitute area

' Carry out any other duties as requested by the referee

LAW 7:

The Duration of the Game

The duration of the game shall be divided into two equal periods of over five and up to 25 minutes each period subject to the following:

(a) Allowance shall be made in either period for time lost through stoppages as decided by the referee.

(b) The duration of either half shall be extended to enable a penalty kick to be taken.

(c) At half time the interval shall not exceed five minutes except by consent of the Referee.

(d) Competition rules may allow for a game to be played in its entirety without a half time interval or requirement to change ends.

For games ending in a draw, competition rules may state provisions involving extra time or other procedures approved by the International FA Board to determine the winner of the game.

LAW 8:

Start of Play

Preliminaries

The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first half of the game.

The other team takes the kick-off to start the game. Kick-off

A kick-off is a way of starting or restarting play: ' at the start of the game

- After a goal has been scored
- At the start of the second half of the game
- At the start of each period of extra time, where applicable
- A goal may be scored directly from the kick-off Procedure
- All players are in their own half of the playing area
- The opponents of the team taking the kick-off are at least 3m from the ball until it is in play
- The ball is stationary on the centre mark ' the referee gives a signal
- The ball is in play when it is kicked and moves forward

the kicker may not touch the ball a second time until it has touched another player

After a team scores a goal, the other team takes the kick-off.

Infringements/Sanctions

If the kicker touches the ball for a second time before it has been touched by another player:

An indirect free kick is awarded to the opposing team which has to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure the kick-off is retaken.

Drop Ball

A drop ball is a way of restarting the game after a temporary stoppage Procedure.

The referee drops the ball at the place where it was located when play was stopped, unless it was in the goalkeeper's possession, when the goalkeeper shall, at the referee's signal; return the ball into play by throwing the ball from any point within the Penalty Area.

Play restarts when the ball touches the ground.

Where barricades are in use and a drop ball is required, the referee shall drop the ball 2m from the barricade at the appropriate point.

Infringements/Sanctions The ball is dropped again:

- If it is touched by a player before it makes contact with the ground

If the ball leaves the playing area after it makes contact with the ground, without a player touching it

LAW 9:

The Ball in and Out of Play

Ball Out of Play

The ball is out of play when:

It has wholly crossed the goal line or touch line, whether on the ground or in the air

Play has been stopped by the referee

Ball In Play

The ball is in play at all other times including when:

It rebounds from a goal post, the crossbar, or the barricades onto the playing area

It rebounds from the referee when on the playing area

Goal Scored

Except otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

Winning Team

The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals or if no goals are scored, the game is drawn.

Competition Rules

For games ending in a draw, competition rules may state provisions involving extra time or other procedures to determine the winner of game.

LAW 11:

Free Kicks

Types of Free Kicks

Free kicks are either direct or indirect.

For both direct and indirect free kicks, the ball must be stationary when the kick is taken, and the kicker may not touch the ball a second time until it has touched another player.

The Direct Free Kick

-If a direct free kick is kicked directly into the opponent's goal, a goal is awarded

The Indirect Free Kick

-A goal can be scored only if the ball subsequently touches another player before it enters the goal.

Position of Free Kick

All opponents must be at least 3m from the ball until it is in play

-The ball is in play after it has been touched or played.

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

The kick is retaken if, after the ball is in play, the kicker touches the ball

a second time before it has touched another player:

An indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred.

Signals Direct Free Kick: the referee keeps one arm horizontal pointing in the direction the kick has to be taken.

Indirect Free Kick: the referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

LAW 12:

Fouls and Misconduct

Fouls and misconduct are penalised as follows: Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee 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 an opponent, even with the shoulder
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following offences:

- holds an opponent
- spits at an opponent
- Slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle).
- Handles the ball deliberately, except for the goalkeeper in his own penalty area

A direct free kick is taken from the place where the infringement occurred.

Penalty Kick

A penalty kick is awarded if a player commits any of the aforementioned offences inside his own penalty area, irrespective of the position of the ball but provided that it is in play.

