



## RESPECT LEAGUE MATCH RULES

*incorporating*

FIFA's Laws of the Game

FIFA's Laws of Futsal

The FA's Laws for Mini-Soccer 5v5

The FA's Laws for Mini-Soccer 7v7

The FA's Laws for 9v9 Football

The FA's Guidance for Youth Leagues

MRJFL Competition specific rules

This document sets out the main rules for each of the League's match formats: 5v5, 7v7, 9v9, 11v11 and Futsal. It combines The FA's and FIFA's Laws for each format with specific competition rules for the Respect League. Except where specified in this document, the normal Laws of Association Football apply. The rules are set out under each of FIFA's 17 Laws of the Game.

### Law 1: Playing area

<i>Field surface</i>	Football matches may be played on natural or artificial surfaces Futsal matches should be played on flat, smooth and non-abrasive surfaces												
<i>Pitch size</i>	The size of the pitch for each age group and format is as follows: <table><tr><td>U7s, U8s (5v5)</td><td>40 x 30 yards</td></tr><tr><td>U9s, U10s (7v7)</td><td>60 x 40 yards</td></tr><tr><td>U11s, U12s, U13s (9v9)</td><td>80 x 50 yards</td></tr><tr><td>U14s (11v11)</td><td>100 x 60 yards</td></tr><tr><td>U15s, U16s, U17s, U18s (11v11)</td><td>110 x 70 yards</td></tr><tr><td>Futsal (min-max)</td><td>25-42 x 16-25 metres</td></tr></table>	U7s, U8s (5v5)	40 x 30 yards	U9s, U10s (7v7)	60 x 40 yards	U11s, U12s, U13s (9v9)	80 x 50 yards	U14s (11v11)	100 x 60 yards	U15s, U16s, U17s, U18s (11v11)	110 x 70 yards	Futsal (min-max)	25-42 x 16-25 metres
U7s, U8s (5v5)	40 x 30 yards												
U9s, U10s (7v7)	60 x 40 yards												
U11s, U12s, U13s (9v9)	80 x 50 yards												
U14s (11v11)	100 x 60 yards												
U15s, U16s, U17s, U18s (11v11)	110 x 70 yards												
Futsal (min-max)	25-42 x 16-25 metres												
<i>Halfway line</i>	The field of play is divided into two halves by a halfway line. The centre mark is at the mid-point of the halfway line. In 5v5, 7v7, 9v9 and Futsal, this is also used as the Retreat Line when restarting play with a goal kick and in 5v5, 7v7 and 9v9 when the goalkeeper has possession.												
<i>Goal size</i>	The size of the goal for each age group and format is as follows: <table><tr><td>U7s, U8s (5v5)</td><td>12 x 6 feet</td></tr><tr><td>U9s, U10s (7v7)</td><td>12 x 6 feet</td></tr><tr><td>U11s, U12s, U13s (9v9)</td><td>16 x 7 feet</td></tr><tr><td>U14s (11v11)</td><td>21 x 7 feet</td></tr><tr><td>U15s, U16s, U17s, U18s (11v11)</td><td>24 x 8 feet</td></tr><tr><td>Futsal</td><td>3 x 2 metres</td></tr></table>	U7s, U8s (5v5)	12 x 6 feet	U9s, U10s (7v7)	12 x 6 feet	U11s, U12s, U13s (9v9)	16 x 7 feet	U14s (11v11)	21 x 7 feet	U15s, U16s, U17s, U18s (11v11)	24 x 8 feet	Futsal	3 x 2 metres
U7s, U8s (5v5)	12 x 6 feet												
U9s, U10s (7v7)	12 x 6 feet												
U11s, U12s, U13s (9v9)	16 x 7 feet												
U14s (11v11)	21 x 7 feet												
U15s, U16s, U17s, U18s (11v11)	24 x 8 feet												
Futsal	3 x 2 metres												
<i>Spectators</i>	There will be a designated area for spectators, ideally at least 2 metres from the pitch and where possible behind a fence or Respect barrier.												
<i>Technical area</i>	There will be a separate, designated technical area for a maximum of 2 coaches per team.												
<i>Silent Sidelines</i>	The touchline zones at all Respect League matches have been designated as <b>Silent Sidelines</b> . This creates a calmer atmosphere in which the children can hear themselves think, hear each other and make their own decisions, free from adult interference. Those watching are welcome to applaud both teams (eg clapping when a goal is scored) but must not shout or call out.												
<i>No instructions</i>	During a match, coaches should not shout instructions telling the children what to do. This does not help their development and makes them coach-dependent. Coaches should keep instructions for breaks between playing periods and keep their comments during games to a minimum. When coaches do call out to players, the focus should be challenging, open questions that prompt players to think for themselves and, where necessary, on boosting morale.												
<i>Dissent</i>	No spectator or coach should ever attempt to influence or challenge a referee's decision. It could result in them or their team being excluded from the League.												

