

# **SUPER 5 LEAGUE RULES**

- 1. Max 5 players on the pitch and Maximum of 3 subs are allowed per game. Minimum of 4 players needed to kick off the game.**
- 2. Games are 40 mins total, 20 mins a half with a 5 min break for half-time. If a team is more than five minutes late, a goal will be awarded for the opposition. An extra goal is awarded for every 5 minutes they are late. e.g. 15 minutes late equates to a team being 3-0 down and forfeiting the game.**
- 3. Roll-on, Roll-off subs, this includes goalkeepers. Outfield players may play as a goalkeeper as long as they wear the correct bib/kit (Goalkeeper kit) and gloves.**
- 4. All players are required to wear bibs or club kits, Super 5 League will provide match balls and will have a set of bibs on site. It is recommended that all teams also bring their own bibs. All players must come dressed in appropriate football gear. Jeans/ hoodies are not allowed.**
- 5. Please ensure you are wearing the correct footwear as sent to managers previously (See enclosed). For player safety, Shin pads are now required to be worn. Jewellery must either be removed or taped up to avoid injury. Referees will be checking this before the game and those with who don't meet the standards set above will not be allowed to play on that match day. Players are responsible for their own safety to avoid serious injury.**
- 6. Goalkeepers must be dressed appropriately with goalkeeper gloves used and a differentiating top otherwise a bib can be used. If you do not have gloves on site, please speak to a member of the Super 5 team as there will be gloves available to purchase.**

7. Goalkeepers must stay within their penalty box. A penalty will be awarded to the opposition if this is violated. Goalkeepers may slide. Back passes are not allowed. If a keeper handles the ball from a back pass, a penalty will be awarded to the opposition.
8. No slide tackling for outfield players. If a player plays the ball whilst on the floor, this will be seen as the same as a slide tackle and a free kick/penalty awarded. If a player is seen to intentionally slide tackle this will result in a sin bin. Sin bin is for 2 minutes.
9. Penalty kicks are limited to one step before shooting. All other outfield players must remain outside of the penalty area until the kick is taken. If more than one step is taken, players are permitted to retake the penalty (only one retake per pen).
10. Kicking the ball over head height is allowed.
11. Straight red card for aggressive physical contact with the referee or any other player. Swearing or abuse towards the referee will also not be tolerated.
12. Super5League is dedicated to providing harassment-free experiences for everyone regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, or religion (or lack thereof). Harassment includes offensive verbal comments related to the above. It is the responsibility of all individuals to help create an inclusive environment where everyone gets to enjoy playing or watching football (this includes coaches who are present during the tournament, please remember that we want to provide a good environment for all who attend and any aggressive coaching will not be accepted). We do not tolerate harassment of participants, players or spectators in any form. Anyone who appears to be disrupting the experience in any respect will be warned and if continued may be ejected and asked to not return for future games.

# FOOTWEAR GUIDE

Please see below the Footwear guide on what can be worn on our pitches

## FOOTWEAR GUIDE

### PERMITTED FOOTWEAR:

	<p><b>Artificial Ground (AG)</b> RECOMMENDED</p> <p>Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.</p>		<p><b>Firm Ground (FG)</b> RECOMMENDED</p> <p>Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.</p>
	<p><b>Hard Ground (HG)</b> RECOMMENDED</p> <p>Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.</p>		<p><b>Turf Trainer (TF)</b> ONLY WHEN DRY</p> <p>Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.</p>

### FORBIDDEN FOOTWEAR:

	<p><b>Soft Ground (SG)</b> TEAR THE SURFACE</p> <p>Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.</p>		<p><b>Soft Ground Pro (SGP)</b> TEAR THE SURFACE</p> <p>Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.</p>
	<p><b>Blades</b> CAN CAUSE INJURY</p> <p>Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.</p>		<p><b>Flat Sole (Indoor)</b> NO GRIP &amp; FLATTEN SURFACE</p> <p>Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.</p>

WHITE HART  
LANE

STAMFORD  
BRIDGE



WEMBLEY  
STADIUM

EMIRATES  
STADIUM