If the Competition Rules dictate that only goalkeepers are permitted inside their own penalty area, then this part of the Law does not apply.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offences:

- Touches or controls the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches or controls the ball with his hands after he has received it directly from a kick-in taken by a team-mate
- Touches or controls the ball with his hands or feet, in the penalty area, for more than four
- Deliberately impedes the progress of an opponent when the ball is not being played
- Prevents the goalkeeper from releasing the ball from his hands commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

The indirect free kick is taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the point nearest to where the infringement occurred.

Disciplinary Sanctions

The use of temporary time suspensions ('sin bins) and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in small-sided football. Match officials should employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences.

Referees shall also have the discretion to use a second 'blue card' and a further period of suspension for a second minor offence rather than a second blue card automatically resulting in a red card and permanent expulsion.

The options for a match official imposing disciplinary sanction are, therefore.

- a Player shown a blue card and temporarily suspended from play
- Player issued with a discretionary second blue card and temporarily excluded from play
- Player issued with a red card and permanently excluded from play

A blue card offence should always be accompanied by a temporary suspension from play.

The period of timed suspension in Small Sided Football shall be two minutes. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

Temporary Timed Suspensions – Procedures

A player temporarily suspended from play will be shown a blue card by the match official and informed that he/she shall be suspended from play for two minutes.

The player is obliged to leave the playing area and remain in a designated 'sin bin' area for the required suspension time. Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided, then suspended players should remain in the area where they can be seen by the referee and adjacent to team officials and substitutes.

A player will be informed as to the end of a period of suspension by the referee or match official and invited to rejoin the game. Where barricades are used the players must use the opening onto the playing area.

Temporary Timed Suspensions

A player is shown the blue card and temporarily excluded from play if he commits any of the following offences:

C1 is guilty of unsporting behaviour

C2 shows dissent by word or action

C3 persistently infringes the Laws of the Game

C4 delays the restart of play

C5 fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.

C6 enters or re-enters the playing area without the referee's permission or infringes the substitution procedure

C7 deliberately leaves the playing area without the referee's permission outside of a substitution

For any of these offences, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

If the offence was committed within the penalty area the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

Exception to the use of 'Blue Cards' and Temporary Timed Suspensions

The only exception to the use of 'Blue Cards' and Temporary Timed Suspensions is in facilities where if a player is excluded for two minutes, they are unable to take up a position which is still in the eye line of the Referee but outside the boundaries of the pitch. This might be the case in an enclosed sports hall or in a complex of caged pitches. In such circumstances safety considerations requires the Referee to employ the use of yellow cards, with all players remaining on the pitch unless excluded permanently. In this situation

normal disciplinary sanctions will apply after the game as per the competition rules. If 2 yellow cards are given to an individual the player will be shown a red card and dismissed.

Sending-Off Offences

A player is sent off and shown the red card if he commits any of the following offences:

1. S1 is guilty of serious foul play
2. S2 is guilty of violent conduct
3. S3 spits at an opponent or any other person
4. S4 denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. S5 denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. S6 uses offensive, insulting or abusive language
7. S7 receives a second blue/yellow card in the same match

If play is stopped for a player to be sent from the playing area without having committed any additional infringement of the Laws, the game is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the infringement occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

Decisions

A player who has been sent off may not take any further part in the game nor may he sit on the substitutes' bench, where provided.

LAW 13:

The Penalty Kick

A penalty kick is awarded against a team which commits any of the offences for which a direct free kick is awarded inside its own penalty area and while the ball is in play subject to Competition Rules dictating if other players other than the defending goalkeeper may enter the penalty area.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.

Position of the Ball and the Players

The ball: Is placed on the penalty mark the player taking the penalty kick: Is properly identified

The defending goalkeeper:

Remains on his goal line, facing the kicker, between the goalposts, until the ball has been kicked.

The players other than the kicker are located: Inside the pitch, outside the penalty area behind or to the side of the penalty mark At least 3m from the ball

Procedure

The player taking the penalty kicks the ball forward

He may not play the ball a second time until it has touched another player.

The ball is in play when it is kicked and moves forward

When a penalty kick is taken during the normal course of play, or time has been extended at halftime or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

The ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper

Infringements/Sanctions

If any of the following situations occur:

A player of the defending team infringes this Law: The kick is retaken, only if a goal is not scored.

