

Xtra Time Leagues – 9 aside Wednesday League Rules

1. Kick offs at present Range between 7.00pm & 9.00pm each Wednesday 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.
4. **ONE GUEST PLAYER POLICY** Struggling for a team? Teams that are one player short of the allocated 9 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 of this in advance.
5. Penalties. The Penalty taker must start his run inside of the 18 yard box when taking the kick. NO TRICKERY (No Stopping or stuttering on hitting the ball)
6. Substitutions are made on substitution time slots (every 6 minutes)
7. Goalkeepers Cannot pick up a back pass. (PENALTY)
8. 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
9. Goal keepers are allowed outside the area – but in doing so if they are deemed to foul an opponent Or Any technical foul a penalty kick shall be awarded.
10. NO SLIDE TACKLING! Players can not go to ground to win the ball from an opponent. PLAYERS Must tackle on there feet at all times.

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)

You can play the ball whilst on the floor providing the referee has not deemed dangerous and there is not to be any obstruction.
11. All Free kicks are direct. Players must be 8 yards back from the ball
12. Attacking Freekicks – All attacking players must be clear of the 6-yard box as the freekick is taken. They can enter this area and score as the kick is taken.
13. There are no throw ins – These are replaced by Kick ins.
14. 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.
15. Goals can be scored from anywhere on the pitch
16. Goals cannot be scored straight from Kick off

17. VAR Is not in operation but each game is recorded by VEO and can be used to investigate alleged discipline issues or challenges that the referee could miss. Retrospective action will follow if deemed guilty by a select Referee committee
18. A professional foul last man offence results in a penalty kick (This is an offence to deny a clear & obvious goalscoring opportunity) REFEREEES DESCRETION ONLY

THE BOUNDARY FENCE RULE

If the ball is kicked (directly) over the boundary without the aid of a DEFLECTION or CLIPPING the fence a Penalty kick shall be awarded. This is in place for all shots, clearances & unenforced errors etc

“First one is free” All offences there on after are punished with a Penalty kick

RULES REGARDING ADVANCED PLAYERS

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

ONE PLAYER CAP (CONTRACTED)

TWO ADVANCED PLAYER CAP IN TOTAL

Options Below as a maximum
(5 OPTIONS AVAILABLE)

- A) 1 x contracted x 1 expenses
- B) 1 x contracted 1 x u18
- C) 1 x expenses 1 x u18
- D) 2 x expenses
- E) 2 x U18

(Northern league expenses or professional u18 scholarships)

Players can be checked from the Northern League website.

<https://www.northernfootballleague.org>

TIME WASTING TACTICS

To prevent the game from being restarted will result in a 60 second penalty with the offending team going down to 8 men.

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 Goalkeeper 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 off the pitch following the decision so we are not eating into further time.

HOW THE LEAGUE IS DECIDED.

Points

Head to Head result

Goal difference

Goals For

Goals Against

Penalty shootout (sudden death)

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

DISCIPLINE

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.

YELLOW CARD OFFENCES – Players will remain on the pitch - £3 Fine

RED CARD OFFENCES – £12 Fine

CONSTITUTIONAL RULES

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

There is a Zero cancellation policy. Not turning up to your fixture is a £108 fine REDUCED To £56 if we find your opposition a game

Holiday requests must be sent in 2 weeks in advance to be accepted

If Middlesbrough are playing at home the full fixture programme will be put back by a week

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.