



LEAGUE RULEBOOK 2023



PLAYING RULES



A GAME OF TWO HALVES

Game times are dependant on your league, these can be 30, 40 or 50 minutes long and are broken into two equal halves.



YOUR 5-A-SIDE TEAM

5-a-side teams are allowed a max of 8 players including 3 subs, 6-a-side: 9 including 3 subs and 7-a-side: 10 including 3 subs.



AGE LIMITS

You must be 16 years and above to play in adult leagues.
(Junior leagues available)



HEAD HEIGHT

The ball cannot be played over head height. We've set an average benchmark of 6ft, however it is largely up to the discretion of the referee.



IN PLAY

The ball is active all of the time. It is play on if it rebounds off the side boards or goal.



PENALTY

Must be taken with a max of a one-step run up.



KICK OFF

You are allowed to shoot directly from kick off.



FREE KICKS

Players must be stood 2 yards from the ball whether it's direct or indirect. Every incident resolved by free kick is indirect apart from a foul or a handball.



FOUL PLAY

Players must not shout 'Leave it/Man on' or anything in an attempt to put off the opposition as it is deemed as unsportsmanlike behaviour.



TACKLES AND HEADERS

Heading the ball or any form of slide tackles are not allowed and will result in a free kick being awarded to the opposition.



STAY OUT OF THE BOX

If a member of the defending team goes inside the box to gain an advantage then a penalty will be awarded against him.

KEEPER RULES



YOUR AREA

If the keeper comes out of the area at any point during the game, a penalty will be awarded to the opposing team. The keeper has only 6 seconds to release the ball.



STAY SHOULDER HEIGHT

The keeper can only distribute the ball with an underarm roll. Kicking the ball or over arm throw out will result in an indirect free kick awarded from the penalty spot.



NO PASS BACKS

The ball may not be returned to the goalkeeper by a player from his own team until played by a second player. This will result in an indirect free kick where the pass back occurred.

REF RULES



SENT OFF

If you are sent off, you will be off the pitch for the rest of the game without a substitute. If you are sin binned you will be off the pitch for 2 minutes without a substitute.



VIOLENT CONDUCT

Violent conduct, including spitting at an opponent on or off the pitch will lead to immediate suspension for the duration of the game.



BANS

Powerleague 5's Ltd reserves the right to ban any individual or teams from all future participation in our leagues or tournaments.



FINAL DECISION

Swearing directly at the referee will result in a sending off. The referee's decision is final.

EQUIPMENT RULES



SHIN PADS

We advise that you wear shin pads. You choose not to wear them at your own risk.



NO JEWELLERY

No jewellery is to be worn on the pitch.



FOOTWEAR

All suitable footwear is allowed to be worn other than metal studded boots.



CLOTHING

Teams must wear the same colours.

There are also no jeans or inappropriate clothing allowed.

ENJOY YOUR GAME!



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