



Rules of the game

- Size 5 footballs are used for the under 14, under 16 and senior age bands. Size 4 footballs **must** be used for the under 8, under 10 and under 12 age groups.
- Team sizes are 5 v 5 for the under 8 age group and 7 v 7 for all other age groups.
- **All players must wear shin guards at all times**, with suitable footwear for the surface playing on.
- All players are allowed within the penalty area.
- Kick-off is taken from the centre of the playing area at the start of play and after every goal.
- Throw-ins shall be taken in the usual way.
- Corners shall be taken in the usual way and the opposition should be 3 yards away.
- Free Kicks shall be applied in the usual manner, although they are all **indirect** and the opposition should be at least 3 yards away.
- Penalty Kicks shall be applied in the usual manner, from the edge of the area at the centre point (there are no penalties in the under 8 and under 10 age groups).
- Goalkeepers can:
 - Handle the ball within the penalty area.
 - Cannot handle the ball outside the penalty area.
 - Must restart play from their hands with a throw at all times.
- Players can pass back to their own goalkeeper, for the goalkeeper to handle the ball.
- There are no restrictions on the number of substitutions allowed, however they must take place at a suitable break in play with the referee's permission.
- **All spectators are asked to stay behind the barriers/cones and NOT stand on goal lines**, coaches and subs of teams playing are **ONLY** allowed inside barrier.
- **Format (excluding under 8 and under 10 age groups)** – Group winners decided on points first, then goal difference and then goals scored
- **Finals** – If teams are level at full time, it's straight to 3 penalties, then sudden death penalties with remaining on field players