



BRACKNELL
LEISURE CENTRE

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SIX-A-SIDE LEAGUE

PLAYING RULES

Except where other provisions are made in these rules - the rules of Association Football apply as laid down by the English Football Association.

1. **Playing Area**

The matches in the leagues will be played on the Centre's synthetic pitch located at the back of the complex.. There will be one pitch marked out widthways across the main standard size football pitch.

2. The goals will be standard size 5-a-side goals.
3. The goal "D" will be a semi-circle (similar to 5-a-side, but larger) into which only the goalkeeper is allowed.
4. The ball used will be a standard size outdoor 5-a-side ball suitable for outdoor use on a synthetic pitch.
5.
 - a. The number of players in a squad will be ten, with six being able to play at any one time, one of whom must be the goalkeeper.(If more than ten players need to be registered then please inform the league organiser)
 - b. Two substitutes will be permitted (see under "General Rules").
 - c. Any of the players in outfield positions 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.
 - d. A match will not be considered valid if there are fewer than four players in either of the teams. (If it has reached a stage where the teams have turned up ready to start and one team cannot muster 4 players and the other has, then the defaulting team will lose the fixture 3-0 and a friendly game will be played instead if the teams so wish).

6. **Team Strip**

- a All players must wear a strip that does not clash with that of the opposition and which is acceptable to the referee. The goalkeeper's clothing should be distinguished from that of other players and the referee.
- b In the event of a clash of colours the team named second must effect the change.
- c Footwear should be trainers with moulded or pimped soles.
FOOTBALL BOOTS WILL NOT BE PERMITTED!

7. **Referees**

A qualified referee will handle all games and his decisions are final.

You are reminded that you, as your team's organiser, have a responsibility to make sure that your players abide by the rules and behave sensibly.

Refereeing small-side games often requires much greater awareness and concentration from referees than 11-a-side. Therefore, mistakes will, occasionally be made. It is every player's responsibility to accept that referees are not robots, but human, and prone to the odd error, just like players.

The aim of this league is to keep the play flowing and not punctuate it constantly with unnecessary stoppages. Players are asked to co-operate with this policy, and in this way ensure that the official can get on with his job, and that you, the players, do likewise.

8. **Duration Of Game**

- a As mentioned in the General Rules a game will last 30 minutes (15 minute each half).
- b The time may, however, be reduced by the referee, if teams are late arriving, or indeed not played at all it there is insufficient time in the referees opinion to stage a reasonable contest. In the event of one team arriving too late, or not at all, the oppositions will be awarded a 3-0 win.
- c The referee will make allowances for stoppages due to time-wasting, injury, broken equipment, lost balls, etc.
- d Time shall only be extended in a game to permit a penalty kick being taken at or after the expiration of the normal period in either half.

9. **Scoring**

Scoring is as per normal F.A. Rules.

A goal is not allowed if the ball was last played by a player of the attacking side, whilst within either goal area. If the ball is last played by a defending player whilst within either goal area, a goal will be allowed, unless that player entered the goal area accidentally.

10. **Ball In Or Out Of Play**

The ball shall be in play at all times from this point unless :

- a The ball rises above head height.
- b The ball has gone over the goal end lines or the side lines surrounding the playing area.
- c The referee has given the appropriate signal to stop the game.

11. **Ball Above Head Height**

The ball must be kept below head height. Heading the ball is allowed provided the aforementioned condition is observed.

Penalty For Infringement Of Above Rule

An indirect free kick at the place where the ball was last played

1. still be in play once the ball has come back below head height if coming off the goalkeeper or the goal itself i.e crossbar or post.
2. will be a throw in or corner if the ball comes off the goalkeeper and goes out of play.
3. please note that the rule will remain the same in the event of the ball hitting an outfield player and going above head height (i.e in-direct free kick). At All free kicks opposition players must stand at least six feet from the Ball.

12. **Ball Out Of Play**

When the ball goes out of play, but below head height, a member of the opposing team shall roll the ball (underarm) back into play from behind the sideline, from as near the point of exit of the ball as possible.

Roll-in corners will also be awarded.

A goalkeepers roll-out (also must be underarm) will replace the traditional goal kick.

