



Playing Rules

1. The rules will be as of FA football (see [http://www.thefa.com/football-rules-governance/laws and rules as amended from time to time](http://www.thefa.com/football-rules-governance/laws-and-rules-as-amended-from-time-to-time)) with the following exceptions:
2. The referee will designate a team to kick-off; from kick-off the ball cannot be played forwards. After a goal has been scored the game will be restarted in a similar manner by the defending team.
3. All free kicks are direct.*
4. All players must retire three (3) yards from the ball.*
5. The ball cannot be played over head height*; a free kick will be awarded against the team that the ball touched last. However if the ball rebounds off the goalkeeper, the goalpost, cross bar or the boards and goes over head height it will NOT be considered a breach of the rules and the game should continue. Over head is at the discretion of the referee.
6. A free kick will be awarded against any player who heads the ball*.
7. A penalty kick will be awarded if the goalkeeper leaves his penalty area.
8. Outfield players are not allowed to play the ball or gain an advantage by entering the goal area. Breach of the rule by a defender will result in a penalty being awarded and if an attacking player breaches the rule then the ball will be returned to the goalkeeper.
9. The goalkeeper may only return the ball into play using an underarm bowling fashion. A free kick 3 yards from the edge of the penalty area will be awarded if the ball is returned in any other fashion.
10. Players must remain on their feet at all times and slide tackles or blocks are not allowed.
11. The ball may be passed back to the goalkeeper. However if a player receives the ball from the goalkeeper at least one other player must touch the ball before it can be returned to the goalkeeper. If the ball goes directly back to the goalkeeper then a free kick 3 yards from the edge of the penalty area will be awarded.
12. You may only change goalkeepers once during a match unless an injury occurs.
13. Substitutes may not enter the field of play unless there is a stoppage for a free kick or goal and the referee notified. Breach of this rule will result in a Blue or Yellow card given to the offending player.*
14. Shin guards must be worn at all times during league matches, the referee will not allow any player on the pitch without them.
15. Blades or metal studded boots may not be worn at any time at the PSA Performance Centre. Any player wearing blades or boots will be asked to leave the field of play by the referee. A ban will result for any player in continuous breach of this rule.
16. Please be aware that we will continue to discipline players who swear during League games. PSA Performance Centre will not tolerate foul and abusive language. Team captains are encouraged to convey this message to their players and supporters.
17. Yellow and Blue cards will be recorded and a minimum 1 week ban will be given for those accumulating 3 Yellow or 3 Blue cards.*
18. Any player receiving 2 Yellow or 2 Blue cards or during a match will automatically receive a Red card and be sent OFF the field unable to return.



19. A player receiving a Red card is dismissed from the game and will be sent off the field unable to return.
20. Any player sent off at the PSA Performance Centre will receive a minimum 1 week ban dealt with internally by PSA Performance Centre. The referee will inform the regional FA of incidents he/she deems necessary relating to the FA's recommended punishments for misconduct for small sided football.
21. PSA Performance Centre also reserves the right to report offenders to the regional FA or seek to prosecute.
22. If both teams simultaneously lose two or more players through misconduct the game shall be abandoned and the matter will be referred to the PSA Performance Centre management for adjudication.

*Please refer to the Venue Rules which will be displayed at the Venue and can be provided by PSA Performance Centre upon written request.