



RULES OF WESTOWS LIMITED

1. MANAGEMENT OF THE COMPETITION

- a. The competition shall be called Westows Limited
- b. The competition shall be governed in accordance with the rules and regulations of the football association. Matches will be played in general conformity with the laws of small side football as issued by the football association.
- c. The Sussex County FA shall sanction the competition. The competition, all clubs and players and other persons shall be subject to the rules and regulations of that association.

2. AFFILIATION OF PARTICULAR CLUBS

The sanctioning of this competition shall automatically accord to all participating clubs the status of affiliated clubs provided that the FA fee required by the Sussex FA for the block affiliation of the competition has been paid and all necessary documentation completed.

3. CLUBS ELIGIBLE TO ENTER AND ENTRY FEE

The competition shall be open to any affiliated club. The entry fee shall be £25 or £20 per team per match

4. MANAGEMENT COMMITTEE & POWERS

- a. A management committee consisting of Mr. J Field, Mr. P Sargeant, Mr B.Pettit & Mr S.Ellis shall be appointed to organise the competition.
- b. The management committee shall have the power to apply, act upon and enforce the rules of the competition and shall also have jurisdiction over all matters affecting the competition, including any not provided for by these rules.
- c. The management Committee shall also adjudicate in all cases of dispute, protest and complaint.
- d. Other members shall be co-opted if required.

5. COPIES OF RULES

A copy of the rules shall be given to all participating clubs and are binding on the clubs taking part.

6. PLAYERS QUALIFICATION

- a. Before the commencement of the competition all clubs shall produce a list of players eligible to participate (together with the full details of their dates of birth and addresses).
- b. All players shall be bonefide members of their club and may only play for one club in any one division on any one-match night.
- c. Any team playing unregistered or otherwise ineligible players (i.e. players playing whilst under suspension, contract players playing for another team or any other reason which makes them ineligible), may have the points deducted from the their score. In the event of points being deducted only such points from the match in question shall be deducted and the Management Committee may at its discretion award any points deducted under this rule to the opponents in the match in question.
- d. Clubs have up to and including the completion of the final league game to register players.
- e. To play in the adult competition players must be at least 16 years of age.

7. TEAM COLOURS

Each competing team shall register its first choice of colours with the competition at least 7 days before the commencement of the competition. In the event of similar colours bibs will be provided which the second named team will wear. Players shall be dressed in identical matching shirts, but the goalkeepers shall wear colours that distinguish them from other players. Players cannot swap shirts on or off the pitch. Every player must have a shirt.

8. ARRANGEMENT OF COMPETITION

The competition shall be played on a league basis with the teams divided by the Management Committee into groups. Each team shall play each other team in its group. 3 points shall be awarded for a win and 1 point for a draw. 1 bonus point shall be awarded for every 4 goals to a maximum of 3 bonus points in any one match. In a forfeit match 3 bonus points can also be obtained. Goals conceded in a forfeit match are recorded as nil on the team score sheet. In the event of 2 or more clubs being equal on points, the team with the best goal difference shall take precedence. In the event of goal difference being equal goal average shall take precedence. If goal average is equal the team scoring the most goals shall take precedence.

9. DURATION OF MATCHES

All matches shall be of **Twenty eight minutes** duration.

10. SUBSTITUTES

A maximum of 4 substitutes shall be permitted at any time during the game subject to the permission of the referee. If substituting the goalkeeper the referee must be informed before the change. A substitute cannot be used to increase the number of players on the pitch or replace a sent off player.

11. REPORTING OF RESULTS

The referee shall be responsible for reporting the result of the game to the Management Committee at the end of each game. The Management Committee shall review all abandoned matches and in cases where neither club was at fault, it is to the advantage of the competition and does no injustice to any of the teams, shall be empowered to order the score at the time of the abandonment to be recorded as the result. In all cases where the management committee are satisfied that a game has been abandoned owing to the conduct of one team or its members they shall be empowered to award the points for the game to the opponents together with their goals scored. In cases where both teams are judged to be responsible, the result of the match shall be as it was at the time of abandonment.

12. REFEREES

The Management Committee shall appoint referees.

13. PROTEST AND COMPLAINTS

All questions of eligibility, qualification of players or interpretation of rules shall be referred to the Management Committee, but no objection relevant to the dimensions of the playing area or the Committee thereon shall entertain other appurtenances unless a protest is lodged with the referee before the commencement of the game.

14. APPEALS

Any appeals against the decision of the Management Committee must be made in duplicate to the sanctioning association within 14 days of the posting of the decision of the Management Committee and accompanied by an appeal fee of £10. The Sussex County FA in accordance with Sussex County FA rule 18 shall appoint a Board of Appeal.

15. MISCONDUCT

- a. All cases of misconduct shall be reported to the Sussex County FA. A player who is sent off the pitch for misconduct, or is reported for misconduct by the referee before or after the matches, shall be automatically banned from playing. This player will also not play at Westows for the period of the Sussex County FA ban.
- b. In cases where the conduct of players or team members is such that it brings the centre into disrepute, the Management Committee reserves the right to ban such offenders from further participation in the competition and/or entry to the centre. This can be done without warning. All cautions dealt with at Westows are in accordance with Sussex County FA procedures.

16. CLUB NAMES

No teams must enter this competition in the name of an affiliated club without the full knowledge and authority of that club. In addition the name given to a club must not be of an offensive, sexual or derogatory nature and any name considered by the Management Committee to be so will need to be changed to an acceptable one within seven days of the Committee's decision.

17. TROPHIES

Trophies will be awarded to the League Champions & Runners Up in the Premier division.
Trophies will be awarded to the League Champions; Runners Up & Third placed team in the Champions division
This will be done on week 1 of the next season to allow for personalised engraving.

SMALL SIDE FOOTBALL RULES

Except where other provisions in the rules are made, the laws of small-sided football as governed by the Sussex County FA will apply.

1. THE BALL

The ball used shall be a 5-a-side ball size 4 or 5.

2. NUMBER OF PLAYERS

- a. The match shall be played by two teams of four players and up to four substitutes. 1 player must be a goalkeeper even if they only have a team of 3 players.
- b. Four substitutes per team shall be permitted at any time during the game (subject to conditions set out in the laws of the game).
- c. Any of the others players may change places with the goalkeeper, provided that the referee is informed before the change and the change is made during a stoppage in the game.
- d. A match will be considered invalid if the playing strength of either team is reduced to 2 players.

3. PLAYERS EQUIPMENT

- a. Footwear should be worn in accordance with the laws of the game and shall have non-marking shoes. **Studs, blades and buckles are not permitted.**
- b. **The wearing of shin guards, which must be covered by stockings in accordance with the laws of the game, is compulsory. This includes the goalkeeper.**
- c. **All jewellery and any other items of attire that could be considered a danger to other players must be removed before playing. This includes the goalkeepers and substitutes.**
- d. Playing in **bare skin is not allowed** and all players must wear shirts of the same colour and distinctive from opponents. Failure to wear matching shirts will result in 1 goal lost for each none matching shirts. Players cannot swap shirts on or off the pitch. **Every player must have a shirt.**

4. REFEREES

A referee shall be appointed to officiate in each game. He shall have the same powers and duties as laid down in the laws of the game and shall: -

- a. Record all goals
- b. Act as timekeeper and signify half and full time by an agreed signal.

5. DURATION OF GAME

The duration of the game shall be devised into two equal periods of a maximum of fourteen minutes subject to the following: -

- a. Allowance shall be made in either period for time stopped for stoppages as decided by the referee.
- b. The duration of either half shall be prolonged to enable a penalty kick to be taken.

6. START OF PLAY

- a. Play shall be started by a **kick off from the centre spot** by a team nominated by the referee. Upon being played the ball must **travel backwards** into the team's own half. Players from each team must be within their own half of the pitch before the kick is taken.
- b. The game shall be restarted in a like manner by the opposing team at the start of the second half, and by the team conceding the goal after a goal has been scored.
- c. After any other stoppage the game shall be restarted by the referee dropping the ball at a point nearest to where it was when play was suspended unless it was in the goalkeepers possession, when the player shall, at the referee's signal, roll the ball out to restart the game. The referee shall not drop the ball within 6 feet (2 metres) of the line marking the goal areas or within 6 feet (2 metres) of the surrounding boarding.

7. BALL IN AND OUT OF PLAY

The ball shall be in play at all times from the start of the game unless:

- a. The ball has crossed the goal line.
- b. The referee has stopped the game.

8. SCORING

A goal is scored when the whole of the ball crosses the goal line between the goal posts and under the cross bar, provided it has not been thrown, carried or propelled by the hand or arm of an attacking player, except in the case of a goalkeeper who is within his own area. A goal is not allowed if an attacking player whilst within the attacking goal area last played the ball.

9. FOULS AND MISCONDUCT

FREE KICKS will be awarded for the following offences

- a. Pushing
- b. Charging
- c. Deliberate obstruction
- d. Sliding tackles
- e. Playing the ball whilst on the floor
- f. Unacceptable language

Anyone who is sent off for two blue cards or a straight red card will be able to play in further matches until a decision has been reached by the management committee who will then advise of the length of the suspension. The player, if not in agreement, will have the right to appeal. This must be done in writing within 7 days of the date of the notification of suspension. In addition, this player will not be allowed to play at the centre during the time of any subsequent Sussex FA ban, which will be conditional to the severity of the sending off offence. Further details of the recommended fines and bans imposed by the Sussex County FA or Westows Ltd for serious offences are available on request.

10. FREE KICKS

- a. When taking a free kick the opposing players shall be at least **6 feet (2 metres) from the ball until it is kicked.**
- b. All free kicks awarded against the defending team that occurred less than 6 feet (2 metres) from their own goal area, shall be taken at a point as close as possible to the offence but at a minimum of 6 feet (2 metres) from the goal area. By doing this the defending team will be able to defend 6 feet (2 metres) from the ball without standing in their own goal area.
- c. **All free kicks are direct**

11. PENALTY KICK

A penalty kick shall be taken from the penalty spot and only the defending goalkeeper is allowed in the goal area. The following rules govern whether a penalty kick is valid or not:

- a. If the goalkeeper moves forward before the kick is taken, then the kick is to be re-taken if a goal was not scored.
- b. The penalty taker is only allowed to take **three steps** back from the ball before kicking it. If a penalty is scored from taking more than three steps then the kick is to be re-taken.
- c. If the kicker commits an offence, i.e. “dummies” the goalkeeper and then scores, the kick is to be re-taken.
- d. If an opposing player encroaches the goal area at the exact moment the ball is kicked, then the kick is to be re-taken if the goal was not scored.
- e. If any player on the penalty taker’s team encroaches the goal area at the exact moment the ball is kicked, then the defending team will be awarded a free kick.

12. PLAY WITHIN THE GOAL AREA

Only the defending goalkeeper is allowed within the goal area. The goalkeeper shall not leave the goal area unless unintentionally. If a **goalkeeper** is deemed to have left their area **intentionally** then a **free kick** shall be awarded to the opposing team (as per Rule 11.2).

- a. Defending team – if any of the **defending team’s players enters their own goal area then a penalty will be awarded to the opposing team.**
- b. Attacking team – if any of **the attacking team’s players enters the defending team’s goal area then a free kick will be awarded to the defending team at a point at least 6 feet (2 metres) outside the goal area near to where the infringement occurred.**

13. USE OF PITCH BOARDING

A free kick shall be awarded when it is evident that a player has held onto the boards to gain an advantage.

NOTE: By using the boards to rebound the ball off they add to the excitement and speed of the game. However it is important that players are aware of the injuries that could be caused by colliding or pushing others into the boards and as a consequence referees will intervene if any play is judged to be of a dangerous nature.

N.B Referees will distinguish between deliberate and accidental entry into goal areas. Any entry adjudged to be deliberate would be penalised accordingly, whereas an accidental entry that results in no advantage gained may be ignored.

