



**LAWS OF
COUNTY 5IVES**

LAW 1

The Pitch

- Small Sided Football may be played with or without barriers around the pitch

The Dimensions

- The venue dictates the size of the pitch, but the touchline must always be greater in length than the goal line

Pitch Markings

- All lines must be a maximum of 8cm wide
- The centre mark is indicated as a midpoint on the pitch
- The penalty area shall be a semi-circle drawn from the centre of each goal line and shall be 6m in radius. There will be a penalty mark 6m from the midpoint between the goal posts and equidistant from them
- Optional markings that may be venue dictated are:-
 - A halfway line, a 3m radius centre circle and 25cm quadrants at each of the corners

Goals

- Dimensions:-
 - Distance between inside the posts will be 5m maximum and 3m minimum. Distance to the underside of the cross bar will be 2m maximum and 1.2m minimum. Both goal posts and crossbars must have the same width and depth, which must be the same as the width of the line markings. Nets must be fitted
 - All goals must be anchored securely to the ground during play

Playing Surface

- Must be smooth flat and non-abrasive. The use of an artificial material is recommended

LAW 2

The Ball

- Qualities and Measurements:-
 - The ball shall be: Spherical
Made of leather or other suitable material
Size appropriate to the age group playing
- Replacement of defective ball:-
 - As per the Laws of Association Football

LAW 3

The Number of Players

- **The match is played by two teams. For 5-a-side a team should consist of not more than 8 players, for 6-a-side a team should consist of not more than 9 players. For a match to commence a team must have a minimum of 3 players for 5-a-side and 4 players for 6-a-side**

Substitution Procedures

- The maximum number of substitutes permitted is three
- The number of substitutions made during a match is unlimited. A player who has been replaced may return to the pitch as a substitute for another player (i.e. rolling substitutions)
- Substitutions should take place when there is a break in play, either when the game has been stopped or the ball is out of play. The referee must be advised of the substitution. All substitutions must meet the following conditions:-
 - The player entering the playing area may not do so until the player leaving the playing area has passed over the boundary line
 - Where barricades are used the players must use the opening onto the playing area
 - A substitution is complete when the substitute enters the playing area. From that moment he becomes a player and the player he is replacing ceases to be a player
 - A substitute is subject to the authority and jurisdiction of the referee whether called upon to play or not

Infringements/Sanctions

- For any infringement regarding the substitute, the offending player shall be 'sin binned' for the agreed period

Notes

- **A match should not be considered valid if the playing strength to either team is reduced at any point by more than 2 players permanently. This does not include players who have been temporarily excluded or 'sin binned' and who will be rejoining the game before its conclusion**

LAW 4

The Players Equipment

Safety

- A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewellery. Wedding rings (plain band type) should be suitably taped

Basic Equipment

The basic compulsory equipment of a player is:-

- A jersey or shirt
- Shorts or track suit trousers
- Socks
- Shin guards
- Footwear – subject to local conditions. Only moulded boots or Astro boots are permitted on 3-G surfaces. **No metal blades or studs are allowed**
- If any undergarments (shorts or shirts) are worn they must be of the same main colour as the shorts or shirt

Shin guards

- Must be covered entirely by the socks and must provide a reasonable degree of protection

Goalkeepers

- The goalkeeper is permitted to wear long trousers and must wear colours which easily distinguish him from the other players and the referee

LAW 5

The Referee

- The authority of the referee extends from the moment he enters the locality where the pitch is situated until he leaves. He shall enforce the laws of the game in connection with the match to which he has been appointed

Powers and Duties

- The referee's powers and duties are as per the Laws of Association Football
- The decisions of the referee regarding facts connected with play are final

LAW 6

The Match Official

Not applicable to County 5ives

LAW7

The Duration of the Match

The duration of the game shall be divided into 2 equal periods of 20 minutes, subject to the following:-

- No allowances shall be made in either period for the time lost through stoppages as decided by the referee
- The duration of either half shall be extended to enable a penalty kick to be taken
- The half time interval shall not exceed 3 minutes, except by the consent of the referee

