

# **ALEXANDRA SOCCER CENTRE ADULT LEAGUE RULES**

## **1. MEMBERSHIP RULES AND PAYMENT**

- All teams must be affiliated with the Cheshire F.A. The Soccer Centre will carry out all administration plus team affiliation to the Cheshire F.A.
- Match fees are £16.00 per match.
- Teams must pay the match fee, in full, **BEFORE** the game. Once the fee has been paid, the team will receive a card, which must be handed to the match referee. The game will not start until the referee has cards from both teams.
- At the time of payment team sheets must be filled in at reception.
- **THERE WILL BE NO RE-ARRANGED FIXTURES.** Teams cancelling fixtures will automatically lose the match 8-0.
- Any team who fails to appear for a fixture must still pay the £16.00 match fee and the oppositions £16.00 match fee. this must be done in order to keep the team in the league. failure to do so will result in the team being removed from the league. none payment of fines or if a team pulls out of league owing money for fines the Alex soccer centre will report this to the Cheshire F.A. who will imposes a ban to all players with in the team until the fines have been paid.

## **2. FINES AND APPEALS**

- A management committee will be appointed to run the affairs of the league. The committee will comprise of four members of staff from the Alexandra Soccer Centre.
- Any players failing to pay any fines will be disqualified from the leagues, until such fines have been paid.
- Any appeals or grievances must be made in writing within 5 days of the incident.
- All disciplinary matters regarding red cards suspensions have to be dealt with by the Cheshire F.A, **NOT** the Alexandra Soccer Centre.
- any individual (s) who are found to have used violent or threatening behaviour, on or off the pitch, may be banned from the centre.
- smoking  
smoking-is forbidden from now onwards due to left over cigarette butts being dropped on the floor and young children picking them up the next day. there will be a £5.00 fine failure to pay these fines will result in a ban from the centre the team and persons associated with

### **3. LEAGUE FORMAT**

- Teams will play each other twice and will receive 3 points for a win and 1 point for a draw.
- Should a team leave the league during the season, a new team will be found and will inherit the previous team's points and goal difference.

### **4. PLAYERS EQUIPMENT**

- The wearing of protective shin pads must be worn without exception
- All players must wear correct footwear at all times. Astro trainers or conventional trainers are allowed. Screw or moulded studs or metal blades are not allowed.
- All teams must provide their players with a kit or same coloured shirts (BIBS WILL BE PROVIDE)

### **5. REGISTRATION OF PLAYERS**

- A maximum of 20 players can be registered for any one-league cycle. And player will only be able to transfer once throughout the season. New players will be permitted to join at any stage of the competition. Players who have not played in the league competition are ineligible to play in cup competitions. All players must fill in a Alexandra Soccer Centre registration form this must be handed in to a member of staff at the centre each form will have a charge of £1.00 when forms are handed in to reception. Each team will receive 12 forms
- On a match night, a maximum of 10 players may be used.
- The manager is required to place ticks next to the players that will be in the squad for that evenings match.
- Players are only allowed to play for one team on any given night.
- Players on professional or semi-professional contracts are not allowed to play in the leagues.
- Any team found to be using contracted, suspended or players not registered will lose the game 8-0.
- The minimum number of players needed to kick off a match is 4 plus goal keeper.
- Players may sign and play on the night with a £1.00 administration fee.

### **6. DURATION AND KICK OFF**

- The duration of the game will be two equal periods of 14 minutes, with a two-minute half time.
- Any team who arrives 10 minutes or more late for a match will start the game **2-0 down**.

## 7. SUBSTITUTIONS

- Only 3 substitutes are allowed per game.
- Substitutions can be made with a rolling sub but must have the permission of the referee.

## 8. THE HEIGHT RULE

- The height that the ball shall remain in play is the height of the **CROSSBAR**.
- When the ball is played above the height of the crossbar, an indirect free kick shall be awarded to the opposition from where the offence took place.

## 9. SCORING

- During normal play, **A GOAL CAN ONLY BE SCORED FROM OUTSIDE THE PENALTY AREA**.
- In the event of a goal being scored from inside the penalty area, possession will be given to the goalkeeper.

## 10. THROW-INS

- Must be under arm.
- Players must retreat 2 yards from the thrower.

## 11. PENALTIES

- A penalty will be awarded if,
  - a) The goalkeeper **deliberately** leaves the goal area.
  - b) An outfield player **deliberately** enters the goal area.
  - c) An outfield player **deliberately** plays the ball with in the area.

- Only outfield players can take penalties.
- Penalty takers are only allowed a **2 STEP RUN UP**.

## 12. FREE-KICKS

- The following offences will result in a **IN-DIRECT** free-kick being awarded,
  - 1) Slide tackles
  - 2) Heading the ball (at any height).
  - 3) Ball overhead height.
  - 4) Obstruction
  - 5) Un-gentlemanly Conduct.
- All other offences will result in a direct free kick.
- Players must retreat **5 yards** away from the ball when defending a free kick. Failure to do so may result in a caution.

### **13. TACKLES**

- **SLIDE TACKLES ARE STRICTLY FORBIDDEN UNDER ANY CIRCUMSTANCES.**

### **14. GOALKEEPER RETURNING THE BALL TO PLAY**

- The goalkeeper must return the ball into play with an **UNDER-ARM, 10 PIN BOWLING ACTION**. Over arm or side arm throws are not permitted.
- The goalkeeper must pick the ball up when it is deemed to be under controlled and not kicked out to a team player.

### **15. BACK PASS**

- Goalkeeper can pick the ball up direct from a throw-in .
- Goalkeepers **ARE** allowed to pick the ball up after a back pass from a team- mate.
- An outfield player who receives the ball from the goalkeeper cannot pass the ball straight back to the goalkeeper. The ball must touch another player before being returned to the goalkeeper. Failure to do this will result in an in direct free kick from the spot where the back pass took place. 5 yards from area.
- Any touch deemed to be over head from the goalkeeper will result in the ball being pulled back to the goalkeeper.

### **16. Corners**

- Players must retreat 5 yards away from the ball.

### **17. Misconduct and Disciplinary Procedures**

- New rules from 23<sup>rd</sup> October 2005 see green form attached.

### **18. The Football Association**

- Discipline/Disciplinary system process for small sided football see attached green form