The kick is not retaken if a goal is scored

A team-mate of the player taking the kick infringes this Law of the Game:

The kick is retaken if a goal is scored

The kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

LAW 14:

The Kick-In

A kick-in is a method of restarting play.

A goal cannot be scored directly from a kick-in A kick-in is awarded:

' When the whole of the ball passes over a touch line, either on the ground or in the air, or hits the ceiling

' From the place where it crossed the touch line or 2m into the playing area adjacent to where the ball left the playing area when barricades are in use

to the opponents of the player who last touched the ball

Position of the Ball and the Players The ball:

has to be stationary on the touch line; or 2m into the playing area from the barrier where barricades are in use Is kicked into play in any direction

The player taking the kick-in:

has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball; or

must stand between the ball and the barricade where in use

The players of the defending team:

Are at least 3m from the place where the kick-in is taken

Procedure

The player taking the kick-in may not play the ball a second time until it has touched another player

The ball is in play immediately after it is kicked or touched

Infringements/Sanctions

The kick-in is retaken by a player of the opposing team if:

The kick-in is taken incorrectly

the kick-in is taken from a position other than the place where the ball passed over the touch line or were indicated by the referee where barricades are in use

An indirect free kick is awarded to the opposition if the player taking the kick in plays the ball a second time before it has been played by another player

LAW 15:

A goal clearance is a method of restarting play

A goal may not be scored directly from a goal clearance.

The goal clearance is awarded when: the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

opponents remain outside the penalty area

the goalkeeper does not play the ball a second time until it has touched another player

the ball is in play when the ball is thrown or kicked from any point within the penalty area by the goalkeeper of the defending team

Infringements/Sanctions

If the ball is not thrown or kicked directly beyond the penalty area:

-the goal clearance is retaken

If, after the ball is in play, the goalkeeper touches the ball, before it has touched another player:

an indirect free kick is awarded to the opposing team from the penalty area line from the place nearest to where the infringement occurred

If, after the ball is in play, the goalkeeper picks the ball up after it has been deliberately kicked to him by a teammate:

an indirect free kick is awarded to the opposing team, to be from the penalty area line from the place nearest to where the infringement occurred

Competition rules may allow variations to this ruling allowing goalkeepers to receive the ball straight from a teammate.

LAW 16:

The Corner Kick

A corner kick is a method of restarting play

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with

Law 10

Procedure

-The ball is placed inside the corner arc at the nearest corner

-Opponents remain at least 3m from the ball until it is in play

-The ball is kicked by a player of the attacking team

-The ball is in play when it is kicked or touched

-The kicker does not play the ball a second time until it has been played by or touched another player

Infringements/Sanctions

An indirect free kick is taken by the opposing team if:

The player taking the corner kick plays the ball a second time before it has been played by or touched another player. The indirect free kick is taken from the place where the infringement occurred

For any other infringement: The corner kick is retaken

Where the playing area is surrounded by barricades the corner kick is replaced by a kick-in at a point 2m inside the playing area at the corner nearest the point where the ball left the playing area.

Competition Rules may allow the ball to be returned to the defending goalkeeper once the ball has crossed the goal line

Kicks From the Penalty Mark Procedure

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn

Procedure

The referee chooses the goal at which the kicks will be taken

The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick.

The referee keeps a record of the kicks being taken in principle each team takes five kicks, depending on the circumstances described hereafter

The kicks are taken alternately

The names of the players taking the kicks are announced to the referee by the captains of each team before the kicks from the penalty mark are taken and must be among those included on the list of players submitted before the match. Only those players on the pitch at the completion of the game are eligible to take part in Kicks from the Penalty Mark

Where a player(s) has been sent off by the referee the opposing team must reduce the number of players to equalise the participants in each team prior to the Kicks from the Penalty Mark commencing If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken If, after both teams have taken five kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks

Any player who has been sent off may not take part in the kicks from the penalty mark

-Any eligible player may change places with his goalkeeper

-Only the eligible players and match officials are permitted to remain on the pitch when kicks from the penalty mark are taken

-All players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken

-If a goalkeeper is injured during the kicks from the penalty mark procedure he may be replaced by a substitute

Procedures to Determine the Winner of a Match

To determine the winner of a match, tied after full time the following procedures or a combination of these procedures may be used,

Extra time

Kicks from the penalty mark

Use of these procedures should be detailed in the competition rules

Appendix A:

Notes on the Laws for Small Sided

Provided the principles of these laws are maintained, the Laws may be modified in their application for matches, including for players with disabilities as outlined below.

