

University of Reading –SportsPark 5's

Rules and Regulations

1. Teams must field 4 outfield players and 1 goalkeeper.
2. Substitutions during a game can only be made when the ball is dead, and the referee's consent is required. Subs must wait outside of the pitch.
3. Teams may not change their goalkeeper more than once during a game. If you decide to change your goalkeeper, enquire with the referee prior your change to gain their authorization.
4. No studs or blades allowed. Only moulds, Astro trainers or trainers.
5. Fixtures are set at 45 minutes. This gives a 5-minute change over at the start and end of matches. **Matches are 15 minutes per half**, 5 minutes for half-time break. The clock should only be stopped for an injury; the allocated match time should otherwise include all delays during the match.
6. Any time the ball reaches the overhead netting, a free kick should be given to the opposing team from where it was originally kicked. The only exception is when the goalkeeper has made a save and the ball rebounds in the air, no matter how high, play should continue.
7. If the ball rebounds off the fence behind the goal (I.e. A shot goes over the bar and comes back out), the ball will be returned to the goalkeeper.
8. If a player passes the ball back to his own goalkeeper, he will be able to receive it straight back. However, the rule remains that if a goalkeeper gives the ball to a defender, the defender CANNOT pass the ball straight back to the goalkeeper as this can cause extremely negative tactics in match situations. This would result in a penalty to the opposing team.
9. A player is only allowed one step for a penalty. Goalkeepers must stay on their line when a penalty is being taken.
10. The goalkeeper must throw the ball out UNDERARM, an overarm throw or kicking will result in a free kick two yards outside the area. The defending wall must be no further forward than on the edge of the area.
11. The goalkeeper is not permitted to leave the area and, if found doing so in order to gain an advantage, a penalty kick will be awarded to the opposition.
12. Goalkeepers cannot score a goal unless they're taking a penalty in a penalty shootout.
13. ANY free kick is direct but must wait for the referee's permission to take the kick. Opposing players must be at least 2 yards away from the free kick.

14. Outfield players are not allowed in either penalty area. If a defender goes into their box, a penalty shall be awarded. If an attacker goes into the box, the ball will be given to the goalkeeper.
15. Slide tackles are not allowed. If a slide tackle occurs, a free kick shall be awarded to the opposing team.
16. If a foul is committed, a free kick (direct) must be taken from the offending position. If the severity of the foul requires disciplinary action, the referee may show a red or yellow card.
17. Violence will not be tolerated. If a violent scenario occurs, a report will be provided by the referee. Once the report is observed by the SportsPark team, strong disciplinary action will be carried out on the offending players/team. There will be no limit to the disciplinary action.
18. Each week, teams will be selected to referee a match before or after their own teams' match. Failure to referee the selected match will result in a 3-point deduction.
19. Cancellations are not permitted, and all teams are expected to play all fixtures for the integrity of the League. In the extreme event that you do need to cancel, the league Manager is required to be informed at least 48hrs before a fixture.
20. SportsPark do not reschedule games on the day of a game, any reschedule requests must be submitted to the League Manager in advance so this can be discussed with the opposition. If your opponent is unwilling to move the fixture, then it must stay at the original time and date scheduled. (Please note rescheduled games will only be considered in extreme circumstances not for injuries, work or lack of players).
21. All Teams that cancel a fixture including with or without notice will have the match awarded to their opponents 5 – 0 and they will be deducted 3 points.
22. Team names will be subject to change if the name is considered offensive or unsportsmanlike.
23. By entering the league, your team agrees to abide by the rules stated above.
24. Games may be filmed for security and promotional purposes.
25. The post-match form is required to be completed and returned no later than 3 days after a fixture. Failure to provide this will result in the fixture being void and a 5-0 win declared for the team who has completed their form and a 3-point deduction for the team that did not submit the form. If no team completes the form, the fixture will be voided and both teams shall be deducted 3 points.

