



MONDAY 6V6 LEAGUE RULES

1. Kick offs at range between 6.30pm & 9pm each Monday evening.
2. Game Duration is 18 minutes each way ... Straight turn around at half time.
3. Players must all be signed onto your team through the Website.
<https://www.xtratimeleagues.co.uk/player-registration>
4. **ONE GUEST PLAYER POLICY** Struggling for a team? Teams that are one player short of the allocated 6 players will have the option to grab someone at the venue to play whether they are associated with a team in the league or not. **HOWEVER** Fee must be covered for this guest and should only be used on rare occasions! League Manager must be made aware you are struggling prior to arrival. The player must be a suitable player and not deemed to be gaining an advantage based on the players ability **Three Strike Policy per season.**
5. Players can help out from the division below but not from the same division or the division above (Goalkeepers & Outfielders)
6. Penalties. The Spot is One stride in from the edge of the area.
7. The Penalty taker must start his run inside of the Blue Goalkeeper area when taking the kick.
8. Substitutions (if required) are made during a break in play. (REFEREE TO BE INFORMED) Usually at 6 or 9 minute intervals
9. Goalkeepers Cannot pick up a back pass. (PENALTY)
10. Once the ball is in the Goalkeepers hands, they can only release the ball via roll or throw or by firmly putting the ball on the floor. The ball cannot be booted out of their hands or drop kicked – **FREE KICK ON EDGE OF AREA.**
11. Goal keepers are allowed outside the area – but in doing so if they are deemed to foul an opponent a penalty kick shall be awarded.
12. **NO SLIDE TACKLING!** Players can not go to ground to win the ball from an opponent.
13. However, players can go to ground to block shots & intercept passes providing there is sufficient distance between ball & man and not deemed dangerous play. (Penalty or freekick issued based on area of the pitch)
14. You can play the ball whilst on the floor providing the referee has deemed dangerous and there is not to be any obstruction
15. All Free kicks are direct. Players must be 5 yards back from the ball

16. Attacking Freekicks – **Attacking players must be 5 yards clear of the Goal keepers Goal line when the ball is hit.** This is to stop obvious obstruction on the Goal keeper.
17. There are no throw ins – These are replaced by Kick ins.
18. A Kick in Must be a side foot pass under knee height. A pass taken any other way or Over knee height will mean the opposition are awarded the kick in.
19. Goals can be scored from anywhere on the pitch.
20. **Goals cannot be scored straight from Kick off.**
21. If the ball is kicked **directly** over the boundary without the aid of a **deflection** a Penalty kick shall be awarded. This is in place for all shots , clearances etc (Teams swap ends at half time so each team have the same advantage.
REFREES DECISION IS FINAL ON WHAT HE DEEMS INTENSIONAL AND NOT INTENSIONAL
22. A professional foul last man offence results in a penalty kick (This is an offence to deny a clear & obvious goalscoring opportunity)
23. **RULES REGARDING**

At least 4 members of the team must be Sunday League standard or below.

1 Player Cap for anyone else that falls into the below categories.

- a. Contracted Players

2 Player Cap for anyone that falls into the below categories.

- b. Level 9&10 Non Paid contracted (Expenses)
- c. U18 Academy players

Layman's Terms - Cannot exceed 2 in total with mixture of the 2 types of player specified. Every option below

- 1 X Contracted 1 x NL expenses
- 1 X Contacted 1 x U18 Academy
- 2 X Dual SL/NL expenses
- 2 X U18 Academy

Players can be checked from the Northern League website.

<https://www.northernfootballleague.org>

24. Time wasting to prevent the game from being restarted will result in a 60 second penalty with the offending team going down to 5 men.

25. The player in question will have to go to the sideline (At the point of the half way line) until the referee has informed the player he can return to the field of play
- i. Kick off delaying tactics ie Goal keeper preventing a restart when a goal goes in by grabbing and not releasing the ball
 - ii. booting the ball away after a decision
 - iii. Prevention of a quickly taken freekick by not being relevant distance back once a decision has been given
 - iv. Any act deemed to be timewasting

The Play can be restarted at the referees discretion with the player walking of the pitch following the decision so we are not eating into further time.

26. HOW THE LEAGUE IS DECIDED.

Leagues are decided on head-to-head results, then aggregate score, then most wins, then goal difference, then goals scored, then goals conceded. If still level, then a playoff match.

If 3 teams all finish on the same points a mini table involving the 3 teams will decide the victors

BLUE CARD OFFENCES

3 Minute Sin Bin for Foul & abusive language towards a match official, sarcasm such as Clapping towards a match official OR a situation which Referee adjudges the player needs to cool down.

3 Blue Cards in a season means a 1 week suspension

5 Blue Cards in a season means a 2 week suspension

YELLOW CARD OFFENCES

Players will remain on the pitch - £3 Fine

3 Yellow Cards in a season means a 1 week suspension

5 Yellow Cards in a season means a 2 week suspension

RED CARD OFFENCES

Can warrant anywhere from a 7 day suspension from all leagues to a Lifetime Ban

FINES

Blue Card £2

Yellow Card £3

Red Card £15

CONSTITUTIONAL RULES

Teams signing up must complete the full season, Win, Lose or draw

There is a Zero cancelation policy. Not turning up to your fixture is a £72 fine REDUCED To £36 if we find your opposition a game.

If a team exits the competition the team would owe how many weeks are left x £72 before a team member can kick a ball in Xtra Time Leagues again

Holiday requests must be sent in 2 weeks in advance.

If Middlesbrough are playing at home the full fixture programme will be put back to the end of the season

If a team doesn't show up for a fixture or cancels a fixture without permission, they will automatically lose the 3-0 Win.

For any reason any unpaid bills go 14 days without being settled a point deduction will occur.