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ABYF PREMIER LEAGUE (Season 8)

Time: 7:00pm - 9:00pm

Venue: Claremont High School

League Coordinators: Ayaz Shah (Ameer), Abdullah Munawar, Mubeen Mubarak

6:55pm – 7:00pm Arrival, Warm up & Pitch setup.

7:00pm – 7:15pm Pressure Point penalties

7:20pm – 8:05pm Match 1

8:05pm – 8:10pm Break & Pitch Changes

8:10pm – 8:55pm Match 2

Rules and Regulations

1) Squad and replacement players

1.1 Squad Size & Eligibility

Each team will have a squad of 10 players (aged 17+ / Year 12 and above) before the league begins.

1.2 Permanent Replacements

If a player is ruled out for the remainder of the season (e.g. due to injury), a permanent replacement may be approved by the league coordinators. Once replaced, the original player is not permitted to return for the rest of the season.

Any applicable fees will be refunded on a pro-rata basis, subject to a permanent replacement being secured. Refunds will not be allowed from Gameweek 5 onwards.

1.3 Punctuality

Players who are repeatedly late will receive a warning from league coordinators. Continued lateness may result in a permanent replacement with no refund provided to the player.

1.4 Match Day Replacements

If a team has fewer than 7 available players on a match day, they may request an external replacement player, subject to approval by the opposing team's captain. The replacement must be of a similar playing standard to the absent player. If both captains cannot agree, the league coordinators will make the final decision.

All match day squad changes must be confirmed by 5:00pm on Saturday (match day). After this deadline, any last-minute or emergency replacements will be subject to the discretion of the opposing captain. If a team is reduced to 5 players during a match (e.g. due to injury), any request to add a player must also be approved by the opposing captain. League coordinators reserve the right to make the final decision in relation to replacement players.

1.5 Mid-Season Transfers

A mid-season break will be scheduled to allow player transfers. All transfers must be agreed by the player, team captain, and league coordinators.

1.6 Restrictions on Replacements

No replacements are permitted for suspended players. Referees and match recorders are strictly not eligible to participate as players. All replacement players must be selected from the shortlisted players in the ABYF Sports/Football WhatsApp group.

2) Playing Kit

2.1 Team Shirts

All players must wear their designated team shirts. Any player not wearing the correct team shirt will receive a 5 minute sin-bin at the start of Matches 1 and 2.

2.2 Dress Code (Awrah)

Players are required to cover their awrah while playing. Those wearing shorts must cover the knees. A warning will be given to players but repeat offense will result in sin-bins. The league coordinators reserve the right to make final decisions regarding players who do not cover their awrah.

2.3 Footwear Requirements & Shin pads

Players must always wear appropriate footwear. Metal-studded boots are strictly prohibited. Astro turf shoes are recommended to enhance the safety of all players. Plastic moulded boots are permitted. Shin pads are recommended for all players for their own safety, and players who choose not to wear them, do so at their own risk.

3) Discipline, Time-outs, Sin-bins & Suspensions

3.1 Referee Decisions

All decisions made by the referee during a match will be final. Players must continue playing until the referee's whistle is blown. The referee will only stop play on the following occasions:

- Kick-off (at the start of each half)
- Free kicks (when the player is ready to take the kick)
- Fouls
- Penalty kicks
- Substitutions

In the event that the referee is unclear about a decision or incident, they may consult with a league coordinator before making a final decision.

3.2 Time-Outs & Sin-Bins

Time-outs and sin-bins will be used by referees to manage player behaviour, with time-outs being issued for less severe offences and sin-bins being issued for more serious offences.

A **time-out** will result in the player leaving the pitch for **2 minutes**, during that time their team will continue to play with 5 players. A player may receive a time-out for the following offences:

- Repeatedly questioning or appealing decisions instead of allowing the referee to manage the game.
- Deliberate time-wasting during play (e.g. a goalkeeper unnecessarily delaying the restart).
- Disrespectful behaviour or dishonesty.
- Habitual swearing.

A warning may or may not be issued before a time-out decision is made, depending on the severity or circumstances of the incident.

A **sin-bin** will be issued for more serious offences and will result in the player receiving a **yellow card** and leaving the pitch for **5 minutes**, during that time their team will be reduced to 5 players. Examples of sin-bin offences include:

- Serious or reckless challenges.
- Persistent fouling.
- Aggressive behaviour or unsporting conduct.
- Dissent towards the referee after a warning has been given.
- Repeated time-out offences or continued misconduct during the match.
- Denying clear goal-scoring opportunity

If a team is already playing with 5 players due to a time-out or sin-bin and another player receives a time-out or sin-bin, the team will not be reduced to 4 players. Instead, a substitute must come on to replace the second player, and both players will serve their time at the same time while the team continues with 5 players. If no substitute is available, the second player's time-out or sin-bin will begin once the first player returns.

