



## Sports X Leagues

### Rules & Regulations

#### Start and End of Match

1a Play is started by the referee giving the ball to one or other team alternately at the start of each half from the centre circle.

1b Game duration is 20 minutes each way.

#### Guest players

2a A team is allowed no more than ONE guest players per match

2b The referee reserves the right to refuse or accept guest players if, in his opinion, the outcome of the match would be considerably altered.

2c If a team uses a guest player, that team is still liable to pay their full match fee.

#### Penalties

3a The penalty taker is allowed no more than three steps before striking the ball.

3b The keeper must remain on his line and not move until the ball is struck.

3c It is the responsibility of teams to clarify to the referee who is taking the penalty kick.

Teams will

be penalised and the penalty disallowed if the referee feels the goalkeeper was placed at a disadvantage by the opposing teams not making it clear who was taking the penalty kick.

#### The Goalkeeper/The Area

4a The goal keeper must've made clear to the referee and opposition by wearing a different colour

shirt/bib

4b The goalkeeper can only handle the ball within his own penalty area

4c Goalkeepers are allowed anywhere on the field

#### Backpasses

5a Goalkeepers cannot pick up backpasses from their own team

Clothing

6a Players may not play without a shirt on.

#### Substitutes

7a Teams are allowed three substitutes

7b More than one substitution is allowed at any one time however, if there are more than the

allotted players on field at any one time the teams shall be penalised.

7c Substitutes can only enter play when their team is in an attacking position in the oppositions half.

7d Substitutes can be used as often and whenever the team wishes.

7e Substitutes are not allowed onto the playing area until the substitutes player has left.

7f If substitutes do not stand off the field of play and the ball strikes them then the referee shall



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award a penalty.

#### **Free Kicks, Kick ins & Corners**

9 If a player refuses to retreat two yards from the free kick or, as the free kick is being taken extends

any part of his body towards the ball which means that he is no longer two yards from the free kick

then he shall be penalised. The ball should be stationary before the free kick is taken.

9a If the ball is kicked outside field of play, the opposition team will restart the game with a throw in or goal kick.

#### **The Two Yard Rule**

10a If a player fails to retreat two yards or, the ball hits a player from the free kick who has not

retreated two yards, or who has extended his leg towards the ball meaning that he is no longer two

yards from the ball, then the referee shall move play forward two yards and allow the kick to be

taken again.

10b Players that show dissent towards the referee or his decision at a free kick, will result in the kick

being moved forward two yards.

10c The referee may move the kick forward at two yard intervals, however many times he wishes.

10d If by moving the ball forward two yards, the free kick then becomes within the area of the

defending side, a penalty shall be awarded.

#### **General Rules**

11b The referee will be the sole judge of whether a tackle is dangerous or not in the best interests of

the spirit of the game.

11c Teams must not alter or move equipment to gain an advantage.

11d Teams should make every attempt to play in similar colours or use the coloured bibs provided.

11e Teams who arrive late for their kick off time may be subject to forfeiture of the match.

11f The signing of the entry form indemnifies SPORTS X LEAGUES from any responsibility for personal injury or lost property whilst participating in the organised leagues. Teams are responsible

for

arranging their own personal insurance cover at centres where this is not automatically applicable.

11g If teams wish to cancel a match, they automatically lose 5-0 (SPORTS X LEAGUES) allow a



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flexible squad system) and their opponents will play a friendly arranged by Sports X Leagues.

11h – If there are one or more vacancies in any league a friendly fixture will be arranged for the team(s) who are scheduled to play a 'Points Match' for that particular date. Teams are required to

attend all scheduled Points Match fixtures, pay their full match fee and play the pre-arranged

friendly as normal; the relevant team will then receive a 5-0 win and two points towards the league.

If a team does not wish to play a scheduled friendly then it is the team's responsibility to notify BHSC

7 days or more in advance or they will be liable for payment of the match fees for that particular week, teams who do not attend points matches will not receive their 5-0 win for that

week regardless of whether they have provided 7 days notice.

11i If a team fails to turn up for a scheduled fixture without giving SPORTS X LEAGUES 7 days'

notice, they lose the fixture 5-0 and will be charged the full match fee for the missed game.

Teams who wish to withdraw from the league need to give two weeks' notice of their intent to withdraw from the league and will NOT receive any refunded fees.

#### **The Sin Bin**

12a There is a disciplinary procedure in place for all leagues and it is the responsibility of all teams

captains to adhere to this. However, if a player is shown the yellow card then he is sin-binned for

two minutes and must wait off of the field until the referee instructs him to come back onto the field of play. If the player refuses to leave the pitch immediately then a red card and dismissal will occur. The referee shall be the sole timekeeper in cases of sin-bin.

#### **Dismissal**

13a If a player is dismissed then he should leave the pitch immediately. Failure to do so will result in

the referee automatically awarding the match to his opponents.

#### **Time Wasting**

14a In small-sided football, officials are instructed to take a more active approach towards time

wasting.

14b If a player is guilty of time wasting at any point then the referee has full discretion to either

award a free kick or a penalty kick as he see fit.

14c The player does not need to be warned about time wasting.

#### **Penalties For Infringement Of The Rules**

1. Intentional handball (and the player gains an advantage by doing so).

2. Players time wasting



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3. At a drop ball situation, a player does not allow the ball to touch the surface before striking it.
4. A player not retreating two yards from the ball or showing dissent (this may also result in a penalty, see earlier rules).
5. A direct pass back to the keeper. In this instance the free kick should be taken two yards outside the area where the ball left the area (the back pass must be intentional and the keeper must touch the ball. If however, the ball rolls to a halt after the back pass has been made without it touching the keeper and without the ball entering the goal, then the referee should award an indirect free kick as if the keeper has touched the ball.
6. Kicking the ball away. This may also result in the referee yellow carding the offending player.
7. Fouls & Obstruction
8. A player attempting to play or playing the ball or being on the court with his shirt off.

#### **15c REFEREES DISCRETION**

1. The referee may award either an indirect free kick, a direct free kick or a penalty if a team plays with more than its allotted number of players on the pitch at any one time. The referee should award the free kick (if that is his choice) when the offence is spotted and where he spotted the offence.

#### **Health and Safety**

18a All participants understand that these events are contact sports and contain risk to the person participating for which the organiser cannot be held responsible.

18b All participants agree that we have no control over the safety of the premises we hire, or persons admitted to the venues we hire and it is the sole responsibility of the team captain to ensure their team's players do not start any game unless they are satisfied that the surface and other conditions are satisfactory and safe for the activity in question having due regard for the participants. We cannot be held responsible for any defects to the venue which may cause injury and all team captains understand this when participating.

18c Team captains must inspect the pitch and playing conditions and must report any issues prior to



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their game commencing to the officials on duty otherwise it will be deemed that the team captain and their players have accepted any risks and any ensuing liability for any subsequent injury. Other  
19a Please note that the Team Captain / Team Coach is responsible for the conduct of all players and all spectators connected with the team.

ANY PLAYERS THAT PLAY IN SPORTS X LEAGUES PARTICIPATE AT THEIR OWN RISK AND IT IS THE RESPONSIBILITY OF EACH PLAYER TO ARRANGE EITHER THEIR OWN INSURANCE COVER OR A

TEAM'S INSURANCE COVER THAT WILL COVER THEM FOR INJURY. SPORTS X LEAGUES HOLD PUBLIC LIABILITY INSURANCE ONLY AND CONCLUDE, TAKE NO RESPONSIBILITY FOR ANY INJURY SUSTAINED WHILST PLAYING IN THEIR LEAGUES.