



## Under 10's/11's Rules

### Saturday Morning League

To be played on the smaller grass pitches surrounding the cricket square

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.

#### Timings:

- 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.

#### Kick Off & Restarts:

- 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

#### Throw Ins:

- When the ball goes out of play on the side-lines, the opposing team must throw the ball back in overhead.
- When taking a throw in, both feet must remain on the floor until the ball has been released and should be taken from behind the line where the ball went out of play.
- If a team commits a foul throw, they are permitted to have one retake, after that the throw goes to the other team.

#### Corners

- Corners to be taken if the defending team hits the ball out of play past the by-line in line with their goal, a player from the attacking team must kick the ball back into play.
- Opposing team should be 5 yards away when the ball is kicked.

#### Goal Kicks:

- Goal kicks or throws are allowed
- Goal throws can be taken anywhere up to the edge of the box. The ball must travel outside of the box.
- Once the ball (whether by kick or throw) has left the possession of the goalkeeper it must bounce or touch another player before the halfway line. If not, a direct free kick will be given to the opposition from the halfway line.

#### Goal Keepers:

- Goalkeepers must NOT pick up the ball if it has been passed back. If this occurs, then a direct free kick outside of the goal area will be awarded to the opposition.
- Goalkeepers CAN pick up the ball if it was last touched by the opposition, in this case, goal kick rules apply.
- If the ball is received in open play, they may kick it (this maybe over the half way line) as long as they have not picked up the ball.

### Free Kicks:

- Free kicks are to be taken when a player fouls the opposing by tripping/pushing them etc without playing the ball first, through aggressive play or using their hands while in open play (goalkeepers exempt).
- All opposition players must be 5 yards away until the ball is kicked.
- Slide tackles are allowed on the grass pitches, however dangerous tackles (eg two footed, studs up etc) will result in a direct free kick (meaning a goal can be scored directly from the shot) or penalty.

### Penalties

- Penalties occur when a foul (identified in the free kick section) occurs inside the goal area by the defending team of that goal. Penalties must be taken from the penalty spot.
- Only the goalkeeper and the penalty taker can be inside the goal area before the kick is taken, all other players must be outside the goal area and behind the penalty taker.
- Referees must confirm the goalkeeper is ready before blowing the whistle and the penalty taker must wait for the referee's whistle

### Headers

- Headers are allowed although these will not be taught in any coaching session.
- LDJ uses the latest standard of footballs each season.
- Headers are the players own personal choice - **you do not have to**.
- We will update our guidelines as and when the FA do.

### Players 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/Shoes** - moulded studs/astro boots/trainers are primarily accepted. Whilst bladed boots and metal studs are allowed on the grass, we would ask you to be mindful they are likely to tear up the pitches and are more susceptible to causing injury. 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.
- Spectators are asked to remain behind the respect lines surrounding the pitch and should now stand next to or behind the goal.

\*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](mailto:littledownjuniors@bhlive.org.uk)