

SSUK COMMUNITY COHESION TOURNAMENT 2020

PLAYING RULES

- 1 Each team may field six outfield players and a goalkeeper on the pitch at any one time.
- 2 Substitutions: Teams may have up to three subs, roll on/off during the game, subs can only be made when the ball is dead or the keeper has possession of the football. **Only** with the Referee's consent.

Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.
- 3 Acceptable footwear: Circular studs ONLY. These include Artificial Ground (AG) Boots or Metal Studded Boots.

Unacceptable footwear: Flat-Soled or Bladed Footwear, including bladed boots, generic sports trainers or indoor and astro turf trainers.
- 4 All Players must wear shin pads. Jewellery should be removed, Kara (Sikh bangle) must be covered by a wrist band or bandage during play.
- 5 If a players' Dastar (Turban) comes off during play, the referee must stop the game to allow the player to tie their Dastar before continuing the game.
- 6 Each match will be 15 minutes straight through with no intervals. Please note, subject to change.
- 7 After a goal has been scored, the game will be re-started from the center spot.
- 8 The goalkeeper can pick the ball up anywhere in the 'D' penalty area, and is allowed to leave the penalty area, but can't handle the ball once outside. Distribution may be made only by throwing/rolling or playing from the ground (kicks directly out of the hands are **not permitted**). Once the ball is placed on the ground, other players are permitted to play it.

Teams may not change their goalkeeper more than once during the course of the game, unless previously agreed with the referee and opposition before the start of the game. A change of goalkeeper must be authorized by the referee.

Goal keepers cannot pick the ball up from a back pass. Should this happen, then a direct free kick will be awarded to the opposition from where the infringement occurred. The defending team must be at least two meters away from the free kick. All free kicks are direct.
- 9 Goal kicks must be taken from inside the 'D' area, by any player. The ball must be kicked from the ground, not thrown (the ball may be thrown only if the goalkeeper picks the ball up in play).
- 10 Corners will be marked and taken in the usual manner, as per 11 a-side rules.
- 11 When the ball goes over the sideline, play restarts with a throw-in in the usual manner, as per 11 a-side rules.
- 12 There will be NO off side rule.
- 13 Penalties are awarded as normal for any fouls inside the semi-circle and will be taken from the middle of the semi-circle, (6m from the goal).
- 14 In all other circumstances, normal 11 a-side football rules apply.

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DISCIPLINARY RULES

This competition is sanctioned by the FA and will be run strictly in accordance with the disciplinary regime required of this governing body. Sikh Sport UK and the local FA will take all steps necessary to ensure that teams participating within this competition comply with this approach in the spirit of competitive participation, respect and fair play.

- 15 Players may be sent to the 'sin bin' at the referee's discretion depending on the offence. The duration of the sin bin will be 5 mins for which a yellow card will be shown. A player may only be sin binned once per game as a second offence would involve a second yellow card which would automatically be followed by a red card and a sending off.
- 16 A player who receives a straight red card for any of the 7 sending off offences mentioned in the laws of the game will be reported to the West Riding County FA as per 11-a-side football.
- 17 If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the player will NOT play for two consecutive games after the initial game in which the sending off offence occurred.
- 18 If a team is permanently reduced by 2 players, or temporarily reduced by 3 players the game will end. The match will be awarded 3-0 to their opponents. If the score at the time produces a goal difference greater than 3-0 then that score will stand.
- 19 If a match is abandoned for any reason the team at fault will receive a 3-0 defeat unless the opposing team already has a greater advantage in which case the score will stand. If both teams are judged to be at fault the game will be void and no points will be awarded.
- 20 Violent conduct on or off the pitch will result in the immediate suspension of the individual and could result in a ban from the premises. This competition is affiliated to the local County FA to whom all such matters will be reported. This may result in the individual concerned being banned from all future affiliated competitions if the Referee's report deems this necessary. To ensure that Sikh Sport UK remain aware of all suspensions and bans imposed by the County FA, all correspondence will be issued to teams via Sikh Sport UK.
- 21 Referees and ALL players must be treated with respect. Teams or individuals found guilty of abusing Referees, teams or individual players will be removed from the competition.
- 22 The decision of Sikh Sport UK management in all matters pertaining to the administration of the competition is final.
- 23 Sikh Sport UK management may overturn any rule if they feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.
- 24 **No player or anyone attending this tournament is permitted to make use of any bar/alcohol facilities. No smoking or consuming/bringing on to the tournament area non-vegetarian food. This is in line with the fundamental principles of the Sikh Sport UK charity.**