



Friday Night Football **11v11**

Format, Rules & Regulations 2019

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, two games a month
- Kick-off times will be 6.40pm and 7.50pm
- 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 (*roll-on, roll-off*)
- Sin-bin rule in place rather than yellow cards (*6 minutes*)
- No Offside
- 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 and astro turf trainers. Blades, metal studs and flat sole trainers are not recommended.
- Teams to provide their own strip. In the event of a colour clash, a set of bibs will be provided for the away team on the fixture list.
- Each team will be supplied with a Nike match ball, to look after throughout the season.

Fees and Insurance:

- Match fee = £45.00 (*approx. £4.00 per player*)
- Deposit = £45.00 (*fully-refundable*). Teams will lose their deposit if they withdraw from a fixture. If teams successfully complete all of their fixtures, the deposit covers the cost of the final game.
- FA Affiliation/Insurance/Nike Match Ball = £75.00. Staffordshire FA will organise the insurance on behalf of all of the teams via CFA insurance providers Sportsguard.