



Wensleydale 5-A-Side Football League Rules and Regulations

- Only 5 players from each side will be allowed on the pitch at any one time. Each team will consist of 4 outfield players and 1 goalkeeper, with 3 substitutes.
- A 'roll on/roll off' policy will be adapted for substitutions, however, the player entering the pitch may only do so once the player leaving is fully off the pitch. Goalkeepers are also allowed to be substituted or moved to an outfield position; however, the referee must be informed and can only take place at a break in play, i.e. after a goal, during an injury or at half time etc.
- Players must be attired in suitable clothing and footwear. Trainers must be worn as the playing surface is not suitable for blades, studded or moulded boots. Shin pads are compulsory, as highlighted by the Football Association. Any player not wearing shin pads will be asked to leave the field of play by the referee to rectify the situation.
- There will be a qualified referee present at each game. They have the final decision on all matters arising and are bound by the rules stated in the Football Associations Laws of the Game.
- The duration of each game will be 24 minutes, 12 minutes each way, with a 1 minute period to change sides. The referee will be the official time keeper, with time being added for any lengthy stoppages.
- The football will be an official size 5.
- The goalkeeper's area is clearly marked with a yellow semi-circle.
- The ball can be played against the fencing as there are NO sidelines. However, please take extra care with the middle netting. The referee may take control here and stop play. If this occurs the game will restart with a contested drop-ball.
- The referee will decide who kicks off at the start of a match by appropriate means. After a goal the match is restarted from a kick off from the centre spot.
- A centre kick can be played in any direction and a goal can be scored direct from a kick off.
- There are NO off-sides in 5-a-side Football.
- Only the defending keeper is allowed to play the ball in the goal area.
- A goal may be scored from any point outside the goal area.
- The goal keeper must return the ball to the field of play by rolling it underarm.
- The ball may not be returned to the goalkeeper by the player who received the roll-out unless another player touches it first.
- The ball CANNOT be played over head height by any of the players including the goalkeeper.
- A penalty will be awarded for the following reasons:
 - An outfield player stepping into his own goalkeeper's area
 - The goalkeeper coming out of his area for any reason, during play
 - The goalkeeper kicking or throwing the ball over head height. This does not apply if the ball strikes the goalkeeper from a shot etc and goes over head height.
- Penalty kicks must be taken with one step.
- A player who commits any of the following offences will be awarded a direct free kick against him by the referee and further action may be taken, in terms of red or yellow cards, leading to suspensions:
 - Charges an opponent
 - Body checks an opponent
 - Slide tackles
 - Kicks or attempts to kick an opponent



- Trips or attempts to trip an opponent
 - Jumps at an opponent
 - Strikes or attempts to strike an opponent
 - Pushes or holds an opponent
 - Deliberately handles the ball
 - An attacking player going into the opposition goalkeeper's area
 - If the ball is played over head height by an outfield player
 - The ball being returned to the goalkeeper immediately after the keeper has rolled it out, before touching another player.
- ALL free kicks will be direct.
 - Defending players must not encroach within 2m of a free kick.
 - Violent conduct, including spitting at an opponent or a referee on or off the pitch, will lead to the immediate suspension of the individual concerned for the duration of the game and games thereafter. Yorebridge Sport & Fitness reserves the right to ban any individual or team from all future participation in the leagues or tournaments.
 - Yellow cards will only be in effect for the game in hand. They will NOT be carried forward.
 - Red cards will result in the player being sent from the field of play for the game in question AND the next game.
 - If any of the offences or misconducts are deemed serious enough, they will be reported to the North Riding Football Association who may take further action.
 - The game shall end if any team is reduced to 3 players due to misconduct. The other team shall be awarded the tie with a 10-0 victory or the current score, whichever provides the greater goal difference.
 - Any teams found guilty of fielding unregistered or suspended players will have the match awarded against them, at a score of 10-0.
 - When a team fails to show up for a fixture (without giving 24 hours notice) the opposing team will receive a 10-0 victory and the money paid for that fixture will be lost.
 - It is the player's responsibility to bring to the attention of the referee and team members of any personal medical conditions that may arise during play.
 - There will be 3 points for a victory.
 - There will be 1 point for a draw.
 - Zero points for a loss.
 - In the event that two teams are on the same number of points, goal difference will determine their place in the league followed by goals scored.
 - Minimum age of players is 16 years.