

Scottish Mental Health & Wellbeing Football League

Match Rules

Version 1

1: BALL SIZE

Size 5 Football will be used during all matches

2: NUMBER ON PITCH

Maximum of 7 (One acts as Goalkeeper)

Unlimited substitutes allowed, roll on, roll off during stoppage in play

3: KICK OFF

At the centre of the pitch to start the game and after each goal. Ball must be played forward at kick off. A goal cannot be scored from the start or restart

4: THROW-INS

Players to play overhead throw-ins,

5: CORNER KICKS & GOAL KICKS

Are allowed as per Scottish FA Rules

6: FREEKICKS

All freekicks are direct

7: PENALTY KICKS

As per Scottish FA regulations

8: GOALKEEPERS

- Distinguishable by a different colour
- Can handle ball in penalty area
- May not handle ball outside the penalty area
- Must release ball within 6 seconds
- Goalkicks may be taken from anywhere in the penalty area
- Backs passes are not allowed

If the ball goes out of play for a goal kick, then the ball **MUST** go out of the goal area before it is back in play. The ball must be touched or played by another player before the goalkeeper may play the ball again as an outfield player

If the goalkeeper makes a save and decides to drop the ball in the area and dribble or kick the ball out of the area in order to kick downfield, then as soon as the goalkeeper releases the ball it is deemed to be in play and he may be tackled by opponents

9: SHIN PADS

Compulsory

10: FOOTWEAR

Training shoes or football boots (No metal studs will be permitted)

11: OFFSIDE

The offside rule does not apply

12. FIXTURES DURATION

The duration of each game shall be 12 minutes.