

SMALL SIDED FOOTBALL (MONDAYS) - RULES OF PLAY

N.B. These rules have been sanctioned by the Lancashire F A. (Revised January 2026)

1) PLAYERS

- a) Each match shall consist of two teams; any number of players may be registered at any given time.
- b) For each match a team can have up to 9 nominated players: 6 starting players and a maximum of 3 substitutes.
- c) Any of the 9 nominated players may change place with the goalkeeper providing that.
 - a. There is a stoppage in play, and
 - b. The referee has been notified and given his consent.

Failure to comply with this rule will result in a penalty being awarded against the offending team.

- d) The minimum number of players a team must have to start play is 4 for 6-a-side.
- e) Substitutions should be made in the defending team's half of the pitch. The substitute should not enter the pitch until the exiting player has left the pitch. Substitutions that are made that seek to gain an unfair advantage shall be punished by the by the awarding of a penalty against the offending team. The referee must be informed of any substitutions. Substitutions can be made at any time, providing the ball is out of play. Any number of substitutions is permitted.
- f) If any player who is in the opinion of the referee, suffering from the effects of alcohol or drugs, they will not be allowed to take part in the match.

2) PLAYING EQUIPMENT

- a) Players must refrain from wearing jewellery (watches, rings, earrings etc.). Jewellery that is adequately covered i.e. taped up shall be permitted at the match officials' discretion.
- b) **ALL PLAYERS ARE ADVISED TO WEAR SHINPADS. FAILURE TO DO SO IS AT YOUR OWN RISK.**
- c) Players are permitted to wear moulded studs, blades, training shoes, or Astroturf shoes. **METAL STUDS/BLADES ARE NOT PERMITTED.**
- d) Teams are required to wear matching shirts, i.e. the same colour.
NB: Bibs are available for clashing team colours.
- e) Goal keepers are permitted to wear long trousers and must wear shirts distinguishable from the rest of the outfield players and the referee.
- f) Work wear and/or jeans are not considered suitable match attire, so you will not be permitted to play if you wear these clothes.
- g) Shin-pads shall be covered with socks, as per Laws of the game.

3) FOULS AND MISCONDUCT

- a) **Sliding tackles are not allowed** and shall be classed as dangerous play. Players could be reprimanded, cautioned or dismissed for any infringement of this rule. A free kick shall be awarded to the opposition for any infringement of this rule.
- b) Heading the ball is not allowed, any heading of the ball will result in a freekick where the offence took place.
- c) The ball cannot be played over head height. We've set an average benchmark of 6ft; however, it is largely up to the discretion of the referee.
- d) If at any time a team is 3 players short due to players being sent off, then the game shall be abandoned, resulting in an automatic 6-0 score line being awarded to the opposing team, providing that the opposing team is not already more than 6 goals in front.
- e) Yellow cards have been dispensed within small sided football as recommended by the F.A. A Blue card is now used instead accompanied with a "timed suspension" (sin bin) of 3 minutes.
- f) Any player found to be guilty of any of the 7 cautionable offences under Law 12 (Laws of Association Football 2007), shall now be shown a "blue card" and temporarily excluded from play for 3 minutes.
- g) If a player is then issued with a second "blue card" in the same game, then they shall be permanently excluded from play.
- h) Players maybe be shown a red card and dismissed for any of the 7 sending off offences under Law 12 (Laws of Association Football 2007).
- g) All offences are subject to the discipline processes of the County Football Association.
- h) Foul and abusive language and/or threatening behaviour towards an official, staff or the public could result in the player/team being reprimanded.

4) KICK OFFS

- a) You are permitted to shoot straight from kick off.
- b) The ball can be passed in any direction from kick off.
- c) After a goal has been scored, play shall be restarted by a kick off from the centre spot to the opposing team.

5) GOALKEEPER DISTRIBUTION

The following will result in the goalkeeper having possession of the ball:

- a) The ball goes over the fence
- b) The ball goes over the crossbar

6) FREE KICKS

- a) All free kicks that are taken are to be **direct**.
- b) Players on defending teams are required to be at least 2 yards away from the ball at free kicks.
- c) Players refusing to comply with the 2-yard rule will be cautioned.

7) PENALTY KICKS

- a) A penalty kick shall be taken from the marked spot outside the goalkeepers' area.
- b) All players other than the taker and the goalkeeper must be behind the ball and be a minimum of 3 metres away from the penalty spot.
- c) The goalkeeper must be on their goal line.
- d) The penalty shall be retaken if rule c is not adhered to, and the kick is unsuccessful.
- e) The penalty kicker is only allowed 1 step before striking the ball.

8) BACK PASS

- a) A **penalty** kick shall be awarded to the opposing team if a goalkeeper, inside his own area touches the ball with his hands after it has been deliberately kicked to him by a team-mate.

10) OFFSIDE RULE

There is no offside rule.

11) THE GOALKEEPER AND HIS AREA

- a) Players on the defending team and the attacking team are not permitted to enter the goalkeeper's area. If a member of the defending team enters the goalkeeper's area, the attacking team will receive a penalty kick. If a member of the attacking team enters the oppositions area, the defending team will receive a direct freekick
- b) The goalkeeper can handle the ball only when he/she is in his area, just like in 11-a-side rules.
- c) To prevent any time wasting, the goalkeeper must return the ball into play within 6 seconds. Any goalkeeper found to be time wasting by the referee shall be penalised by the awarding of a free kick (3 metres out) to the opposition. Persistent infringement of this rule could result in the goalkeeper being cautioned/ dismissed.
- d) The Goalkeeper can not leave his/her area. If he/she does so this will result in a penalty kick.

NOTE- The line does belong to the area also

12) REFEREES

A referee shall be appointed to officiate in all games and shall have the same powers and duties as laid down in the FA Laws of the Game. All referees shall be registered with the County Football Association.

If there are any other rules or laws of the game not covered by these competition rules, then the FA Laws of the Game shall apply.

13) APPEALS AND PROTESTS

All questions of eligibility, qualifications of players or interpretations of the rules shall be referred to the League Co-coordinator and/or the L.S.V management team.

Protests and complaints about anything unrelated to disciplinary action by the ruling officials must be lodged with the League Co-coordinator and/or L.S.V Company management team within 7 days of the occurrence.

Any appeals against fines or bans given from FA are to be lodged with the FA.

N.B. – LSV / THE FA AN BE SUBJECT TO CHANGE THESE RULES AT ANY GIVEN POINT WITHOUT NOTICE