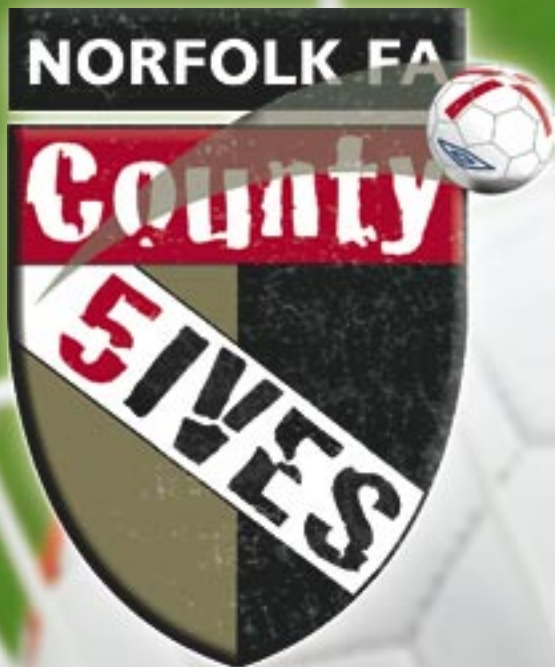


**“...providing Small Sided Football opportunities
for adults to play structured football
at times convenient to their lifestyles...”**



Small Sided Adult Football Centres

All fixtures on 3G astroturf :: Acle :: Aylsham :: Dereham
Gorleston :: Hellesdon :: Thorpe St Andrew :: UEA

Centre Details

Acle	Acle War Memorial Recreation Centre Mondays, 6.30pm – 9.30pm
Aylsham	Aylsham High School Mondays, 6.30pm – 9.30pm
Dereham	Northgate High School Mondays, 6.30pm – 9.30pm
Hellesdon	Hellesdon High School Wednesdays, 7.00pm – 10.00pm
Thorpe	Thorpe St Andrew High School – 6-a-side Thursdays, 6.30pm – 9.30pm
UEA	UEA Sportspark Tuesdays, 6.30pm – 9.30pm
Gorleston	Lynn Grove High School – 6-a-side



Finance Information

- **£10 registration fee** – includes Norfolk FA affiliation fee
- **£25 deposit** – this represents your final match payment if all fixtures are fulfilled
- **£25 match fee per fixture** – to be paid before every match, excluding the last match (if all fixtures are fulfilled)
- **Personal accident and public liability insurance included** for all registered players

Booking Procedure

What happens now..?

Step 1 :: Application

Fully complete the attached application form and return it to the County Headquarters along with your registration fee and deposit payment (cheques made payable to 'Norfolk County FA')

Step 2 :: Confirmation

Confirmation of your acceptance into your identified **County 5IVES** Centre will be sent to your team manager, along with your team information pack which includes the **County 5IVES** competition rules and laws, player registration booklet, Code of Conduct and centre information

Step 3 :: League Programme

Your full **County 5IVES** fixture programme and kick off times will be sent a minimum of three days prior to your first fixture. All **County 5IVES** information including fixtures, results, league tables and team statistics are available to view via Norfolk County FA's website at www.NorfolkFA.com

Centre Information

- ⚡ All centres boast 3rd Generation artificial grass pitches
- ⚡ Moulded football boots and astroturf trainers can be worn, no metal studs or blades are permitted
- ⚡ 8 teams in each division*
- ⚡ 14 week league*
- ⚡ Showers and changing facilities are available at all **County 5IVES** centres

* subject to suitable number of entrants

Fixture Information

- ⚡ All matches are 20 minutes each way, and each team will play one match per evening
- ⚡ 3pts for a win, 1pt for a draw. 0-0 win to opposition for any forfeited matches
- ⚡ Three substitutes are permitted per team per match
- ⚡ Roll on roll off substitutions, with the referees permission
- ⚡ No team playing in **County 5IVES** shall play in predominantly black, navy, or dark blue shirts or any other colour that does not clearly distinguish players from the referee**
- ⚡ Shin pads must be worn and fully covered by socks at all times

**current teams must phase out black, navy or dark blue kits by 2008 Autumn League (Sept 08)

Player Registration

- ⚡ All players must be 16 years of age or older
- ⚡ Teams must register a minimum of 8 and a maximum of 15 players at any one time during the season
- ⚡ All players must fully complete a **County 5IVES** registration form before playing
- ⚡ Players can be registered and de-registered up to and including week 10 of the current league season
- ⚡ All registered players will receive personal accident and public liability insurance

Discipline Information

- ⚡ Each team must sign and agree to abide by at all times the **County 5IVES** code of conduct and competition rules; failure to comply may result in your team being disqualified from **County 5IVES**
- ⚡ All **County 5IVES** matches will be officiated by qualified Norfolk County FA registered referees who have completed The FA Small Sided Referees Conversion Course
- ⚡ A blue card system is in force to replace yellow cards. Blue card = 5 minute sin bin
- ⚡ A second blue card received by the same player in the same match = Red card and send off
- ⚡ Red card = Automatic send off
- ⚡ Any red card offence carrying a suspension of 35 days or more will be registered at the County Headquarters and the standard disciplinary action will apply
- ⚡ Players serving a suspension from any football activity will not be permitted to play any other affiliated football during their suspension period, including **County 5IVES**
- ⚡ The **County 5IVES** Management Group has the right to suspend or withdraw any players or teams from **County 5IVES**

Equipment

All equipment used at all the **County 5IVES** Centres is supplied by our Official Equipment Supplier, Umbro. As such, it will be of the highest quality, including match balls, bibs and medical equipment.



