



ABYF PREMIER LEAGUE (Season 6)

Time: 7:15pm - 9:00pm

Venue: Claremont High School

League Coordinators: Ayaaz Shah (Ameer), Mubeen Mubarak, Ihtishaam Malik, Amaar Munawar,

7:15pm – 7:30pm Arrival, Warm up & Pitch setup **Do not enter the pitches before 7:15pm**

7:30pm – 8:10pm Match 1

8:10pm - 8:15pm Break

8:15pm – 8:55pm Match 2

Rules and Regulations

1) Squad and replacement players

- 1.1 Teams will have a squad of 8 players (17+) confirmed before the league begins. Semi-pro or professional players are not allowed to participate.
- 1.2 In the event a player is ruled out for the duration of the season, a permanent replacement can be selected, subject to league coordinators agreement. The player who was removed cannot participate after this point for the rest of the season.
- 1.3 If a player withdraws at any point in the season, fees will be refunded on a pro-rata basis once a permanent replacement has been found. The permanent replacement is subject to league coordinators approval.
- 1.4 In the event a player is unpunctual, the player will receive a warning from the league coordinators. Regularity may result in a permanent replacement, subject to captain and league coordinator's decision.
- 1.5 If a team has less than 6 players to play on a specific match day due to absences in their squad, an external replacement player will be allowed subject to the opposing captains agreeing to the replacement. The replacement player chosen should be at a similar level. In the event that a replacement cannot be agreed upon, the final decision will be made by the league coordinators.
- 1.6 A midseason break will be introduced to allow for player transfers subject to player, captain and league coordinators agreement.
- 1.7 Teams are not allowed a replacement for a suspended player. **Final squad replacements must be confirmed by 3pm on the match day Saturday.** After this deadline it will be at the discretion of opposing captains if replacement is allowed for any last minute emergencies. The same rule applies if any injury happens during the match and the team goes down to 5 players and they wish to add another player. Strictly referees and recorders cannot be considered.
(Replacement players will need to be chosen from shortlisted players from ABYF Sports/Football WhatsApp group)

2) Duration of the game

- 2.1 Referees will toss a coin with the captains, and the winner decides ends and kick off.
- 2.2 Each match is 40 minutes long - 18 minutes each half with a 2-minute break and swap over during this time.
- 2.3 Referees are allowed to add up to 2 mins of additional time at the end of the 2nd half.
- 2.4 **Matches must start at 7:30pm and 8:15pm** unless delays in entering the pitch due to the pitch being occupied.
- 2.5 In the event a team arrives with less than 4 players, the opposition will be awarded a goal every 5 mins until a team of 5 or more is fielded. **It is the captain's duty to ensure his team is ready for Kick-off.**

3) Substitutions

- 3.1 Teams can use an unlimited number of rolling substitutions. Substitutions should take place only when there is a break in play i.e. free kick / kick-in (throw-on) – Referee must be informed prior to this.
- 3.2 Players must enter/leave the field of play either from behind their own goal line or nearest line of the pitch.

4) [Playing Kit](#)

- 4.1 All players within a team must wear shirts of identical colours which is confirmed before the league begins. (Bibs will be provided if needed)
- 4.2 Players must ensure they wear appropriate footwear - **Studded boots strictly not allowed.** Players will **not** be allowed to take the field of play with studded boots.
- 4.3 We recommend all players to play with Astros to enhance the safety of all players. (Moulded boots are allowed although **please avoid if possible**)
- 4.4 **Shin pads are recommended for all players for your own safety.** Failure to do so is at your own risk.

5) [Ball in/out of play](#)

- 5.1 When the ball goes out of play behind the red lines on either side of the pitch, a kick in will be awarded. **The ball cannot be played off the walls on either side.**
- 5.2 For a kick in, the ball will be placed on the ground and taken. It will be treated as an **indirect freekick** with players 3 yards away from the ball's placement. **In the case a goal is directly scored via a kick in, the goal will be disallowed and a goal-kick awarded to the opposition.**
- 5.3 When the ball goes out of play at the goal line, a corner kick or goal kick will be awarded.
- 5.4 The ball must be out of play when the team wishes to change goalkeeper or make a substitution. Referees must be informed.
- 5.5 When the ball is **returned to the keeper from an outfield player via a back pass, they cannot pick up the ball.** The exception to this is a kick in being returned and collected by the keeper. Infringement will result in a penalty.
- 5.6 Players can tackle the ball off the goalkeeper inside the area to retrieve the ball when the ball is in play.
- 5.7 A goalkeeper can pick up the ball in the goalkeeping area or with a back-pass via a header or passer's chest, or a pass that is deemed accidental. The pass that is deemed accidental is at the referee's discretion. Any infringement results in a penalty.

