 Stanley Soccer League 

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

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

**Updated – March 2023**

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**Page 1 of 2**

**TEAMS:-**

7 Players maximum, 4 minimum, players to be 18 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.

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 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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**Page 2 of 2**

**Throw in:-**

The ball will be rolled in, under waist height.

‘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”**…… 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.** ===============================================================================