LAW 8

The Start and Restart of Play

Preliminaries

The kick off is decided by the toss of a coin. The team winning the toss takes the kick off to start the match

The Kick Off

- A goal may be scored directly from the kick off
- All players must be in their own half of the pitch
- **The opponents of the team taking the kick must be outside the centre circle or at least 3m from the ball until it is in play**
- The ball must be stationary on the centre mark
- The ball is in play when it is kicked and moves forward
- The kicker may not touch the ball a second time until it has been touched by another player

Dropped Ball

- A dropped ball is a way of restarting a match after a temporary stoppage. The ball shall be dropped at the place where it was located when the match was stopped
- Where barriers are in use and a drop ball is required the referee shall drop the ball no nearer than 2m from the barriers adjacent to the appropriate point

From the Goalkeeper

- From a restart by the goalkeeper, he can only roll the ball under arm into play from anywhere in his own penalty area

LAW 9

The Ball In and Out of Play

Ball Out of Play

- The ball is out of play when it has wholly crossed the goal line or the touchline, whether on the ground or in the air
- Play has been stopped by the referee

Ball in Play

- The ball is in play at all other times including when it rebounds from the goal posts, the crossbar or the barriers, if in use, back onto the pitch
- If the ball rebounds from the referee when on the pitch

LAW 10

The Method of Scoring

- As the Laws of Association Football

LAW 11

Offside

- There is no offside in Small Sided Football

Law 12

Fouls and Misconduct

Penal Offences

- Except for handball in the penalty area, all penal offences are as the Laws of Association Football i.e. :-
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent
 - Jumps at an opponent
 - Charges an opponent, even with the shoulder
 - Strikes or attempts to strike
 - Pushes an opponent
 - Holds an opponent
 - Spits at an opponent
 - Slides in an attempt to play the ball, but makes contact with the opponent before the ball
- Play shall be restarted by a Direct Free Kick and is taken from where the infringement occurred, but the ball must be in play

Offences committed by the Goalkeeper

- The goalkeeper cannot intentionally kick the ball
 - For this offence play shall be restarted by a Direct Free Kick at an adjacent point 3m outside the penalty area
- The goalkeeper must not intentionally leave the penalty area
 - For this offence play will be restarted by a penalty kick
- The goalkeeper must put the ball back into play within 6 seconds from having the ball under his control
 - For this offence play shall be restarted by a Direct Free Kick at an adjacent point 3m outside the penalty area
- The goalkeeper cannot receive the ball directly from a kick in taken by a team-mate
 - For this offence play shall be restarted by a Direct Free Kick at an adjacent point 3m outside the penalty area

Other Offences

- Plays in a dangerous manner
- Deliberately impedes the progress of an opponent when the ball is not being played
 - For these offences play shall be restarted by a Direct Free Kick and is taken from where the infringement occurred, but the ball must be in play
- Defenders intentionally encroaching in to the penalty area
 - For this offence play will be restarted by a penalty kick
- Attackers intentionally encroaching in to the penalty area
 - For this offence the ball shall be declared the goalkeepers' ball and he will return it into play in the normal way
- Goalkeeper is allowed to touch and control the ball with his hands from a kick to him by a member of his own team, unless he has rolled the ball out to member of his own team, he cannot then touch or control the ball until it has been played or touched by a second outfield player
 - For this offence play shall be restarted by a Direct Free Kick at an adjacent point 3m outside the penalty area

Disciplinary Sanctions

The use of temporary time suspensions ('sin bins') and the exclusions of a player arising from the issuing of a red card are the disciplinary sanctions for use in small sided football.

The options for the referee imposing disciplinary sanctions are therefore:-

- Player shown a blue card shall be temporarily suspended from play
- Player issued with a 2nd blue card will be permanently excluded from play
- Player issued with a red card will be permanently excluded from play

All reportable misconduct will be dealt with by the Norfolk County FA Disciplinary procedures.

