

Suffolk Police League Rules Summary

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| Match Format | - | 7v7 / Standard FA Football Rules / 6 outfield & 1 goalkeeper |
| Squad Size | - | 10 players (7 on field & 3 substitutes) |
| Age Groups | - | U14 & U16 Boys and Girls |
| Age Bands | - | U14 (School Years 8 & 9)
U16 (School Years 10 & 11) |
| Substitutes | - | Rolling on roll off subs |
| Match Length | - | 35 minutes (17.5 minutes each way) 2 minute half-time |
| Ball Return to Play | - | The ball must be returned via a kick-in from the sideline (you can't score directly from a kick-in). You can score direct from a corner |
| Sin Bins | - | Sin Bins will be in effect during all games. Players will go into the sin bin for dissent cautions (for the use of words or gestures questioning or undermining the ref's decisions). Examples of dissent including shouting at the ref, questioning ref's ability, slamming the ball into the ground, sarcastically clapping a decision |
| Player Registration | - | <i>Player Reg/Referral Forms are a REQUIREMENT for this league. The league and teams will be affiliated to Suffolk FA which will cover their Personal Accident and Public Liability Insurance. Clubs will be subject to FA Disciplinary Procedures if required.</i> |
| Fees | - | N/A |
| Equipment | - | All match balls & a set of bibs will be provided to the match officials on the night.
All Players must wear shin pads, if a player doesn't have, they need to put on their referral/registration form or let a member of staff aware
Each team to have a pair of goalkeeper gloves, if a team doesn't have then league to be made aware |
| Covid 19 Guidelines | - | All teams/players are required to follow the latest government guidelines relating to Covid 19 – including signing in to the NHS Track & Trace app or completing a register and sanitizing hands on arrival. |