



# ST DAY FOOTBALL CLUB

VOGUE PARK  
TR16 5NQ



## The Sheldon Mitchell Memorial Five-a-Side Tournament RULES

1. The competition will consist of a group stage, 3 points for a win & 1 point for a draw.
2. Winners & Runners up in each group will go through to a knockout stage. Should any teams be level on points at the end of the group stage, then the team progressing to the K.O stage will be decided as follows:

- (a) Goal Difference
- (b) Most Goals scored.

In the event of this still being unable to resolve the outcome, a play off between the two teams will be held.

3. Each game will consist of two periods of 6 minutes. From the K.O stage onwards, extra time of 2 minutes a half and penalties if necessary.
4. Each team will be allowed 2 substitutes per game.
5. Trainers or Moulded studded football boots are to be worn unless the weather is wet.
6. The referee will also act as timekeeper & scorer.

**PRESIDENT**  
Tony Evans

**CHAIRMAN**  
Dave Searle

**VICE CHAIRMAN**  
Mark Leah

**HON TREASURER**  
Adrian Walters

**FIXTURE SECRETARY**  
Adrian Walters

**SPONSORSHIP SEC**  
Sarah McCammon

**GENERAL COMMITTEE**  
Clive Jones, Peter Grenfell,  
Shane Hodges & Danny Watts

**2018/19 MANAGEMENT**  
Combination: Joff Mallaber & Chris Hart  
T/Prem: Kieran Leah & Phil Richards  
T/Div 2: Dario Pisano & Nick Palmer



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## PLAYING RULES

**NORMAL FOOTBALL ASSOCIATION LAWS OF THE GAME WILL APPLY WITH THE FOLLOWING AMENDMENTS OR ADDITIONS:**

1. The goalkeeper is not allowed outside the penalty area, such an offence will result in a penalty being awarded.
2. No player other than the goalkeeper is allowed inside the penalty area, If a member of the defending team breaks this rule a penalty will be awarded, if it's a member of the attacking team a direct free kick will be awarded to be taken two meters from the edge of the area.
3. Goalkeepers MUST release the ball by means of an underarm bowling action. Any infringement of this will result in an indirect free kick being awarded to the opposing team two meters from the edge of the area where the offence occurred.
4. The normal six second rule will apply to the goalkeepers, back passes to the goalkeeper are allowed to be picked up, however from receiving the ball from the goalkeeper you CANNOT pass the ball straight back, the ball must be played by a third player.
5. At a throw-in the ball must be rolled into play by means of an underarm bowling action.
6. Sliding tackles are not allowed.
7. The ball WILL be allowed to be played over head height.
8. The referee will operate a "two minute sin-bin" for misconduct by the showing of a yellow card. If a player receives two "sin-bins" in one game the player will take no further part in that game and will receive an automatic one match suspension. If a player is sent off during a game (i.e. given a straight red card) he will take no further part in the tournament.
9. The opposition must be a minimum of two meters from any free kick.
10. A goal cannot be scored direct from the kick off, without touching another player first. Kick-Offs may go either forwards or backwards.
11. There will be no offside's.
12. At the knock-out stages if penalties are required, 5 penalties will be taken by each team. If the score still remains equal sudden death will take place.

**Anything not covered by these rules will be left to the discretion of the organising committee.**

**WE HOPE YOU ENJOY THE COMPETITION**

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