



SUFFOLK SIXES

by Suffolk FA



Respect



Competition Rules

Suffolk 6's will follow standard FA Rules & Regulations* except for any special conditions as listed below:

Competition format

- It is each team's responsibility to use SuffolkFA.com to ensure they are aware of their fixtures & kick off times
- A member from each team must logon to Full-time and complete match info. This must be completed before the next league fixture.

Fixture info

- Before your game, pay your full match fee of £15.00 to your Suffolk 6's league co-coordinator. Also, register & deregister any players with your Suffolk 6's league co-coordinator.
- 40 min matches; 2 halves of 20 mins
- A match day squad cannot exceed 9 players, 1 of which must be a designated goalkeeper
- A maximum of 3 subs are allowed to roll on roll off with the referee's permission; only when there is a break in play

Registration info

- All players in Suffolk 6's must be 16 years of age and over
- All players must be registered. Unregistered players will not be able to play in any fixture.
- A player can only play for 1 Suffolk Sixes team during the duration of any one Suffolk Sixes season
- The Suffolk 6's management group has the right to suspend or withdraw any player or team registration from Suffolk 6's

Respect



Suffolk 6's will practice the following aspects of The FA's Respect programme:

- Teams must identify a team captain who must wear the Respect armband in each fixture
- Referee's will have attended a Respect workshop and will, therefore, also wear the Respect armband
- When necessary, the Referee will use the team captains to manage the players
- Referee's will provide feedback to Suffolk FA



SUFFOLK SIXES

by Suffolk FA

Respect



Competition Rules

Laws of the Game

Suffolk 6's will follow the FA's standard small-sided laws of the game*

Key notes:

Area Markings

- ⊗ The playing area is marked with lines. These lines belong to the areas of which they are boundaries.

Players Equipment

- ⊗ A player must not use equipment or wear anything that is dangerous to himself or another player
- ⊗ All jewellery should be removed. Plain wedding bands must be taped if they cannot be removed
- ⊗ Shinguards must be covered entirely by the socks, made of a suitable material & provide a reasonable degree of protection
- ⊗ Astroturf trainers or moulded sole footwear only **subject to the terms & conditions of the venue*

Procedure

- ⊗ all players, excluding designated goalkeepers, remain outside the penalty area
- ⊗ the goalkeeper does not play the ball a second time until it has touched another player
- ⊗ the ball is in play when the ball is thrown from any point within the penalty area by the goalkeeper of the defending team
- ⊗ **the goalkeeper can only throw the ball underarm**
- ⊗ **play is restarted from the sideline by a kick in only**
- ⊗ overhead height play is allowed
- ⊗ defending players must be 3 metres away from the ball / pitch marking at all restarts, including a restart from the goalkeeper
- ⊗ any blue card will be accompanied with a 5 minute temporary suspension (sin bin)
- ⊗ a player receiving a second blue card, or a red card, will be permanently excluded for the remainder of the match and will serve a suspension (as detailed in the County FA Disciplinary System for Small Sided Football)
- ⊗ **"A direct free kick is awarded to the opposing team if a player slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle)"**
- ⊗ "The Referee ensures any player bleeding from a wound leaves the playing area". A substitution can take place whilst the injury is attended to. **The player may return to the match once the referee is satisfied that the bleeding has been dealt with; during a stoppage in play.**

A full Players' Guide to Small-Sided Football Laws of the Game is available at:

www.suffolkfa.com/Governance/LawsoftheGame

The Players' Guide includes full details about:

- ⊗ The players' equipment
- ⊗ The Referee
- ⊗ Duration of play
- ⊗ Playing the match
- ⊗ Making Substitutions and Changes
- ⊗ Fouls and free kicks
- ⊗ Discipline Process
- ⊗ Returning the ball back into play
- ⊗ Modifications to the Laws



SUFFOLK SIXES

by Suffolk FA



Respect



Competition Rules

County FA Disciplinary System for Small Sided Football

Areas of responsibility

A County FA shall only sanction a Small Sided Competition if it can be demonstrated that a robust disciplinary procedure is in place. 'Less serious' offences should be dealt with immediately by the organisers of the competition or tournament. However County FA's should be informed by the Match Official or the Competition Organiser of all offences that would normally carry a thirty five day suspension or above:

- ⚠ Serious Foul Play
- ⚠ Kicking or striking another player
- ⚠ Use of offensive or insulting or abusive language or gestures directed at match officials
- ⚠ Spitting
- ⚠ Head butting
- ⚠ Assault
- ⚠ Refusing to leave the field of play when ordered
- ⚠ Causing a match to be abandoned
- ⚠ Any offences where the offender has also acted in a discriminatory manner for reasons of ethnic origin, colour, race, religion, sex, sexual orientation, disability

Reporting of 'serious' Red Card Offences to the County Football Association

In order to promote the reporting of serious offences to the County FA all affiliated competitions should adopt the use of a standardised reporting form which clearly indicates to the Match Official those offences which are the concern of the competition organiser and those which should be referred to the County FA disciplinary process.

Remit of Disciplinary Action

County FA disciplinary action arising from such offences applies to both 11 a side and Small Sided Football.

Red cards administered in Small sided football for offences, which would normally carry a suspension of less than 35 days are the responsibility of the organiser to deal with according to the FA's recommended tariff of suspensions. Suspension for offences of less than 35 days would only apply to small-sided football.

If a player is suspended from 11 a side for less than 35 days this suspension only applies to 11 a side football

As County FA's will only be dealing with serious offences that carry a suspension of 35 days and above, County FA's will not take into consideration any disciplinary action that the Small Sided Competition or Centre may have taken on their own initiative. Operators should administer a 'match' suspension system whereas a County FA will employ a 'suspension period' as disciplinary action will apply to all categories of football.

Issuing of Cautions and Introduction of 'Timed Suspensions'

In Small Sided Football yellow cards and associated cautions are no longer employed. Referees should instead employ a blue card for a cautionable offence. The issuing of a blue card indicates that the recipient will serve an immediate 'timed suspension' ('sin bin')

The options for disciplining offenders are therefore as follows

- ⚠ Player shown a blue card and temporarily suspended from play
- ⚠ Player issued with a discretionary second blue card and temporarily 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 in Small Sided Football is a recommended two minutes. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

The only exception to the use of the blue card and temporary suspensions is the situation whereby the suspension of a player cannot be monitored as the playing facility - such as an enclosed sports hall or complex of playing cages - does not



allow the suspended player to remain adjacent to the pitch and within the eye line of the Match Official. In such circumstances players should be cautioned with a yellow card and remain on the pitch unless permanently excluded.

Viability of a match

If in a Small Sided Game (5, 6 or 7 -a-side) one team is permanently reduced by more than two players the match shall be abandoned. This does not apply if a team has players that are only temporarily excluded.

Match Suspension Tariff

Organisers should employ the following tariff of suspensions for less serious offences that would normally carry a suspension of less than 35 days.

Offence	Penalty (to be administered by Small Sided Operator)
Receiving a second 'blue card' in the same match	1 Match suspension
Denying a goal or an obvious goal scoring opportunity	1 Match suspension
Use of offensive, insulting or abusive gestures	2 Match suspension
Attempting to kick or strike another player	3 Match suspension

Personal Liability for Disciplinary Offences

If a player is fined and leaves the club (i.e. no longer plays for the team) the individual should retain responsibility for the payment of a fine, rather than his former team, and should be suspended from all forms of football until the fine is paid.