



## 5-A-Side Competition Rules 2022

### 1. Competition Format

1. This Competition is the Sun Sports Youth F.C 5-A-Side competition and is affiliated to and sanctioned by the Hertfordshire County Football Association and will be played at Sun Sports and Social Club, Bellmountwood Avenue, Watford, Herts. WD17 3BN on Sunday 4<sup>th</sup> June 2022
2. The competition is by open invitation. Applications will only be considered upon receipt of a fully completed entry form and cleared payment. Entries will be confirmed by the Tournament Organiser at least seven days prior to the tournament
3. The competition is a tournament format for teams U7's to U14's featuring results, league tables, a knock out stage / Play off (for qualifying teams) and a winner for each age group.

### 2. Age Groups, Squads & Player Qualification

4. Age groups will relate to the current 2021/22 season just played prior to the tournament i.e. each team will play in the age group they have been playing in from September 2021. FA age rules apply to each age group and must be adhered to.
5. Each team shall register a minimum of five and a maximum of eight players on the day of the competition.
6. Each registered player shall only play for one team on the same day of the tournament.
7. Each team shall appoint an adult as manager. The manager shall be responsible for their team being registered on arrival and being available to play on the correct pitch at the correct time. The manager is also responsible for adherence to the tournament rules and communication of the rules to their squads' players and supporters.
8. **Each Team Manager is responsible for first aid and the welfare/safety of their own team.**
9. All players must wear shin pads and appropriate footwear.

### 3. Duration of Matches & Balls

10. All Group Stage Tournament matches will be either 10 minutes or 12 minutes (Depending on age group) in duration with no half time. (with the Knock Rounds being 10 minutes in duration) (This can be subject to change depending on the group size, please refer to your relevant age group in the programme)
11. All Teams are responsible for considering players playing time does not exceed the FA's guidelines on maximum playing time for children.
12. In each match the **FIRST** named team will provide an appropriate quality and correct sized match ball; U7's to U10 size 3, U11 – U14s size 4.
13. If there is a colour clash the second named team should wear an away strip or bibs.

#### 4. Scores & Results

14. The competition shall be played on an initial league basis for all age groups.  
Three points for a win, one for a draw. The team finishing first and second in their group will qualify for the knockout stage\*. If two or more teams finish with the same number of points, then the highest placed team will be determined by:
  - the result of their head-to-head match,
  - then goal difference,
  - then the team that has scored the most goals.
  - kicks from the penalty mark in accordance with the Laws of the Game.

All knockout matches will be decided by the teams scoring the most goals during normal time. If the score is equal after normal time, an extra 10 minutes will be played. If the score is equal after extra time, kicks from the penalty mark will decide the winner in accordance with IFAB procedures. The Laws of association football related to mini soccer and youth football will apply (to be as close to the regular rules played) except where provided for in the playing rules as set out below

#### 5. Playing Rules

15. A maximum of five players per team will be allowed on the field of play with a minimum of four.
16. Substitutes are roll on, roll off from those named on the registration form. A substituted player can return in the same match. Referees must be informed of and allow substitutions. The number of substitutions made during a game is unlimited.
17. Goal Kicks will be taken from any point on the penalty area. **There will be no retreat line.**
18. For all dead ball restarts opponents must be at least 5 yards away from the ball.
19. Overhead height is allowed
20. Goalkeepers must throw the ball out after collecting it in hand from his designated area
21. Defenders and attackers are allowed in the goalkeeper's area, goalkeepers are allowed out of this area but must not handle the ball outside of the area.
22. Throw-ins will be under arm and must not be above head height. (Except Under 7 & Under 8's which will be normal throw- ins).
23. There are no offsides.
24. All free kicks are direct.

#### 6. Players, Officials and Supporters Conduct

25. This competition uses the yellow and red card system. An accumulation of two yellow cards on a single day in the competition will result in the player being suspended from the next match.
26. Two yellow cards in one match equal a red card and the player will be sent off.
27. Sun Sports Youth F.C. supports the FA Respect campaign. Any player, official or supporter that does not abide by the FA respect guidelines will be asked to leave the grounds, and reported to the relevant county FA

28. A player who receives a red card (either straight red or for two yellow cards in the same match) will not be permitted to take any further part in the competition

## **8. Protests and Appeals**

29. Any protest shall be referred to the organising committee whose decision shall be final.

30. Any appeals can be lodged with the Herts FA in accordance with their rules.

## **9. Referees**

31. 9.1. Referees shall be appointed by the Competition.