



# OVER 50'S SUMMER CUP RULES & REGULATIONS

## Squad

Maximum of **9** in a squad

Maximum of **2** players to be fielded at any one time who are **45-49**

The rest must be **50+**

## General Rules

All players, including goalkeepers must wear shinpads

Moulded boots or astros are required as the competition will be played on 4G

All jewellery must be removed whilst playing

## Game Play

Games will be **10 MINUTES** long straight through with no half time

Goalkeepers are **NOT CONFINED** to the penalty box

Outfield players are also **ALLOWED** inside the box at any time

The goalkeeper **CANNOT** pick up any back passes

Goal kicks as normal

If the goalkeeper has the ball in their hands, they can kick or roll the ball out

There are **NO HEIGHT RESTRICTIONS**

**NO** offsides

If the ball goes out of play of either sideline then this will result in a **THROW IN**  
**CORNERS** will be awarded

Players must keep **2M AWAY** from the player in possession on free kicks and corners

Should a **PENALTY** be awarded, this must be taken with a **1 STEP RUN UP**

If a player receives a **RED CARD**, then they will **MISS THE NEXT MATCH**

Any player guilty of **VIOLENT CONDUCT** will take no further part in the tournament