



Under 14's Rules
Saturday Morning League
To be played on the 3G pitches

Normal FA Rules, except there are no off sides, no goal kicks and no slide tackles.

Please be aware that if the referee or one of the coordinators deems it necessary, a player can be sent off the pitch for a minimum 2 minute cooling down period.

Foul language will NOT be tolerated.

Should an issue arise, please make one of your coordinators aware at the earliest possible convenience where it will be dealt with appropriately.

- 2 games are played every Saturday morning.
- Each game will be approximately 25 minutes in duration. Referees should time the first 12 minutes of the game, stop for half time (1 minute), and then resume the game. The end of the game will be signalled by your coordinator blowing a central whistle. You must stop the game at this time unless previously agreed with both teams and a coordinator prior to the start of the match.
- Teams should be ready to play on time. Please arrive in good time to make sure full playing time is achieved.
- If a team has 5 or more players, the game must start on time. If a team has less than 5 players, then the game must start no later than 5 minutes after the kick off time. If the game starts later than this or the team does not have enough players, the opposition will be awarded the points and a friendly will be played.
- There will be approximately 5 minutes for teams to get onto their next pitch, the process above then repeats.

Summary:

- **Kick Off** Kick off and restarts must take place on the centre spot. All players must be in the same half as their goal when kick off or a restart takes place. There must be no shooting from kick off or a restart. The opposing team should start at least 5 yards away
- **Tackles** - no slide tackles or tackles from behind.
- **Free Kicks** - players must stand at least 5 yards away. All fouls and handballs will be given as direct free kicks, all other free kicks are indirect.
- Slide tackles are **not allowed**, dangerous tackles (eg two footed, studs up etc) will result in a free kick or penalty.
- **Goal Kicks** - there will be no goal kicks. The goalkeeper must throw/roll the ball back into play. This also applies in open play where the goalkeeper has possession of the ball, they may elect to roll the ball out and play it themselves. This is permissible however the ball must not be bounced (drop kick). Drop kicks and punts are not allowed, in the event that this occurs, an indirect free kick will be awarded to the other team from the edge of the area.
- **Headers** - headers are allowed. They are a players own personal choice - you do not have to. We will update our guidelines as and when the FA do.
- **Penalties** - Penalties occur when a foul occurs inside the goal area by the defending team of that goal. Penalties must be taken from the penalty spot. Referees must confirm the goalkeeper is ready before blowing the whistle and the penalty taker must wait for the referee's whistle
- The goalkeeper cannot pick up the ball from a back pass or a throw in.
- The home team must supply a voluntary referee, as stated above, if this is not possible the home team will start 1 - 0 down.
- The referee's decisions are final in all matters during the game.
- **Foul/Abusive Language** - you will be sent off if any foul language is used, if these offences continue, you will be asked to leave Littledown Juniors. This also applies to spectators on the side-lines.

Player's Equipment:

- **Shin Pads** - shin pads must be worn at all times during the games. We have a zero tolerance policy and any player found to be playing without shin pads will be asked to leave the field of play immediately and may not return until they are wearing shin pads.
- **Playing Kit** - each player is provided with a team shirt, please make sure this is primarily visible. Undergarments, hats, gloves trousers etc are all acceptable to wear especially during the cold weather.

- **Football Boots** - no bladed boots or metal studs are allowed. Moulded studs/astro boots are accepted. If you are unsure, please speak to one of your coordinators.
- No jewellery or watches should be worn during the games.

Sporting Conduct:

- Any behaviour, actions or bad language that disrupts the game will not be tolerated. Referees can ask players to leave the field and this will be followed up by a member of Littledown Juniors staff. If this happens then please contact a coordinator immediately. If any of the offences continue you will be asked to leave Littledown Juniors. This applies to spectators on the side-line also.
- Teams that are unfortunate enough not to be able to field enough players for a game can forfeit to the opposition and continue to play a friendly with their opposition and mix teams to make the game even. A score of 1-0 can be recorded to the winning team.

please note that we can print/email you extra copies of the rules should you require

If you would like further clarification on any points mentioned above, wish to discuss them further or have any questions, please email littledownjuniors@bhlive.org.uk