3.3 Red Cards & Suspensions

A sin-bin can be considered as a yellow card. Therefore, a player who receives two sin-bins (two yellow cards) in the same match will be shown a red card and sent off.

A straight red card or a second yellow card resulting in a red card will result in the player being sent off for the remainder of the current match. The player will also miss the first match of the following gameweek. Examples of red card offences include:

- Swearing directly at or abusing a referee or another player.
- Fighting or attempting to strike another player.
- Violent conduct or dangerous play.
- Serious foul play.
- Any form of threatening, abusive, discriminative, or intimidating behaviour.

Teams are not permitted to use a replacement player for a player serving a red card suspension.

3.4 Additional Suspensions

The league coordinators reserve the right to issue additional match suspensions depending on the severity of an incident. Where additional suspensions are issued, a replacement player may be permitted at the discretion of the league coordinators.

3.5 Retrospective Decisions

Players should not assume that incidents will go unnoticed if they are missed by the referee during the match. Match footage may be reviewed, and retrospective action may be taken by the league coordinators where appropriate.

3.6 Player Conduct & Sportsmanship

All players are expected to demonstrate honesty, respect, and good sportsmanship both on and off the pitch. Players must not make the referee's role more difficult by disputing decisions, being dishonest about incidents, or refusing to acknowledge when they have committed a foul.

Players are reminded that opponents are essential to the game. Respect one another, show good character, and check on any player who may be injured following a challenge. The wellbeing of players is more important than the result of any match.

Players are encouraged to end each match with a handshake as a sign of unity and respect.

3.7 Challenges & Intentions

Players should avoid unnecessary challenges, especially where there is little chance of winning the ball or where there is a risk of causing injury. While competitive play is encouraged, players should prioritise safety and respect for others.

We recognise that mistakes can happen during the intensity of a match. Players are encouraged to give one another the benefit of the doubt and assume positive intentions from their opponents.

4) League Administration, Points & Awards

4.1 League Updates

The league table, fixtures, results, and player statistics (including top goal scorers) will be updated on the ABYF website.

4.2 Points System

The league points system will be as follows: teams will be awarded 3 points for a win, 1 point for a draw, and 0 points for a loss. In addition, weekly pressure point penalties will be held, with the winning team awarded an additional 1 league point.

4.3 Play-Offs

Following the conclusion of the league stage, the top four teams will qualify for the play-offs to determine the overall league champions.

The play-offs will follow this format:

- **Eliminator 1:** 3rd place vs 4th place
- **Qualifier 1:** 1st place vs 2nd place

The winner of Qualifier 1 will advance directly to the Final.

The loser of Qualifier 1 will have a second chance and will face the winner of Eliminator 1 in **Qualifier 2**.

- **Qualifier 2:** Loser of Qualifier 1 vs Winner of Eliminator 1

The winner of Qualifier 2 will advance to the Final.

- **Final:** Winner of Qualifier 1 vs Winner of Qualifier 2

The winner of the Final will be crowned the league champions.

4.4 Match Forfeits

In the event that a team forfeits a match, the opposing team will be awarded the win either based on the actual scoreline or a 3-0 victory, whichever outcome is more favourable to the opposing team. The league coordinators reserve the right to take further action where appropriate.

4.5 Awards & Prizes

Trophies and cash prizes will be awarded for the following categories:

- **League Winners:** Trophy and £50 cash prize.
- **Group Stage Winners:** £25 cash prize.
- **Player of the Season:** Trophy and £25 cash prize (voted by players).
- **Top Goal Scorer:** Trophy.

4.6 Captain Responsibilities

Team captains are responsible for ensuring that all registered players, including any approved replacement players, are aware of and understand the league rules before participating in matches. Captains must ensure their team members adhere to the rules and uphold the standards expected throughout the league.

4.7 Team Coordinators

Team coordinators have been assigned to manage the league. The team coordinator is primarily the liaison between the league coordinators and the team players. All concerns, requests, and feedback during the league must come from the team coordinator.

5) Complaints and Grievance Procedure

5.1 Player complaints

All complaints from the players must first go through the team coordinator. A player may choose to contact a league coordinator if they wish to remain anonymous in the process. The league coordinators reserve the right to take further action as it deems necessary.

Disclaimer:

ABYF accepts no liability for any injuries sustained during the season, whether during competitive or casual play. All players who participate in the league do so at their own risk and cannot hold ABYF or any of its members liable for any financial or legal claims. ABYF reserves the right to amend these terms and conditions at any point during the season.