



WOWS Football 2019/2020

Seven-a-side Competition Rules

(Revised July 2019)



1. Pitch Dimensions

- a) The recommended size of pitch shall be 60 yards by 40 yards (55m by 37m) with a maximum of 80 yards by 50 yards (73m by 46m).
- b) Height of goals – Maximum 6ft/1.8m.
- c) Width of goals – Maximum 12ft/3.7m.
- d) Goal Area This is dependent on the space available, but there are three options:
14 yards by 8 yards/12.8m by 7.3m – penalty spot 7 yards/6.4m.
16 yards by 9 yards/14.6m by 8.2m - penalty spot – 7.5 yards/6.9m.
18 yards by 10 yards/16.5m by 9.1m – penalty spot 8 yards/7.3m.
(Dimensions are approximate)

2. Playing Time

- a) Under 10 -15 minutes each way.
- b) Under 11-20 minutes each way.

3. Size of Ball

Under 10 & 11- Size 4.

4. Teams

Each team shall consist of seven players plus three substitutes: a maximum of 10 players may represent the team during a match. A substitute can be introduced into a game at any time for any reason. A substituted player is permitted to take further part in the game. Should a team arrive for a match with more than 3 substitutes, only 3 of these are permitted to participate.

5. Points Awarded

- a) Win – 3 points Draw – 1 point Defeat – 0 points
- b) Fixtures and Results:

- It is the 'Home' Teams responsibility to contact schools to arrange fixtures. If schools are unable to make contact to arrange a fixture, they should ask their Headteacher to contact the unavailable school's Headteacher. The Competition Secretary should be the last port of contact once all other avenues have been exhausted.
- The Competition Secretary will distribute an end of season 'Results Proforma' to schools which should be completed and returned by the date stated.
- All results should be forwarded to the Competition Secretary by the 'Deadline Date' set at each Annual General Meeting of the Association. The Competition Secretary will compile Leagues based on results received by the 'Deadline Date'.

Results received after the 'Deadline Date' has passed will not be considered.

- c) In the event of two or more teams finishing level on points at the Season conclusion, goal difference will be taken in to account to determine league positions. Should goal difference be equal, goals conceded shall determine league positions.

*The runners-up position will be awarded to the second placed team in such circumstances.

- d) If a school withdraws from the league competition during the season without completing their fixture list all results associated with this team will be void.

6. Playing Rules

The game will be played under normal Football Association rules with the following exceptions.

- a) It is the home team's responsibility to make the initial contact to arrange matches.
- b) No offside.
- c) Free Kick – Opposing players should be a minimum of five yards from the ball or on his/her own goal line whichever is nearer.
- d) Penalty Kick – Should a player commit an act of foul play or deliberately handle the ball in his/her own goal area, a penalty kick shall be awarded.
- e) Dead Ball – When an attacking player is responsible for putting the ball over the opponents' dead ball line, the defending team goalkeeper shall restart the game from a goal kick from the ground within the goal area.
- f) Goalkeeper – When in possession of the ball, there is no limit to the number of steps that the goalkeeper can take within the goal area and he/she should be allowed to clear the ball unimpeded.
- g) Goal kicks should be taken from the ground, not from the hands.
- h) Pass-back – A foul is declared if both the below occurrences take place:
 1. Any player **kicks the ball** towards their own goalkeeper, **with his/her foot**, and this action is deemed **intentional** by the referee. This does not apply to mis-kicks, or a pass from any other part of the body (except the arms, of course).
 2. The **goalkeeper handles the ball**. They are allowed to control it with his/her body or legs, but not to touch it with his/her hands.

If both the above happen, an **indirect free kick** is awarded to the opponent, from the point where the goalie touched the ball, even if it is right on the goal line. A ball thrown cannot be handled directly by the goalkeeper from a throw-in.

7. Cup Competitions.

- i) It is the home team's responsibility to make the initial contact to arrange cup matches.
- j) The refereeing of cup matches is by mutual agreement between coaches.
- k) A neutral referee should (if possible) conduct Semi-finals and Finals.
- l) If the teams are level at the end of normal time, ten minutes of extra-time should be played (five minutes each way). If the teams are level at the end of extra-time, three penalties should be taken by different members of the team to decide the outcome of the match. If the scores are level at the end of three penalty kicks, 'sudden death' penalties should be taken. Players who have not taken one of the five penalties should take penalties first; if the score remains level, any of the previous penalty takers can take the subsequent penalty, followed by his/her team-mates.
- m) Only First Round Matches are drawn at the AGM. Schools winning their First Round Matches should contact the Competition Secretary with the result. The next Round will then be drawn and schools informed. *First Round matches should be played before October Half Term.

8. MUGA Football Facilities

- a) If the ball lodges between the net and side-boards, the game should be restarted with a throw in.
- b) If the ball lodges between the net and the backboards, the game should be restarted by the goalkeeper throwing the ball into play.
- c) Goalkeepers should throw the ball into play at all times.
- d) The pass back rule should be applied.
- e) Players are allowed into either penalty area at any time during the game.

Should a Coach agree to play a match which does not follow the rules as detailed above, the result of the match will stand. It is the responsibility of the Coach to ensure that they are familiar with the rules of Seven-a-side football and share their knowledge with colleagues who may be new to WOWS Football and unfamiliar with the appropriate rules.