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**Friday Night Footballvll**

**Format & Rules – Northwood Stadium League 2022**

**Format:**

* 8 teams playing in the league
* Teams will play each other once in the league, plus a cup/shield competition
* Teams will play on average every other week.
* Kick-off times will be 7.10pm and 8.20pm.
* Teams can have an unlimited size squad.
* Minimum age to play is 16.
* FA qualified referee will officiate all games.

**Rules:**

* 60-minute games *(30 minutes each way).*
* Repeated substitutions.
* Sin bin rule in place rather than yellow cards *(8 minutes)*
* All other rules will follow 11v11 Laws of the Game and FA Standard Code of Rules

**Equipment:**

* Shin guards must be worn by all players
* Recommended footwear for 3G surface: moulded studs, non-metal screw-in studs, astroturf trainers and trainers. Blades and metal studs are not recommended
* Teams to provide their own strip. Should there be a clash of shirt colours, a set of bibs will be provided for the away team on the fixture list.
* Teams to provide their own match balls for the league.

**Fees and Insurance:**

* Match fee = £45.00 per team per game (approx. £4 per player).
* Deposit = £45.00. Teams will lose their deposit if they withdraw from a fixture. If not, the deposit will be used to cover your match fee for your final game.
* Insurance = £105.00 per team. Staffordshire FA will organise the insurance on behalf of all teams, via insurance providers Sportsguard.
* Deposit and insurance to be paid in advance to secure your team’s place in the league.