Any or all of the following modifications are permissible:

Size of the playing area

Size, weight and material of the ball

Width between the goalposts and height of the crossbar from the ground

The duration of the periods of play Substitutions

Height of ball restrictions

If a height restriction is to be introduced the competition rules should identify the height above which an indirect free kick shall be awarded to the opposing team. If height infringement occurs within the penalty area and is committed by the defending team an indirect free kick should be awarded on the penalty area line nearest to where the offence took place. The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance. Should another player then play the ball whilst it is at a height above the designated height restriction this will result in an indirect free kick to the opposing team

Access to penalty areas being restricted only to goalkeepers. Entry into the penalty area by a defender result in a direct free kick from the penalty mark; entry into the penalty area by an attacker result in the goalkeeper being given possession of the ball to re-start the game.

After the goalkeeper has distributed the ball, he/she may only receive a pass if the ball has either touched an opponent or if the ball has been touched by at least two of the goalkeeper's team-mates.

Goalkeepers can only distribute the ball through underarm throws. Goalkeepers are not allowed to kick the ball deliberately unless in the process of making a save.

Competition Rules may allow the ball to be returned to the defending goalkeeper once the ball has crossed the goal line

Players are not permitted to hold onto barriers

when in place to shield the ball and should be penalised by the referee for holding and a direct free kick awarded.

Other formats of Small Sided Football

The Football Association has the ability to sanction other formats of Small Sided Football. The principles of any approval by the FA shall be based upon,

The normal Laws of Association Football apply with exceptions

The game should take into full account the health and safety of the players and officials

Affiliated Competitions

To ensure they are covered by their Mainland Football Public Liability Insurance referees should ensure that all games they officiate in are sanctioned by the appropriate authority.

If in doubt contact your Mainland Football for clarification.

General Rules

10.0 Health & Safety

10.1 Shin Pads must be worn at all times during the game (including goalkeepers).

10.2 Jewellery must be removed or taped up during matches (including goalkeepers).

10.3 In the event of a re, players and guests should make their way calmly to the nearest clearly marked exit.

10.4 Crockery and glass are not to be taken into changing areas or onto the pitches.

10.5 Smoking is not permitted on the premises.

10.6 Pets are not allowed on the premises or grounds (with the exception of guide dogs).

13.0 Parking

13.1 Players and guests must park only in the designated parking spaces.

13.2 Motorbikes or scooters are not permitted beside the pitches and must be parked in the car park or designated area.

13.3 United Sports Centre reserves the right to clamp or remove vehicles parked outside designated areas or parked in disabled spaces when not entitled.

13.4 United Sports Centre accepts no responsibility for any loss or damage (howsoever caused) to players or guest's vehicles whilst on our premises.

Disciplinary Process

Referees should ensure that all offences for which they have dismissed players with a single red card are reported to their Mainland Football within 48 hours of the game being played. Likewise, any disciplinary issues with team officials should be reported within the same timescales.

SECTION TWO

Small Sided Football

Laws of the Game Abridged Version (Player's Guide)

Revised February 2012

Section Two:

Player's Guide

- 1- The players equipment
- 2- The Referee
- 3- Duration of play
- 4- Playing the match
- 5- Making Substitutions and Changes
- 6- Fouls and free- kicks
- 7- Discipline Process
- 8- Returning the ball back into play
- 9- Modifications to the Laws

The Normal Laws of Association Football apply with exceptions:

1. The Players' Equipment

A player must not use equipment or wear anything that is dangerous to himself or another player. All Jewellery must be removed. Shin guards, must be covered entirely by the socks, made of a suitable material (rubber, plastic or similar substances) and provide a reasonable degree of protection. Goalkeepers are permitted to wear long trousers and must wear colours, which easily distinguish him from the other players and the referees

2. The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed, from the moment he enters the locality where the playing area is situated until he leaves.