## Law 2: The ball

<i>Football</i>	The size of the ball for each age group is as follows: U7s, U8s, U9s                      Size 3 U10s, U11s, U12s, U13s, U14s      Size 4 U15s, U16s, U17s, U18s              Size 5
<i>Futsal</i>	The ball may not bounce less than 50 cm or more than 65 cm on the first rebound when dropped from a height of 2 metres. The size of the ball for each age group is as follows: U7s, U8s, U9s, U10s, U11s              Size 3 U12s+                                      Size 4

## Law 3: Number of players

<i>Per team</i>	The number of players permitted per team for each age group and format is as follows:			
	<b>Max team</b>	<b>Min team</b>	<b>Max squad</b>	<b>Recommended</b>
U7s, U8s (5v5)	5 players*	4 players†	10 players	7 players
U9s, U10s (7v7)	7 players*	5 players†	14 players	9 players
U11s, U12s, U13s (9v9)	9 players*	6 players†	18 players	12 players
U14s+ (11v11)	11 players	7 players	18 players	15 players
Futsal (min-max)	5 players*	3 players†	10 players	9 players

*\*Except for a **Power Play** when an additional player is allowed*

*†Equal Numbers rule applies*

**\*Power Play** If, in any match, the goal difference reaches 4 goals, the losing team is offered a Power Play and can bring on an additional player until the end of the game or until the goal difference is reduced to 3 goals.

**†Equal Numbers** If, the opposition team fields fewer than the maximum number of players, teams will be offered the choice of loaning them one or more substitutes (if available and willing) or withdrawing one or more of their own players (or a combination of both choices) to make the number of players equal on both teams to increase competition, development and enjoyment.

**Age rules** Unless a specific dispensation is granted by the League, the following requirements apply:  
At each age group, players must be under that age at midnight on 31 August in the playing season eg. they must be under the age of 7 for the U7s, under the age of 8 for the U8s etc.  
Players qualifying for the age below may play one age group higher eg U8s may play at U9s.  
However, players cannot play in any League game **before their 6th birthday** and players cannot play in any 9v9 League game **before their 10th birthday**.

**Substitutions** Any number of substitutes may be used at any time with the permission of the referee. 'Rolling substitutions' are allowed so a player who has been replaced may return to the playing area as a substitute for another player.

**Goalkeepers** Any player can change places with the goalkeeper but must do so during a stoppage in play and must inform the referee before the change is made.

**Mixed Teams** To maximise challenge, increase the level of competition and accelerate the development of ALL players, member clubs must not select teams by ability (eg an 'A' and 'B' team). Where two or more teams are entered, clubs must strive to make them of a similar level of overall ability.

**Equal Playing Time** All squad members should receive equal playing time where possible, with a best practice recommendation of at least 50% per player for each game.

**All Positions** All squad members should gain regular experience playing in all positions, including goalkeeper, to accelerate their all-round development as footballers rather than restricting their experience to only one or two positions.

## Law 4: Playing equipment

<i>Safety</i>	A player must not use equipment or wear anything that is dangerous to him or herself or to another player, including any kind of jewellery. Players must wear shin guards and these must be covered entirely by their socks.
<i>Weather</i>	Players must wear the appropriate clothing dependent on the weather. Gloves and hats are permitted and players may wear additional layers covering their arms, legs and bodies as long as these are worn <i>underneath</i> their playing kit.
<i>Colours</i>	Teams should wear different colours and goalkeepers must wear a distinguishing playing strip different from the outfield players of both teams.
<i>Footwear</i>	Correct footwear must be worn for the surface of the pitch e.g. training shoes with soles of rubber for Futsal and shoes or boots without metal studs on artificial grass pitches for Football.

## Law 5: Referees

<i>Authority</i>	Each match is controlled by a referee who has full authority to enforce these Laws.
<i>'Active' refereeing</i>	Referees have an 'active' role in facilitating the learning of the players: <i>Helping</i> the children to understand the rules <i>Improving</i> re-starts, for example giving children a chance to re-take foul throw-ins <i>Preventing</i> foul play, for example by advising players to take care when challenging <i>Recognising</i> good play, for example by praising children's effort and skills <i>Encouraging</i> sporting behaviour, for example handshakes at the start and end and after fouls <i>Ensuring</i> that adults are not shouting constant instructions from the sidelines <i>Looking</i> after children's physical and emotional well being

## Law 6: Assistant Referees

<i>U7s-U13s</i>	Assistant referees are not required for 5v5, 7v7, 9v9 or Futsal.
<i>U14s+</i>	Assistant referees may be appointed by the League or teams may be required to provide one volunteer each whose duties, subject to the decision of the referee, are to indicate: When the whole of the ball leaves the field of play Which team is entitled to a corner kick, goal kick or throw-in When a player may be penalised for being in an offside position When a substitution is requested When misconduct or any other incident occurs out of the view of the referee Whether, at penalty kicks, the goalkeeper moves too early and if the ball crosses the line

## Law 7: Duration of the game

<i>Age formats</i>	The times permitted for each age group and MRJFL's preferred format are as follows:					
		<b>Matches</b>	<b>Format</b>	<b>Breaks</b>	<b>Playing time</b>	<b>Max per player</b>
	U7s, U8s (5v5)	2 matches	2 x 12 mins	3 mins	48 mins	40 mins
	U8s (Futsal)	3 matches	1 x 16 mins	3 mins	48 mins	40 mins
	U9s, U10s (7v7)	2 matches	2 x 12 mins	3 mins	48 mins	60 mins
	U9s, U10s (Futsal)	3 matches	1 x 16 mins	3 mins	48 mins	60 mins
	U11s, U12s, U13s (9v9)	3 matches	1 x 20 mins	3 mins	60 mins	100 mins
	U14s (11v11)	1 match	4 x 17.5 mins	3 mins	70 mins	100 mins
	U15s, U16s (11v11)	1 match	2 x 40 mins	5 mins	80 mins	100 mins
	U17s, U18s (11v11)	1 match	2 x 45 mins	5 mins	90 mins	100 mins
<i>Limits</i>	It is the responsibility of the parent/carer or team coach to ensure that no child exceeds the limits on playing time specified above.					

## Law 8: Start and restart of play

<i>Procedure</i>	A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored. Opponents must be the required distance away (5 yards in 5v5 & 7v7; 10 yards in 9v9 and 11v11; and 5 metres in Futsal) and in their own half of the field. The ball must be played forward.
<i>Scoring</i>	5v5 & 7v7, Futsal    A goal cannot be scored directly from a start or restart of play. 9v9 & 11v11            Normal rules apply: a goal can be scored directly from a start or restart of play.
<i>Dropped ball</i>	If the referee stops play temporarily with the ball still in play, the match is restarted with a dropped ball. If inside the penalty area, it takes place on the penalty area line parallel to the goal line at the point nearest to where the ball was located when the play stopped. No goal can be scored directly from a dropped ball.