Temporary Timed Suspensions

A player temporarily suspended from play will be suspended from play for a period of 5 minutes. The referee is the sole judge of when the player will be allowed to rejoin the match.

A player is shown the blue card and temporarily excluded from play if he commits any of the following offences:-

- Is guilty of unsporting behaviour
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play

- Fails to respect the required distance when play is restarted from a corner kick or kick in
- Enters or re-enters the pitch without the referee's permission or infringes the substitution procedure
- Deliberately leaves the pitch without the referee's permission

Sending Off Offences

A player is sent off and shown the red card if he commits any of the following offences:-

- Is guilty of serious foul play
- Is guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick
- Uses offensive, insulting or abusive language and/or gestures
- Receives a second blue card in the same match

LAW 13

Free Kicks

All Free Kicks will be Direct

- A goal is scored if the ball is kicked directly into the opponents' goal
- **Opponents must be at least 3m from the ball in all directions. The ball is in play when it is kicked**
- **If a free kick is given less than 3m from the opponent's penalty area the ball shall be moved back to 3m from the penalty area adjacent to where the incident occurred. The defending team can stand on the penalty area line, 3m away from the ball**
- The goalkeeper can receive the ball directly from a free kick taken by a team-mate

LAW 14

The Penalty Kick

A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half

Position of the Ball and the Players

- The ball is placed on the penalty mark. If no penalty mark is present the ball is placed on the penalty line, adjacent to the middle of the goal
- The player taking the kick is properly identified
- The goalkeeper remains on his goal line, facing the kicker, between the goalposts, until the ball has been kicked
- The players other than the kicker must be on the pitch, outside the penalty area. the penalty taker must be clearly identifiable to the goalkeeper

Procedure

- The ball must be kicked forward
- The player taking the kick may not play the ball a second time until it is touched by another player
- The ball is in play when it is kicked and moves forward

Infringements/Sanctions

- If a player from the defending team infringes the law, the kick shall be re-taken, only if a goal is not scored
- A team-mate of the player taking the kick infringes the laws, the kick is re-taken if a goal is scored
- If the player taking the kick infringes the law after the ball is in play, a free kick is awarded against him

LAW 15

The Kick In

A goal cannot be scored direct from a Kick In

- A Kick In is awarded when the ball has passed wholly over the touchline on the ground or in the air. The kick is taken from the place on the touchline where it went out of play. The player taking the kick must have part of one foot on or behind the line as the kick is taken
- If barriers are in use and a Kick In is awarded, the kick shall be taken 2m into the playing area. The player taking the kick must stand between the ball and the barrier
- The ball must be stationary
- Opponents must be at least 3m from the ball at the taking of the kick in
- The ball is in play when it is kicked
- The player taking the kick must not play the ball for a second time until it has been played or touched by another player

Infringements/Sanctions

- The kick in is retaken by a player of the opposing team if any infringements occur.

LAW 16

The Goal Clearance

- There are no goal kicks allowed
- If the ball crosses the goal line and was last played by an opposing player, the game shall be restarted by the goalkeeper rolling the ball, under arm, back into play. The goalkeeper cannot then touch or control the ball until it has been played or touched by a second outfield player
- A goal can not be scored directly from a roll in by the goalkeeper
- A goalkeeper cannot intentionally kick the ball back into play

LAW 17

The Corner Kick

- When the ball crosses the goal line and was last played by a defender, a corner kick shall be awarded to the opposing team
- The ball shall be placed at the junction of the touchline and goal line, the kick shall have one foot on or behind one of these lines when the ball is kicked
- The ball is in play when the ball is kicked and moves
- Opposing players must be at least 3m from the ball at the taking of the kick
- If barriers are in place and a player kicks the ball over their own goal no corner is awarded. The ball is declared goalkeepers ball

Infringements/Sanctions

- For any infringements by the player taking the corner kick, a direct free kick will be awarded
- For infringements by the opposing team the corner kick shall be re-taken

MANAGERS NOTES: