



Rules and Regulations of Participation

1. Match Duration
 - 1.1. All 5 Star Football league matches last for a duration of 40 minutes. This duration is divided into two halves of 20 minutes.
 - 1.2. The interval between each half is determined solely by the referee. The referee is under instruction from 5 Star Football to begin the second half as soon as possible following the completion of the first half.
 - 1.3. Match durations may vary for tournament matches and will be defined verbally by the tournament organiser on the day of the tournament.
2. Kick off
 - 2.1. Kick-off for the first half is taken by the team who is listed as the home team for the fixture.
 - 2.2. Kick-off for the second half is taken by the team that is listed as the away team for the fixture.
 - 2.3. Kick-off is taken from the centre circle of the pitch and the ball can move in any direction.
3. Team Squads
 - 3.1. 5 Star Football allows teams to use as many players as they wish over the course of a season, however only 9 players may be used for one match. See rules 4 & 9.
 - 3.2. On any one night of participation, one player can only compete for one team per division i.e. a player will not be able to participate for two teams in the same division on the same night.
4. Team Fielding
 - 4.1. A team should field 5 players consisting of 4 outfield players and one goalkeeper, however should a team fail to be able to field the full 5 players, a team can kick off with a minimum of 4 players.
 - 4.2. A team must field a goalkeeper at all times.
5. Tackling
 - 5.1. Slide tackles are not allowed in 5 Star Football leagues. Free kicks will be given if a slide tackle offence is committed.
6. Penalties
 - 6.1. The referee can award a penalty when:

- 6.1.1. The goalkeeper comes out of his designated area. An exception to this rule is when the referee deems the cause to be momentum of the offending player.
 - 6.1.2. A defending player enters his own goalkeepers designated area. An exception to this rule is when the referee deems the cause to be momentum of the offending player.
 - 6.1.3. A goalkeeper holds onto the ball beyond the allocated 6 seconds. As per rule **8.4**, this rule is solely under the referee's discretion.
 - 6.2. The penalty taker is allowed no more than one step when striking the ball
 - 6.3. If the ball is struck to exceed the height ruling (rule **13.1**), possession of the ball will be given to the defending goalkeeper.
 - 6.4. If the ball enters play following the penalty, for example off the frame of the goal, play will continue as normal.
 - 6.5. Goalkeepers must remain on their goal-line until the ball is struck
7. A Goal Scored
 - 7.1. A goal is scored when the ball makes contact with the back of the net. A ball that appears to have crossed the goal line is not a goal if the ball has not made contact with the inner part of the netting.
 - 7.2. After a goal is scored, the team who has conceded must resume play from the centre circle via a kick-off.
8. Goalkeepers and their areas
 - 8.1. Goalkeepers must not leave their designated area. If a goalkeeper is deemed to have left his area at any time then the referee can award a penalty to the opposing team. An exception to this rule is when the referee deems the cause to be momentum of the offending player.
 - 8.2. Goalkeepers must roll the ball out in an underarm motion. The ball must not be off the ground for a distance further than 3 metres. If the goalkeeper fails to comply in the first instance, the referee should award a re-take of the throw out. Instances beyond the first instance will result in a direct free-kick on the edge of the goalkeepers area for the opposing team.
 - 8.3. Goalkeepers are not allowed to kick the ball except when clearly making a save.
 - 8.4. Goalkeepers cannot hold onto the ball for more than 6 seconds. The referee has the right to award a penalty to the opposing team if the 6 seconds is exceeded. This rule is solely down to the referee's discretion.
 - 8.5. Attacking players are not allowed to enter the opposing goalkeeper's area. The referee should award possession to the opposing goalkeeper in this instance.
9. Substitutes and Substitutions
 - 9.1. As per rule **3.1** a team can only use 9 players per match and therefore a team can have a maximum of 4 substitutes.
 - 9.2. The number of substitutions a team can make per match is unlimited.
 - 9.3. The number of players entering the field of play during a substitution must equal the number of players leaving the field of play, unless otherwise agreed with the referee
 - 9.4. A team is allowed to change its goalkeeper only once during the duration of a match.
 - 9.5. Goalkeepers who have been substituted are allowed to become outfield players but cannot go back in goal as per ruling.
 - 9.6. All substitutions should be made with prior acknowledgment from the referee.

9.7. Substitutions must only occur whilst the ball is not in play.

9.8. All substitutes not on the field of play must stand outside of the fencing and near to the entrance gate for their designated pitch.

10. Back Passes

10.1. When an outfield player receives the ball from the goalkeeper, the ball must be touched by another outfield player before being passed back to the goalkeeper.

11. Touchline Play Re-entry

11.1. All 5 Star football leagues are currently operated on enclosed pitches with no touchlines.

12. Boundary Rules

12.1. If the ball leaves the boundaries of the designated area of play i.e. over the fence or netting, the ball will be given in possession to the goalkeeper of the opposing team to the player that last made contact with the ball.

12.2. If a goalkeeper makes a save which results in the ball leaving the boundary, the ball will be given back to that goalkeeper to resume play.

12.3. Players are not allowed to place both hands on a boundary *(fencing or netting) for longer than 3 seconds. The referee can award a free-kick in the opposition team's favour at his their own discretion.

12.4. Pushing an opponent into a boundary is a bookable offence. If the push is perceived by the referee to be dangerous then the referee can issue a red card for the offence.

13. Height Ruling

13.1. The ball is not allowed to pass above head height of the tallest participating player on the field of play. A direct free kick will be awarded against the team who play the ball above this height. An exception to this rule is if the breach of head height is caused by a save from a goalkeeper or the ball is rebounded off an object that is not an outfield player.

14. Free-kicks

14.1. All free-kicks are direct.

14.2. Opposing players must remain at least 2 yards from the dead ball

14.3. Players are allowed to pass back to their goalkeeper from the free-kick.

14.4. Free kicks can be awarded for:

14.4.1. Intentional handball

14.4.2. Time wasting

14.4.3. Head height infringements

14.4.4. A direct back pass to the goalkeeper (rule **10.1**)

14.4.5. A goalkeepers foul throw

14.4.6. Slide tackling

14.4.7. Kicking the ball away

14.4.8. Fouls – fully at the referees discretion

14.4.9. Obstruction

14.4.10. Violent behaviour

- 14.4.11. Dangerous challenges
- 14.4.12. Removing an item of clothing
- 14.4.13. Verbal abuse to any individual participating in the match including the referee.
- 14.4.14. Aggressive behaviour towards any individual participating in the match including the referee.
- 14.4.15. Intent to cause physical harm to any individual participating in the match including the referee.
- 14.4.16. Pushing an opponent into a boundary (fencing or netting)
- 14.4.17. Using both hands to hold onto a boundary (fencing or netting) for 3 seconds or longer.
- 14.4.18. Non-compliance with any other rules set out in this document.

15. Referee's Card System

- 15.1. The referee can produce either a:
 - 15.1.1. Yellow card. A yellow card will result in a 'Sin Bin' for 5 minutes. The player must leave the pitch immediately. The referee can award the match to the opponents if the player fails to leave the pitch. The player can only return when directed to by the referee. Two yellow cards will result in a red card, Or
 - 15.1.2. Red card. A red card is an instant dismissal from the field of play. The player will not be able to return to play for the remaining duration of the match. The player must leave the pitch immediately. The referee can award the match to the opponents if the player fails to leave the pitch. Red cards may result in disciplinary action as per section ruling **21**.
- 15.2. At the referee's discretion, they may produce a card of any colour for any breach of ruling **14.4** or any breach of any other rule set out in this document.

16. Points

- 16.1. Points are awarded for league matches as follows:
 - 16.1.1. 3 points for a win
 - 16.1.2. 1 point for a draw
 - 16.1.3. 0 points for a defeat

17. Clothing

- 17.1. Only goalkeepers are allowed to wear caps.
- 17.2. No participating player is able to play 'topless'.
- 17.3. All players on the field of play must try to wear a top colour that can distinguish them from the opposition. 5 Star Football are able to offer bibs on match night if this is not possible.
- 17.4. Shin pads must be worn at all times by both outfield players and goalkeepers.

18. Footwear

- 18.1. Metal studs or metal blades are not allowed on the pitches.
- 18.2. Moulded studs and moulded blades are acceptable.

19. General Rules

- 19.1. The referee's decision is final and overrules all rules set out above.

- 19.2. The referee's opinion of the score at the end of the game is final.
- 19.3. Teams cannot move equipment to gain an advantage.

20. Team Captain's Role

- 20.1. The Team Captain is responsible for the conduct of all players and all spectators connected with the team. Failure to control the conduct of players or spectators will result in the Team Captain being responsible for any following action from 5 Star Football.

21. Disciplinary Action

- 21.1. Receiving a red card may result in a fine of £20 payable in cash to 5 Star Football. The fee will be payable prior to your teams next fixture.
- 21.2. Receiving two yellow cards in one match may result in a fine of £15 payable in cash to 5 Star Football. The fee will be payable prior to your teams next fixture.

22. Promotion and Relegation

- 22.1. A team is promoted if they finish in the top two positions in their league.
- 22.2. A team is relegated if they finish in the bottom two positions in their league.
- 22.3. A team that wins a division is entitled to a team trophy plus up to eight individual trophies for players. All trophies can be kept by the individuals or a team member.