



## MEN'S 5 A SIDE FOOTBALL

Sunday 5<sup>th</sup> May 2024

Venue: Brecon Leisure Centre

(Entry Date: Monday 15<sup>th</sup> April 2024)

Entry Date: 15/04/2024  
Last Amended: 14/03/2024  
Withdrawal by: 29/04/2024

Team of 7 members. All players must be aged between 17 years and over and 28 and under on 1<sup>st</sup> September 2023. This means competitors have attained their 17<sup>th</sup> birthday on 1<sup>st</sup> September 2023 competition and may be 29 on the day of the competition.

### PROCEDURE

At the Wales YFC finals the competition will be played outside on Astroturf.

For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.

Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent. Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

The match will consist of two equal halves of 4 minutes with 1 minute for half time and a change of ends.

Points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	Nil

### Extra Time

In the final and Semi-Finals, should the scores be equal at full-time, a further two minutes shall be played each way.

In league matches no extra time will be played and appropriate points will be awarded.

If, after extra time, the scores are still level that match will be decided by kicks from the penalty mark.

If, after 5 penalties the scores are still tied, sudden death penalties will continue until a penalty is missed. The same 5 penalty take should continue.

Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorised by the referee.

NO screw in studded footwear or blades are permitted to be worn by any player. Only training shoes, moulded soles and astro boots may be worn. All players must wear shin pads. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.



The first half will begin with one team taking a centre; the second half will begin with the other team taking a centre. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre.

Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.

An outfield player entering his opponent's penalty area will be penalised. The game will be re-started from the goalkeeper.

A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team.



The goalkeeper must return the ball into play by rolling it out of his area with an under-arm bowling action. The ball is returned any other way a free-kick will be given to the opposition two metres outside the area. A teammate receiving the ball from the 'keeper may not return the ball directly to him - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from the place where the defending player returned the ball unless it is deemed by the Referee that a player returning the ball to the Goal-Keeper is gaining an advantage then a penalty will be awarded.

The ball must not be played above kick board height. An indirect free kick will be awarded against the last player to touch the ball before it goes above kick board height, regardless of intent.

The ball must never be played with the head even if it is below board height. A free kick will be awarded for infringement.

If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by the same goalkeeper.

A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs). Goal keepers are not permitted to take penalties (except in penalty shoot-outs).

No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.

Professional fouls will be penalised with a penalty and the guilty player may face disciplinary action.

All free kicks will be direct with the exception of over board height which is deemed in-direct.

Opposition players must be at least two metres from where any free-kick is taken. If opposing players do not retreat the required two meters the kick may be moved forward one metre. If a free kick is awarded on or near the goal area it can be moved up to two metres backwards to allow defenders to be two metres from the ball.

The Goal keeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.

Players may be sent to the 'sin bin' at the referee's discretion depending on the offence. The duration of the sin bin will be 2 minutes for which a blue card will be shown. A player may only be sin binned once per game as a second offence would involve a second blue card which would automatically be followed by a red card and a sending off.

If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.

**The Referees decision is final.**

Entries to be submitted online by **Monday 15<sup>th</sup> April 2024.**

#### **WITHDRAWAL FROM COMPETITIONS**

Clubs/ Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the YFC Mobile phone.**

**Please Note:** That only members with up-to-date membership cards and are on the database in the YFC Office are eligible to compete. Members must apply online at least 5 Days before the competition.

**PLEASE NOTE:** If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition.

**General Rules apply to all competitions alongside the competition's rules.**