



LEAGUE313.COM

The Official Website of The League 313

LEAGUE 313 2023

FOOTBALL RULES AND REGULATIONS

GENERAL RULES

- 1.1 Time for games will be 20 minutes straight with no half time change, may be amended on the day at the discretion of the Organizer.
- 1.2 Referees must report back to Organizer with the result and goal scorers immediately after the game. Three points will be awarded for a win and one point for a draw.
- 1.3 The schedule of matches will not be changed (unless decided by Organizers). A team will be awarded a 5-0 victory should their opponents fail to turn up for the match.
- 1.4 If a team does not have 5 players ready to play, they shall play with 3 which is the minimum required if there are less than 3 the opposition will be awarded a Five nil win.
- 1.5 Failure by both teams to arrive by the specified time will result in a nil draw however no points will be carried forward towards their total.

PLAYING RULES

- 2.1 For 5 a side each team may field four outfield players and a goalkeeper on the pitch at any one time. Each team may have a maximum squad of 10 players, registered one week prior to the season starting. For 7 a side, six outfield and one goalkeeper.
- 2.2 Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent. Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.
- 2.3 Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the referee.

2.4 NO screw-in studded footwear or blades are permitted to be worn by any player. Only training shoes, moulded soles (over 12 studs) and Astro Boots may be worn (see below Image for guidance). All Players must wear shin pads. The wearing of any form of jewellery is not permitted during play.

2.5 The match will consist of one half. To start the game the referee will drop the ball between two players. The length of half will be determined once the fixtures have been compiled. There will be no half time or change of ends. All games will start and finish on the whistle/hooter.

2.6 After a goal has been scored the game will be re-started by taking centre.

2.7 Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

2.8 An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.

2.9 An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.

2.10 A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team.

2.11 The goalkeeper must return the ball into play by rolling / kicking it /out of his area. If the ball is returned any other way a freekick will be given to the opposition two meters outside the area. A teammate receiving the ball from the 'keeper may not return the ball directly to him - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from the place where the defending player returned the ball unless it is deemed by the Referee that a player returning the ball to the Goalkeeper is gaining an advantage then a penalty will be awarded.

2.12 There is no head height rule.

2.13 The ball can be headed where able.

2.14 If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by the same goalkeeper.

2.15 A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents. Goal keepers are permitted to take penalties (except in penalty shootouts).

2.16 No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.

2.17 Professional fouls will be penalised with a penalty and the guilty player may face disciplinary action.

2.18 All free kicks will be direct.

2.19 Opposition players must be at least two meters from where any free-kick is taken. If opposing players do not retreat the required two meters the kick may be moved forward one meter. If a free kick is awarded on or near the goal area it can be moved up to two meters backwards to allow defenders to be two meters from the ball.

2.20 The Goal keeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

2.21 Shin Pads must be worn by all players during the game. Referees may refuse to allow players to play without shin pads.

2.22 The Referees decision on all on-field matters is **final** and no discussions will be entered into either on or off the field with him about any decision. The Referees jurisdiction on disciplinary matters will apply until players have entered the changing rooms. Players repeatedly disputing decisions may have further disciplinary action taken against them.

DISCIPLINARY RULES

League313 is sanctioned by the FA and the SFA and will be run strictly in accordance with the disciplinary regime required of these bodies as well as the MY Foundation Code of Conduct. All necessary steps will be taken to ensure that teams participating comply with this approach in the spirit of competitive participation and fair play.

3.1 Players may be sent to the 'sin bin' at the referee's discretion depending on the offence including swearing. The duration of the sin bin will be 2 mins for which a yellow card will be shown. A player may only be sin binned once per game as a second offence would involve a second yellow card which would automatically be followed by a red card and a sending off.

3.2 A player sent off for a second offence will be suspended for that match and the next match. In the case of serious foul play and/or foul or abusive language, the suspension will be extended (should the League 313 committee deem this necessary). As agreed, a straight red card will mean you miss the next 3 fixtures.

3.3 If a player is given a red card whilst off the field of play (for unacceptable conduct on the side-line), the team must correspondingly reduce the number of players on the field.

3.4 If a team is permanently reduced by 2 players, or temporarily reduced by 3 players the game will end. The match will be awarded 5-0 to their opponents and they will be deducted 3 points. If the score at the time produces a goal difference greater than 5-0 then that score will stand.

3.5 If a match is abandoned for any reason the team at fault will receive a 5-0 defeat and lose 3 points unless the opposing team already has a greater advantage in which case the

score will stand. If both teams are judged to be at fault the game will be void and no points will be awarded.

3.6 Violent conduct on or off the pitch will result in the immediate suspension of the individual and could result in a ban from future leagues and/or tournaments.

3.7 Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.

3.8 We may overturn any rule if we feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.

Please note: members of the public who are abusive to players and causing a nuisance, will be asked to leave or to restrain themselves.

Rules Specific for 7 a side

This is only being played by Ages 15 – 18.

Slide tackles are NOT allowed same as 5 – a side rule.

Any free kick is direct, and the defending team must retreat at least 5 yards from the ball (where possible).

PENALTY AREA

No player is allowed in the penalty area except the goalkeeper.

GENERAL PLAYING RULES

Goalkeeper distribution and area rules are as in 11 a side.

The back pass rule is the same as 5-a-side

A goal can be scored directly from any kick off.

There are NO OFFSIDES, NO HEAD HEIGHT restrictions.

Headers are allowed.

For all other rules the laws of Association Football will apply.

FA Respect Code of Conduct for Parents/Spectators/Participants.

We all have a responsibility to promote high standards of behaviour in the game League 313 is supporting The FA's Respect programme to ensure football can be enjoyed in a safe, positive environment. Remember football is a time for individuals to develop their technical, physical, tactical, and social skills.

Winning isn't everything.

Play your part and always observe The FA's Respect Code of Conduct for spectators and parents/carers, participants.

I will:

- Remember that we play for **FUN**

- Applaud effort and good play as well as success.
- Always respect the match officials' decisions
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Let the coach and team do their job and not confuse the players by telling them what to do • Encourage the players to respect the opposition, referee and match officials.
- Avoid criticising a player for making a mistake – mistakes are part of learning.
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour.