

7 a-side Cluster Rules and Regulations

1. 10 player squads. 7 players on the field during game time including a Goalkeeper.
2. Competitive squads can consist of any gender.
3. Social teams must have a minimum of 5 girls within the squad.
4. Schools are to provide their own strips if they have access to them. If not US1 will provide coloured bibs for matches. If the socks and shorts of team members could be colour coordinated it would be helpful but not essential.
5. All players must wear shin pads.
6. Footwear, preferably boots for safety reasons. Either studs or blades.
7. Rolling substitutions. The substitutions must be made when the ball is out of play or the game has been stopped for a free-kick, injury etc. The player entering the field must only do so when the player coming off has left the field of play. The referee must be notified of any changes. Players can enter/leave the field of play as often as the coach feels necessary.
8. Off-side will be in place if the player is in a blatant off-side position before the ball has been played. The referee will use their discretion if the attacking player is making a forward movement and has strayed a metre or so off-side. The benefit of the doubt will go to the attacking player.
9. Free Kicks will be awarded as with normal regulations.
10. Yellow and red cards will be as standard. If a player has been red carded the coach can replace the player leaving the field with another. The player sent off is suspended for the duration of the game.
11. The Goalkeeper is permitted to handle the ball inside the goal box area. If the Goalkeeper handles the ball outside the area a direct free kick is awarded from where the offence took place. If it is intentional a yellow card will be given.
12. If a defending player handles the ball inside their own penalty area a penalty will be awarded to the attacking team.
13. Defending teams must line up a minimum of 8 yards from where the free-kick is awarded.
14. When the ball leaves the field of play behind the goal line a goal kick will be awarded. The Goalkeeper can kick the ball directly from their hands as apposed to from the ground.
15. When the ball leaves the field of play on the side lines a throw in will be awarded to the attacking team.
16. Corners will be awarded in accordance with normal regulations.
17. The duration of the games will depend on the number of schools that have entered the competition. Please see the attached fixtures/results sheet for details.
18. 3 points will be awarded for a win.
19. 1 point will be awarded for a draw
20. 0 points will be awarded for a loss