

County 5IVES

League Rules

- **All matches are 40 minutes long – 2 halves of 20 minutes**
- **All players must wear shin pads**
Covered by their socks at all times
- **All Jewellery must be removed before the start of the game.**
- **Trainers, astro trainers, moulded studs or bladed football boots can be worn**
NO metal studs or blades are permitted
- **Slide tackles are allowed**
- **No head height restrictions**
- **All free kicks are direct**
Opposing teams must retreat 3 metres
- **Goalkeepers can ONLY roll the ball out underarm**
A free kick 3 metres outside the area adjacent to where the ball went out will be awarded if the ball is thrown or kicked out by the Goalkeeper
- **The Goalkeeper can pick the ball up from a team mate**
The only exception to this is if the Goalkeeper rolls it to a team mate, it must then be touched by another player before returning to the Goalkeeper. A free kick 3 metres outside the area adjacent to where the ball came into the area will be awarded
- **Only the Goalkeeper is allowed in the penalty area**
The following is awarded if any player enters the area
Defender = penalty
Attacker = Goalkeepers ball
Goalkeeper leaving the area = penalty
- **Kick ins from the sides if the ball goes out of play.**
The ball cannot go straight back to the keeper form a kick in. If this happens then a kick in will be awarded to the other team.
- **The match is started with the ball being played BACKWARDS from kick off**
A centre kick is taken to restart the game after a goal has been scored
- **Any player who is blue carded must leave the pitch for 5 minutes. 2 blue cards = a red card, and the player will be told to leave the pitch for the remainder of the game.**
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- **You can only have 9 players in your match day squad (6 starters and 3 subs)**
- **Substitutes are roll on roll off with the referee's permission**
- **The referee's decision is final**