13. **Offside**

There is no off-side. Players may place themselves in any part of the playing area outside of the goal areas.

14. **Fouls And Misconduct**

This section follows standard 11-a-side F.A. rules and if players are unsure of the procedures for cautions, sending-offs etc they should refer to the Organiser of the league for clarification or get a copy of the rules from the F.A. direct.

Disciplinary Rules for this league:

- a A player who is cautioned more than once during the competition will miss one game. (The game immediately following the second caution).
- b A player who is sent off will get a minimum two game ban which will include the cup and following season if necessary.
- c No substitute will be allowed for a player dismissed from the playing area for misconduct during the game in which the offence occurred.

Obviously in any games to follow, a full side may be fielded.

15 Free Kick

Free kicks will be signalled by the referee in the usual manner, i.e. Direct or indirect. Opposition players, as mentioned elsewhere in these rules, must stand at least 6 ft away from the ball and will be cautioned if they try to harrass, impede, or gesticulate at the kicker.

It should be noted that all free kicks given against the defending side for infringements committed in or near the goal area shall be taken from a point of not less than 6 ft away from the area, nearest to where the offence occurred, to allow the opposition to defend the kick standing on their goal area semi-circle line.

16 Penalty Kicks

The rules governing penalty kicks in small sided football seem to cause more controversy than any other, which is a shame, because in essence they are very simple:

A penalty kick will only be awarded for one offence. Namely, when a defending player (in the opinion of the referee), deliberately plays or attempts to play the ball inside his own goal area, and/or is seeking to gain an advantage of interfering with play in that same area.

The referee will quite rightly therefore, use his powers of discretion to decide between accidental and intentional entry into, or out of the goal area. ONLY DELIBERATE AND INTENTIONAL ACTIONS WILL BE PENALISED. Accidental entry or exit which has no bearing on the play will be ignored.

When a penalty kick is being taken the goalkeeper will stand on or as close to his goal line as possible and will remain there until the ball is kicked. Any attempt to gesticulate or put off the kicker will result in a caution. The kicker will take the kick on a signal to do so by the referee and it will be one kick only. There will be no rebound attempts from the keeper of the goal-posts etc. If the kicker does not score with his first and only kick, it will be deemed "goalkeepers ball".

17 Play Within The Goal Area

Only the defending goalkeeper is allowed within the goal area.

The goalkeeper is restricted to his area. He will not be allowed to come out of it and be treated like any other player. If he does so and it has a bearing on the play in progress, he will be penalised by the awarding of a free kick to the opposing side.

Persistent abuse of this ruling will put the goalkeeper at risk of a caution or worse.

If an attacker enters the opposition goal area accidentally and it has no bearing on the play, the game will continue as normal. In all other circumstances it will be deemed "goalkeepers ball".

If a defender enters his own area accidentally and it has no bearing on the play, the game will continue as normal.

18 Goalkeeper Returning The Ball Into Play

Once the ball has entered the goalkeepers area, the ONLY way he can return it to open play (unless he is making a save) is by an underarm roll-out.

NO OTHER FORM OF DISTRIBUTION WILL BE ALLOWED i.e. THROWING OR KICKING

If this rule is infringed an indirect free kick will be awarded to the opposing side six feet out from the goal area nearest to where the offence occurred.

When the ball is rolled underarm by the goalkeeper from his area into open play it cannot be returned directly to him by a member of his own side. The ball must be touched by at least two outfield players (of either side) before a return to the goalkeeper is permitted.

This rule has proved successful in eliminating time-wasting, and encouraging continuous positive play.

Penalty for infringement of this rule is an indirect free-kick to the opposing side 6 ft outside the goal area, nearest to where the offence occurred.

19 Placings at the end of the league

In the event of a tie on points for winners and runners-up spots, goal difference will NOT count. A play-off game will be arranged at a mutually agreeable time between the teams involved, to decide the final placings. If more than two teams tie for top place, ALL placings will be decided on goal difference.

20 Player registration

Only players registered on the application form will play. If any player is fielded and not registered, the game will not be played, or if this is discovered after the game, the result will be voided and a 3-0 win will be awarded to the opposing team.