3. The Duration of the Game

The game shall be divided into two equal periods of over 5 and up to 25 minutes each period subject to the following:

- Allowance shall be made in either period for time lost through stoppages as decided by the referee.
- The duration of either period shall be extended to enable a penalty kick to be taken.
- The Half Time interval shall not exceed 5 minutes except by consent of the Referee.

Competition rules may allow for a game to be played in its entirety without a half time interval or requirement to change ends.

4. Kick-off

Is a way of starting or restarting play: at the start of the game, after a goal has been scored, at the start of the second half of the game, and at the start of each period of extra time, where applicable. A goal may be scored directly from the kick-off. All players must be in their own half of the playing area; the opponents of the team taking the kick-off are at least 3m from the ball until it is in play. The ball must be stationary on the centre mark until the referee gives a signal. The ball is in play when it is kicked and moves forward. The kicker may not touch the ball a second time until it has touched another player

Drop Ball - is a way of restarting the match after a temporary stoppage. Play restarts when the ball touches the ground.

Ball Out of Play - The ball is out of play when: it has wholly crossed the goal line or touchline, whether on the ground or in the air, when the referee has stopped play, or when playing indoors, the ball hits the ceiling.

Ball In Play - the ball is in play at all other times including when: it rebounds from a goal post, the crossbar, or the barricades onto the pitch, or if it rebounds from the referee when on the playing area. When a match is being played on an indoor playing area and the ball accidentally hits the ceiling, the game is restarted by an indirect free kick awarded to the opposing team to the team, which last touched the ball.

Height of ball restrictions - If a height restriction is to be introduced the competition rules should identify the height above which an indirect free kick shall be awarded to the opposing team. If a height infringement occurs within the penalty area and is committed by the defending team an indirect free kick should be awarded on the penalty area line nearest to where the offence took place. The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance. Should another player then play the ball whilst it is at a height above the designated height restriction this will result in an indirect free kick to the opposing team.

Offside - There is no offside.

Areas of Play - All players - both attackers and defenders are permitted to play within the penalty area. Goals can be scored within the penalty area. Modified rules may determine that access to the penalty area is restricted except for the goalkeeper.

5. Substitution Procedure

The maximum number of substitutes permitted is three.

The number of substitutions made during a match is unlimited. A player who has been replaced may return to the pitch as a substitute for another player. Substitutions should take place when there is a break in play or during play if the second official is involved in refereeing the game.

Changing Places with the Goalkeeper - Any of the other players, or substitutes, may change places with the goalkeeper. The following conditions must be observed: the referee must be informed before the change is made; a change may only be made during a stoppage in play, the replacement goalkeeper must wear a jersey, which distinguishes him from all other players, and the referee.

Viability of a match (Playing Numbers) - For 6a side if a team loses at any time more than 2 members of their team the match should be abandoned. For 7-a-side this number should be more than 3 members of a team. However, for all formats this should only apply when players are permanently excluded or lost through injury rather than within the 'Sin Bin' for a two-minute suspension.

6. Fouls and Misconduct

Fouls and misconduct are penalised as follows:

A Direct Free Kick - A direct free kick is taken from the place where the infringement occurred and can be kicked directly into the opponent's goal to score a goal. The referee keeps one arm horizontal pointing in

the direction the kick has to be taken. A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at, pushes or charges an opponent (even with the shoulder)
- Strikes or attempts to strike an opponent
- Tackles an opponent (the key words are doing it carelessly, recklessly or with excessive force)

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In addition, direct free kicks will also be awarded if a player:

Spits at an opponent,

Slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle).

- Handles the ball deliberately except for the goalkeeper in his penalty area
- Holds an opponent

A Penalty Kick - is awarded against a team, which commits any of the offences for which a direct free kick is awarded inside its own penalty area and while the ball is in play. Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.

Position of the Ball and the Players for a Penalty kick - The ball is placed on the penalty mark; the player taking the penalty kick is properly identified. The defending goalkeeper must remain on his goal line, facing the kicker, between the goalposts, until the ball has been kicked. The players other than the kicker are located: inside the pitch, outside the penalty area, behind or to the side of the penalty mark, at least 5m from the ball. The player taking the penalty must kick the ball forward; they may not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Indirect Free Kicks - An indirect free kick is taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the point nearest to where the infringement occurred. An indirect free kick is awarded for the following offences.

- A Goalkeeper touches or controls the ball with his hands after it has been deliberately kicked or thrown to him by a team-mate.
- A Goalkeeper Touches or controls the ball with his hands or feet, in the penalty area, for more than four seconds.

The ball exceeds the height of ball restrictions (optional modification).

-If in the opinion of the referee, a player:

Plays in a dangerous manner, deliberately impedes the progress of an opponent when the ball is not being played, prevents the goalkeeper from releasing the ball from his hands, commits any other offence, not previously mentioned for which play is stopped to administer a temporary timed suspension or dismiss a player.

From an Indirect Free Kick a goal can, be scored only if the ball subsequently touches another player before it enters the goal. For an Indirect Free Kick: the referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Position of Free Kick - All opponents must be at least 3m from the ball until it is in play. The ball is in play after it has been touched or played.

7. Disciplinary Sanctions

The use of temporary time suspensions ('sin bins) and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in small-sided football. Match officials should employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences. Yellow cards are no longer to be used in small-sided football unless the use of temporary timed suspensions is impractical due to the nature of the venue i.e. referees cannot supervise players who have been dismissed. In these cases, yellow cards may continue to be used.

The options for a match official imposing disciplinary sanction are, therefore

- Player shown a blue card is temporarily suspended from play
- Player issued with a discretionary second blue card and temporarily suspended from play
- Player issued with a red card and permanently excluded from play

A blue card offence should always be accompanied by a temporary suspension from play of two minutes in duration. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

Temporary Timed Suspensions - A player is shown the blue card and temporarily excluded from play if he commits any of the following offences is guilty of unsporting behaviour, shows dissent by word or action, persistently infringes the Laws of the Game, delays the restart of play, fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance. Enters or re-enters the pitch without the referee's permission or infringes the substitution procedure, deliberately leaves the pitch without the referee's permission.

For any of these offences, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred. If the offence was committed within the penalty area the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

Sending-Off Offences - A player is sent off and shown the red card if he commits any of the following offences: is guilty of serious foul play, is guilty of violent conduct, spits at an opponent or any other person, denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area). Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick. Uses offensive, insulting or abusive language. Or if a player receives a second/third blue card in the same match.

Decisions - A player who has been sent off may not take any further part in the match nor may he sit on the substitutes' bench, where provided.

8. The Kick-In

Is a method of restarting play. A goal cannot be scored directly from a kick-in. A kick-in is awarded if; the whole of the ball passes over a touch line, either on the ground or in the air, or hits the ceiling. A Kick-in is taken from the place where it crossed the touchline or 2m into the playing area adjacent to where the ball left the playing area when barricades are in use. The kick is awarded to the opponents of the player who last touched the ball.

The player taking the kick-in may not play the ball a second time until it has touched another player. The ball is in play immediately after it is kicked or touched. The players of the defending team must be at least

3m from the place where the kick-in is taken. The feet of the player taking the kick-in must not cross the line.

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The Corner Kick - a goal may be scored directly from a corner kick.

9. Modifications to the Laws

Any or all of the following modifications are permissible:

- Size of the field of play

- Size, weight and material of the ball

- Width between the goalposts and height of the crossbar from the ground

- The duration of the periods of play

- Substitutions

- Height of ball restrictions

Access to penalty areas being restricted only to goalkeepers.

Goalkeeper unable to receive 'pass backs' unless the ball has been touched by an opponent or been touched by at least two of his team-mates.

Goalkeepers can only distribute the ball through underarm throws.

Goalkeeper restarts if the ball crosses goal line.

Players are not permitted to hold onto barriers when in place to shield the ball

Modifications to the laws should be detailed in the competition regulations.