 Stanley Soccer League 

***(At* *Hyndburn Sports Centre)***

**( 7 - a – side ) Football – ‘League RULES’**

**Updated - November 2020**

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**Under the present circumstances the match ball(s) will be sanitised, before use, by the referee.**

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**TEAMS:-**

7 Players maximum, 4 minimum, players to be 16 years… and older.

Three substitutes are allowed, substitute at a stoppage of play, (roll on roll off subs).

Shirt colours should **NOT** be **BLACK …..**  Carry alternative coloured ‘Bibs’ or ‘T’ shirts.

*(‘Bibs’ not supplied by league while COVID 19 restrictions are in force).*

All players MUST wear SHINPADS, track suit bottoms allowed.

Nominate GOALKEEPER, (Inform **referee,** at a stoppage, if changing keeper).

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**Guest Players: -**  Are allowed, to make up the 7 players to start the game.

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**PLAY:-**

The referee is the sole timekeeper.

Game 40 minutes total (20 minutes ‘each way’), teams MAY change ends at half time.

Referee to nominate which team will take the ‘kick off’.

**\*\* NO OFFSIDES \*\***, otherwise as 11 - a - side rules.

Goalkeeper can distribute ball using hands or feet during open play but must use feet from a goal kick.

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**Goal Kicks: - ….**  As 11 - a - side rules.

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**Kick in:-**

Replaces ‘throw in’, due to COVID for ‘minimum handling of ball’.

The ‘dead ball’ will be placed on the touchline and kicked into play, along the ground.

‘Opposition’ to be two meters away.

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**Penalty Kicks:-**

A nominated attacker will take 2 steps back to take the kick and proceed on the referee’s whistle.

The goalkeeper will remain on the line until the kick is taken, to the satisfaction of the referee.

**Free Kicks:-**

**All “free kicks” and “kick in’s**”…… opposition to be two meters away.

**Corners**. Defenders to be within edge of ‘goal area’ or equivalent distance.

Otherwise as 11 – a – side rules.

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**Discipline :-**

**Blue card** :-

**5** minutes sin bin, return at a stoppage of play when referee indicates.

**Red card:-**

Player(s) being **dismissed** for the rest of the match. (Two blue cards equivalent to ‘red’ card )

\*\*\* Depending on severity of ‘send off’ ….. ‘Stanley Trust’ or L.F.A. will be informed.\*\*\*

(If a player ‘sent off’ refuses to give a name, team captain will be ‘liable’ for fines).

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**Teams that constantly ‘breach discipline’ will be expelled from the league.** ===============================================================================