



WOWS Football 2016/2017

Seven-a-side Competition Rules

(Revised July 2016)



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 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.

5. Points Awarded

- a) Win - 3 points Draw - 1 point Defeat - 0 points

b) Fixtures and Results:

- Fixtures should be completed as detailed in the 'Fixture List' distributed by the Competition Secretary.
 - Autumn and Spring Term Fixtures should be completed by the end of the Spring Term and the results forwarded to the Competition Secretary.
 - Schools not completing their Autumn and Spring Term Fixtures will forfeit points.
 - 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, both/all teams will be declared Championship Winners. No Runners-up position will be awarded in such circumstances. Goal difference/goals scored will not be considered. If

teams finish level on points, but only one school has completed their allotted fixtures, they shall be declared Champions.

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 be allowed to throw or kick the ball from his/her hands from 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) Pass-back - Goalkeepers are permitted to field the ball with their hands when it is passed back to them by one of their teammates.

7. Cup Competitions.

- h) It is the home team's responsibility to make the initial contact to arrange cup matches.
- i) The refereeing of cup matches is by mutual agreement between coaches.
- j) A neutral referee should (if possible) conduct Semi-finals and Finals.
- k) If the scores are level at the end of normal time, the match should be replayed on the visiting team's pitch.
- l) If the teams are level at the end of normal time in the replay, ten minutes of extra-time should be played (five minutes each way). If the teams are level at the end of extra-time, five 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 five 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.

8. JJB Soccerdome

- 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) Players are allowed into either penalty area at any time during the game.