



12 RULES

UPDATED FOLLOWING THE FA'S YOUTH REVIEW

The FA want junior football to be **calmer & safer** creating the right environment for **faster development**. These rules will also encourage players to be **more skilful** and make matches **more competitive**. Download the full Match Rules document www.respectleague.com/rules.html

CALMER & SAFER

SILENT SIDELINES RULE

Spectators are encouraged to applaud both teams (eg clap when a goal is scored) but must not shout or call out. [Law 1]

SLIDE TACKLING RULE

On medical advice, no slide tackles are allowed. A free kick will be given in every instance. [Law 12]

BLUE CARD RULE

A Blue Card is shown for any cautionable offence resulting in a 2 minute Sin Bin (5 minutes at 9v9). [Law 12]

RESPECT MARKS RULE

After every match, referees will award marks to players, coaches and spectators from both teams. [Law 12]

MORE SKILFUL

RETREAT LINE RULE

When goalkeeper has possession, opposition must retreat to halfway. Keeper must pass to own player in own half. [Law 16]

PASS BACK RULE

Because goalkeepers need to practice their footwork, they cannot pick up the ball from a pass back. [Law 12]

FASTER DEVELOPMENT

NO INSTRUCTIONS RULE

Coaches may ask questions that prompt players to think for themselves but must not shout instructions during matches. [Law 1]

EQUAL PLAYING TIME RULE

All squad members must receive equal playing time with at least 50% per player for each game. [Law 3]

ALL POSITIONS RULE

All squad members must be given regular experience playing in all positions, including goalkeeper. [Law 3]

MORE COMPETITIVE

MIXED TEAMS RULE

To maximise competition clubs must field teams of similar ability - ie not 'A' and 'B' teams. [Law 3]

POWER PLAY RULE

If any team goes 4 goals ahead, the other team may field an extra player until the goal difference is reduced to 3 goals. [Law 3]

EQUAL NUMBERS RULE

If a team has too few players, the other must lend them willing subs or withdraw players to make numbers even. [Law 3]