**Northumbria University Staff 5-a-side Rules**

1. All players must either be members of staff or alumni at Northumbria University.
2. Any staff member that wishes to be a team captain should complete the online form available at [www.northumbriasport.com/north/staff-leagues](http://www.northumbriasport.com/north/staff-leagues) and submit it to [StaffLeagues@northumbria.ac.uk](mailto:StaffLeagues@northumbria.ac.uk).
3. On the first week of fixtures, the team captain will be responsible for paying the £50 registration fee at Sport Central reception.
4. It is the responsibility of the team captain to recruit a playing team for each fixture. A squad shall consist of a maximum of 8 players.
5. Each team will play each other twice over the course of 6 weeks.  
   Win = 3 points  
   Draw = 1 point  
   Loss = 0 Points
6. Fixtures will take place every Monday between the hours of 1-2pm.
7. The duration of play will be 20 minutes straight through. Fixtures will start on the hour and 30 minutes past the hour.
8. The home team will be required to email results to the league administrator at [StaffLeagues@Northumbria.ac.uk](mailto:StaffLeagues@Northumbria.ac.uk) with opposition also included into communications. This should be done no later than 24 hours following the fixture.

1. Any team that is unable to field the minimum number of players (four) will automatically be awarded a loss and the opposing team will be awarded a win (three points).
2. All matches will be played in accordance with The FA’s small-sided Laws of the Game.

The following modifications are permissible and will be enforced by a FA qualified referee:

1. The ball must be played under head height. If the ball is played over the specified height, an indirect free kick shall be awarded to the opposing team. If a height infringement occurs within the penalty area and is committed by the defending team an indirect free kick will be awarded to the penalty line nearest where the offence took place. The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance. Should another player then play the ball whilst it is at the height above the designated height restriction this will result in an indirect free kick to the opposing team.
2. Access to the penalty area is **not** restricted to the goalkeeper.
3. Attackers are not permitted to score inside the penalty area. Should a goal be scored inside the penalty area, the goal will be disallowed and play will restart from the goalkeeper.
4. When an outfield player receives the ball from the goalkeeper, the ball must be touched by another player before being passed back to the goalkeeper. Should the ball be played back directly to the goalkeeper an indirect free kick shall be awarded two yards outside the penalty area.
5. Outfield substitutions can be made during play. The player to be replaced must have left the field of play before the substitute is allowed to enter the playing area.
6. The goalkeeper may only be substituted when play is stopped. Play will only restart once play is restarted.