## Law 9: Ball in and out of play

<i>Out of play</i>	The ball is out of play when: it has wholly crossed the goal line or touch line whether on the ground or in the air; play has been stopped by the referee; or the ball hits the ceiling (Futsal)
<i>In play</i>	The ball is in play at all other times, including when: It rebounds off a goalpost, crossbar or corner flag post and remains in the field of play It rebounds off either the referee or an assistant referee when they are on the field of play

## Law 10: Method of scoring

<i>Goals</i>	A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the scoring team. In Futsal, the Goalkeeper can't score directly from a throw.
--------------	--

## Law 11: Offside

<i>5v5, 7v7, Futsal</i>	There is no offside.
<i>9v9 &amp; 11v11</i>	Normal rules apply, as per Laws of Association Football:
<i>Offside</i>	A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second-last opponent.
<i>Not offside</i>	A player is not in an offside position if: he is in his own half of the field of play; or he is level with the second-last opponent; or he is level with the last two opponents.
<i>Offence</i>	It is not an offence in itself to be in an offside position. A player in an offside position is only penalised if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by: interfering with play; or interfering with an opponent; or gaining an advantage by being in that position.
<i>No offence</i>	There is no offside offence if a player receives the ball directly from: a goal kick; a throw-in; a corner kick.

## Law 12: Fouls and misconduct

<i>Rules</i>	Normal rules apply, as per Laws of Association Football, except:						
<i>Slide tackling</i>	On medical advice, slide tackling is not allowed at U7s to U13s or in Futsal and a free kick will be given in every instance: direct at U7s-U10 including Futsal; indirect at U11s-U13s unless it is also a foul.						
<i>Pass Back etc</i>	In 5v5 and 7v7 for any goalkeeper offences committed inside the penalty area normally punishable by an indirect free kick, <b>including picking up a pass back</b> , a direct free kick will be awarded from the penalty area line, parallel with the goal line, at the nearest point to the offence.						
<i>Blue Cards</i>	<div>From U7s to U13s, a Blue Card will be shown for any cautionable offences. The player will be temporarily suspended from the match, and may not be replaced for the following duration:<table><tr><th></th><th><b>Suspension</b></th></tr><tr><td>U7s, U8s, U9s, U10s</td><td>2 mins</td></tr><tr><td>U11s, U12s, U13s</td><td>5 mins</td></tr></table></div>		<b>Suspension</b>	U7s, U8s, U9s, U10s	2 mins	U11s, U12s, U13s	5 mins
	<b>Suspension</b>						
U7s, U8s, U9s, U10s	2 mins						
U11s, U12s, U13s	5 mins						
<i>Yellow Cards</i>	From U14s onwards a Yellow Card will be shown for all cautionable offences.						
<i>Red Cards</i>	A Red Card will be shown for any sending off offences or for a second cautionable offence where a Blue or Yellow Card has previously been shown to the same player. The player must leave the field of play and may not be replaced.						
<i>Respect Marks</i>	After every match, referees will award marks to players, coaches and spectator from both teams. These will be published as League Tables. There will be awards and rewards for teams scoring high marks. Teams falling short of the expected standard will be required to improve or face possible exclusion from the League.						

## Law 13: Free kicks

<i>Rules</i>	Normal rules apply, as per Laws of Association Football, except:
<i>5v5 &amp; 7v7</i>	All free kicks are direct. Opponents must be 5 yards from the ball.
<i>Futsal</i>	All free kicks are direct. Opponents must be 5 metres from the ball.

