

County5IVES – Summer 7EVENS

League Rules

- **All matches are 50 minutes long – 2 halves of 25 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 roll or kick the ball out**
Drop kicks out of hands are permitted
- **The Goalkeeper can pick the ball up from a teammate**
The only exception to this is if the Goalkeeper rolls it to a teammate, 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
- **All players are permitted to enter and exit the penalty area**
- If a goalkeeper exits the box, they become an outfield player and may play the ball with their feet.
- **The goalkeeper CANNOT use their feet inside their penalty area. A free kick 3 yards adjacent from the ball's exit of the area will be awarded.**
- **All throw ins and corners will be taken as usual.**
The ball may not be picked up by the GK directly from a throw in. If this happens, a throw in will be awarded to the opposing 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 receives a sin-bin must leave the pitch for 5 minutes. Two sin-bin offences = a red card, and the player will be told to leave the pitch for the remainder of the game.**
- **You can only have 10 players in your match day squad (7 starters and 3 subs)**
All players will need to register to the team using an online link in order to be eligible to play.
- **Substitutes are roll on roll off with the referee's permission.**
- **The referee's decision is final**