6) [Methods of Scoring](#)

- 6.1 When the ball is on the floor, **goals are only allowed if the ball is shot outside the semi-circle. The whole ball has to be outside the circle.**
- 6.2 **Goals allowed inside the semi-circle if they are first time volleys and headers.** Players that initially lift the ball into the semi-circle cannot be the scorer of the goal. The player that initially sets up the ball must be outside the box otherwise will result in a free kick to the opposition.
- 6.3 When the player is in control of the ball in the opposition's area, the player must exit the ball out of the semi-circle before a shot is allowed on goal; infringement will result in a free kick for the opposition.
- 6.4 In the event the ball is shot in the semi-circle away from the goal hitting an opposition player, the goal will stand as an own goal.
- 6.5 After a goal is scored the game will be restarted from a goal kick.

7) [Free kicks and Penalties](#)

- 7.1 **Slide Tackling is not allowed. A direct free kick will be awarded to the opposing team** (regardless of whether the player won the ball or not). All other forms of sliding are allowed.
- 7.2 When any free kick is awarded, all players from the opposing team must be **3 yards away from where the ball is placed.**
- 7.3 A direct free kick is awarded if a player is fouled or impeded.
- 7.4 **The penalty kick is one step only.**
- 7.5 There will be a break in play subject to the referee's whistle.
- 7.6 A handball will be given if a ball hits a player's hand which is in an unorthodox position.

8) [Goalkeepers Area](#)

- 8.1 All field players are allowed into the goalkeepers' area at either end of the pitch.
- 8.2 Goalkeepers themselves must always remain within their area; **infringement will result in a penalty kick.**
- 8.3 Once the goalkeeper has placed the ball for a goal kick, they have 10 seconds to continue with play. 1st warning will be issued if the ball isn't played beyond this time and a 2nd warning lead to a penalty being awarded to the opposition. Further warnings will result in additional penalties.

9) Miscellaneous

- 9.1. League table and scorers will be updated on the ABYF website.
- 9.2. The scoring system will be as follows: 3 points for a win, 1 point for a draw, 0 point for a loss.
- 9.3. **Decisions made by the referee will be final.**
- 9.4. Red cards and yellow cards will be given to discipline any foul play.
- 9.5. **Players found caught swearing/dissent will be reprimanded by a yellow card and a 5 minute sin bin.** If the player is found to commit the same action within the same match, a second yellow card will be awarded and the player sent off, carrying a suspension for the current gameweek and 1 match suspension for the following gameweek. Retrospective action will be taken in the event incidents are missed in the match and applied to future gameweeks.
- 9.6. Red card (straight red/double yellow) offences will carry a suspension for that current gameweek & 1 match suspension in the following gameweek. The suspension for the following gameweek can be overturned by the league coordinators. In the event that a player is suspended, the team will not be permitted to find a replacement for the suspension period.
- 9.7. At the discretion of the league coordinators, a player can be given additional match suspensions dependent on the severity of the incident. Teams will be allowed a replacement for the player in question for any additional matches at the discretion of the league coordinators.
- 9.8. Discipline will be monitored throughout the season. In the event a player accumulates 3 yellow cards – they will miss one game the following gameweek. Yellow cards will not be overturned. The accumulation will reset after the mid-season break. In the event that a player is suspended the following gameweek, the team will not be permitted to find a replacement for the suspension period.
- 9.9. In the event a team forfeits a match against the opposition, the opposition will be awarded the win either via the scoreline or a 3-0 win (whichever is more advantageous to the opposition). At the discretion of the league coordinators, further reprimands may take place.
- 9.10. Trophies are given for the following categories:
 - **Player of the Season**
 - **Top goal scorer**
 - **Goal of the Season**
 - **Golden Glove**

Disclaimer: ABFY will not accept any liability or responsibility if a player picks up an injury during the season of competitive or casual play. All players in who play in league, play at their own risk of injury and cannot hold ABYF or any of its members to any financial or legal compensation if they choose to accept the terms of this agreement.