

Sunday Night 7 aside League Rules

1. Game Duration is 28 minutes straight through on a countdown timer! When the timer runs out the game ends. In the event of a penalty Kick being awarded or a dangerous freekick just before the timer sounds. This will be allowed to be taken followed by the final whistle.
2. Penalties are 1 stride (The equivalent to Two steps) back from the ball. Must wait for Referees whistle!
3. Home team attacks the wall. Away team attacks the netting.
4. Away team kicks off
5. Substitutions (if required) are made on the Quarter points of the match at the nearest break in play as quickly & efficiently as possible. Substitutes should be waiting at the gate ready to come on.
6. Goalkeepers CAN Pick up back passes during the game but not if they have released a ball to a player and it comes straight back – PENALTY KICK AWARDED
7. 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 – PENALTY KICK AWARDED
8. Goal keepers are allowed outside the area – but in doing so if they are deemed to foul an opponent a PENALTY KICK is to be awarded.
9. NO SLIDE TACKLING! Players can not go to ground to win the ball from an opponent.
10. Players can go to ground to block shots & cut out passes providing there is sufficient distance between ball & man and not deemed dangerous play by the referee.
11. The ball can be played whilst on the floor providing the referee has deemed there not to be any obstruction or dangerous play
12. All Free kicks are direct. Players must be 5 yards back from the ball
13. If the Ball DIRECTLY hits the roof or anything attached to the roof including lights, heating system, it's a penalty kick!

(Deflections do not count / Blocked shots do not count)
14. The Ball is constantly in play (no throw ins / corners etc)

15. Players can challenge for the ball anywhere on the pitch apart from the side of the Goal near the side netting **if** deemed dangerous it is Goalkeeper's ball.

16. Ball Trapping. A Freekick will be given to the opposition team for players not actively trying to move the ball when in the corner. The Ball must be continued to be manipulated.

17. If the ball hits the SIDE NETTING, or gets stuck behind the Goal, it is keepers' ball

18. Goals are only to be scored from outside the box unless it's a header which can be scored inside the box.

19. A professional foul last man offence which Denys a clear & obvious goalscoring opportunity results in a penalty kick (**Referees Discretion**)

20. All Players must be registered to your team via the website before a ball is kicked

21a. A Registered Outfield player can play in Goal for a separate team in the league on a permanent basis providing not the same league

21b. A Registered Goalkeeper can play outfield for a separate team in the league on a permanent basis providing not the same league

22. 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 play off match.

STRUGGLING FOR A PLAYER RULE

23. Each team has the option on 3 occasions per season to use a player from an opponent's team.

The Providing the following criteria is met:

- League manager is informed with notice.
- The Player asked in question isn't deemed to be putting your opposition at a disadvantage (League Managers discretion) ·
- Player doesn't play in the same division on the same night.
- Player doesn't play in a higher division on the same night.
- An outfielder from a different team can go in goal for you
- A Goalkeeper from a different team can play outfield for you

NEW RULES REGARDING

- A) CONTRACTED Players
- B) Level 9&10 Non Paid contracted (Expenses)
- C) U18 Academy players

24a ONE PLAYER CAP
(CONTRACTED) Paid Players - Football pyramid – Level 9&10 Northern League and above

24b Players that are Dual Sunday League / Northern league players that are not contracted (But paid match Expenses) are okay to play but cannot equate to more than 50% of the team with any inclusion of a PAID CONTRACTED PLAYER OR ACADEMY PLAYER

24c Boro , newcastle , Sunderland & Hartlepool U18 Academy players are okay to play but cannot equate to more than 50% of the team with any inclusion of a PAID CONTRACTED PLAYER OR ACADEMY PLAYER

Layman's Terms - Cannot exceed 3 in total with mixture of the 3 types of player specified.

- 1 X Contracted 2 x NL expenses.
- 3 X NL expenses
- 3 X U18 Academy
- 1 x contract 1 X NL expenses 1 x u18 academy
- 1 X contract 2 X u18 academy

Players can be checked from the Northern League website

<https://www.northernfootballleague.org>

25. Time wasting to prevent the game from being restarted will result in a 30 second penalty with the offending team going down to 6 men.

The player in question will have to stand on the other side of the gate or sit on the back wall until the referee has informed the player, he can return to the field of play

- a. Kick off delaying tactics I.e. Goal keeper preventing a restart when a goal goes in by grabbing and not releasing the ball
- b. booting the ball away after a decision.
- c. Prevention of a quickly taken freekick by not being relevant distance back once a decision has been given.
- d. Any act deemed to be timewasting.

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

If the ball is to hit the player once the game has restarted during the 30 seconds (a penalty will be awarded to the opposition)

PLAYER SAFETY

- No Metal Studs – Mandatory
- Shin pads should be worn for own personal protection – Players risk if choose to avoid
- No Jewellery

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 Minute Sin bin will occur for any dangerous play with sliding adjudged by the referee.

Yellow card offences

Players will remain on the pitch.

Three Yellow cards in the League means a Game suspension

Red Card Offences

A Two Yellow Card Offence (Miss the following game) A serious foul play straight Red Card Offence will be judged by the League organiser and carries anything between a 2 week & lifetime ban.

Constitutional Rules

Once your team has signed up for the league. Your team must compete for the entirety of the season Win, Lose, or draw.

Holiday requests must be given 2 weeks in advance

Game time requests 1 week in advance

Failure to complete a fixture means a 3-0 defeat plus a £70 fine which covers the opposition cost too reduced to £35 if we Find your opposition a game.

All Players must be signed onto your team via the website.

All Players must adhere to the code of conduct.

Point deductions will occur in cases deemed necessary.

League Registration

Scrapped until we know what's happening with veo subscription

League Fines

Blue Card - £3

Yellow Card - £3

Red Card - £10

Incomplete league fixture £70 (Reduced to £35 if we find your opposition a game)

League Winners Fees

£70 CASH – League 1 winners or 2 Games FREE

£105 CASH -Championship winners or 3 Games FREE

£140 CASH – Premier League winners or 4 Games FREE