## Law 14: Penalty kicks

<i>Rules</i>	Normal rules apply, as per Laws of Association Football, except:	
<i>Position</i>	All players except the defending goalkeeper and kicker must be outside the penalty area and the required distance from the penalty mark:	
	<b>Penalty Mark</b>	<b>Player's Distance</b>
5v5	7 yards	5 yards
7v7	8 yards	5 yards
9v9	8 yards	7 yards
11v11	12 yards	10 yards
Futsal	6 metres	5 metres

## Law 15: Throw-ins/Kick-ins

<i>Restarting play</i>	When the whole of the ball crosses the touch line, either on the ground or in the air, play is restarted with a throw-in (Football) or a kick-in (Futsal) taken by the opponents of the player who last touched the ball at the point it went out of play. The ball is in play when it enters the field of play.
<i>Scoring</i>	A goal cannot be scored directly from a throw-in or a kick-in.
<i>Throw-in procedure</i>	The thrower must: Face the field of play Have part of each foot either on the touch line or on the ground outside the touch line Hold the ball with both hands Deliver the ball from behind and over his head Deliver the ball from the point where it left the field of play Not touch the ball again until it has touched another player
<i>Kick-in procedure</i>	The kicker must: Have one foot on the touch line or on the ground outside the touch line Kick the ball, which must be stationary, either from the point where it left the pitch or on the ground outside it at a distance no greater than 25 cm from that point Deliver the ball within four seconds of being ready to do so Not touch the ball again until it has touched another player
<i>Opponents</i>	All opponents must stand no less than 2 yards from the point at which a throw-in is taken or 5 metres from the point at which a Kick-in is taken.
<i>Foul throws</i>	The role of the referee includes helping young players to learn the game. At U7s to U13s a player using incorrect technique will be asked to take a throw-in or kick-in again with guidance and help from the referee.
<i>Double touch</i>	The thrower or kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.

## Law 16: Goal kicks/Goal clearance [and Retreat Line]

<i>Restarting play</i>	When the whole of the ball crosses the goal line, either on the ground or in the air having last touched a player on the attacking team (and a goal has not been scored in accordance with Law 10), play is restarted with a goal kick (Football) or a goal clearance (Futsal).
<i>5v5, 7v7</i>	A player of the defending team kicks the ball from any point within the penalty area. The ball is in play when it is kicked directly out the penalty area. It must be a deliberate pass to a team mate in the kicker's own half or it must be re-taken without a Retreat Line.
<i>9v9</i>	A player of the defending team kicks the ball from within the goal area. The ball is in play when it is kicked directly out the penalty area. It must be a deliberate pass to a team mate in the kicker's own half or it must be re-taken without a Retreat Line.
<i>11v11</i>	A player of the defending team kicks the ball from within the goal area. The ball is in play when it is kicked directly out the penalty area.
<i>Futsal</i>	The goalkeeper throws the ball from any point within the penalty area. The ball is in play when it is thrown directly out the penalty area. It must be a deliberate pass to a team mate in the Goalkeeper's own half or it must be re-taken without a Retreat Line.

<b>Retreat Line</b>	<i>5v5, 7v7, 9v9 and Futsal</i>	Opponents must retreat to their own half on every goal kick or goal clearance and whenever the Goalkeeper has possession until the ball is returned into play. The team in possession does not have to wait for the opposition to retreat and has the option to restart the game sooner should they choose to.
	<i>Deliberate pass</i>	When the ball is returned into play from a goal kick, goal clearance or from the Goalkeepers' possession, it must be a deliberate pass to a team mate in the team's own half or it must be re-taken without a Retreat Line.
	<i>Method of distribution</i>	Goal kicks must be kicked from a stationary position on the ground. Goal clearances (Futsal) must be rolled or thrown. From possession in open play, Goalkeepers can roll, throw or kick the ball as long as it is a deliberate pass to a team mate in the Goalkeeper's own half.

## Law 17: Corner kicks

<i>Restarting play</i>	When the whole of the ball crosses the goal line, either on the ground or in the air having last touched a player on the defending team (and a goal has not been scored in accordance with Law 10), play is restarted with a corner kick. The ball is in play when it is kicked and moves.	
<i>Distance</i>	The opposing players must remain the required distance from the ball until it is in play.	
	<b>Player's Distance</b>	
	5v5, 7v7	5 yards
	9v9, 11v11	10 yards
	Futsal	5 metres
<i>Double touch</i>	The kicker may not touch the ball again until it has touched another player. If he or she does, a free kick is awarded against them.	

Updated January 2015
----------------------