14. GOALKEEPER RETURNING BALL INTO PLAY

- a. Once a goalkeeper has the ball they have **6 seconds** to return it back into play. This can only be done by any **action or by kicking the ball** from the floor. **The ball must not go overhead height.** Any ball returned into play by the goalkeeper, which is overhead height, will result in a **free kick being awarded to the opposing team, which will be taken from the centre spot.**
- b. Once the **ball is played out by the goalkeeper to a player from his own team, it cannot be received straight back from the same player,** it can only be passed back once another player of either team has also made contact with the ball. **Any such direct back pass will result in a free kick being awarded to the opposing team.** If the goalkeeper realises that the ball should not have been passed back to him and lets it pass in and then out of the goal area without touching it, then play can continue. However if the **ball stops within the goal area, then a free kick is to be awarded to the opposing team from where the ball was played by the defending team.**
- c. **If whilst attempting to return the ball into play, an attacker who is within 6 feet (2 metres) of the goal area raises a foot to try to intercept the ball, then a free kick will be awarded to the defending team at the point of the offence.**

15. NON-ATTENDANCE

- a. If a team does not appear for their match then the following rules will apply:
- b. If the **team has contacted the centre** to advise of their absence prior to the match **then 2 points will be deducted from their points total.**

- c. If the team **makes no contact** prior to the **game then 3 points will be deducted**, and the Management Committee will review any such recurrences and further action may be taken.
- d. The opposing team (on attendance) will **be awarded the maximum 6 points** and have following options: -
- e. Playing a friendly against another paying team within the centre.
- f. If another available team from the same division is within the centre and they have not already played each other then, on agreement, the fixture can be brought forward and played.

16. DISCIPLINARY SANCTIONS

Match officials should employ the use of temporary timed suspensions in all cases traditionally regarded as cautionable offences. Yellow cards are no longer to be used.

The options for a match official imposing disciplinary sanctions are therefore: -

- Player shown a blue card and temporarily suspended from play
- Player issued with a second blue card and permanently excluded from play
- Player issued with a red card and permanently excluded from play

A blue card offence should always be accompanied by a temporary suspension from play.

The period of timed suspension should be on the following tariff. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

| Length of playing period | Period of suspension |
|-----------------------------|----------------------|
| Up to 8 mins per half | 2 minutes |
| Up to 15 mins per half | 4 minutes |
| Up to 25 and above per half | 5 minutes |

TEMPORARY TIMED SUSPENSIONS – PROCEDURES

A player temporarily suspended from play will be shown a blue card by the match official and informed as to the length of time he/she will be suspended from play.

The player is obliged to leave the pitch and remain in a designated 'sin bin' area for the required suspension area. Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided then suspended players should remain in the area where they can be seen by the referee and adjacent to team officials and substitutes.

A player will be informed as to the end of a period of suspension by the referee or match official and invited to rejoin the game. Where barricades are used the players must use the opening onto the playing area.

TEMPORARY TIMED SUSPENSIONS

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

1. Is guilty of unsporting behaviour
2. Shows dissent by word or action
3. Persistently infringes the Laws of the Game
4. Delays the restart of play
5. Fails to respect the required distance when play is restarted
6. Enters or re-enters the pitch without the referee's permission or infringes the substitution procedure
7. Deliberately leaves the pitch without the referee's permission

For any of these offences, a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred. If the offence was committed within the penalty area the direct free kick is taken from the penalty area line at the place nearest to where the infringement occurred. .

17. LATE ARRIVALS

If a team is deemed to be late arriving and not on the pitch ready to play at the allotted kick off time, the centre management may authorise the commencement of the fixture. The team that is late will have 1 goal against them for every 30 seconds they are late

PLEASE BE AWARE THAT ALL PARTICIPANTS ENTERING INTO SPORTING ACTIVITIES DO SO ENTIRELY AT THEIR OWN RISK AND THE ORGANISERS, THEIR AGENTS OR SERVANTS DO NOT ACCEPT ANY LIABILITY FOR ANY PERSONAL INJURY OR LOSS/DAMAGE TO PROPERTY HOWEVER CAUSED.

APPROVED AND SANCTIONED BY SUSSEX CFA

