

ESFA IMPACT TROPHIES UNDER 12 INDOOR 5-A-SIDE CUPS

INTRODUCTION

The rules stated below shall be in addition to those entitled "General Competition Rules".

1. NAME

ESFA Impact Under 12 Indoor 5-a-side Cup for Boys

ESFA Impact Under 12 Indoor 5-a-side Cup for Girls (*this competition is specifically designed to aid the development of girls' football*)

2. ENTRIES

The Trophies shall be offered for annual competition to schools' in affiliated membership with the English Schools' FA.

3. ELIGIBLE PLAYERS

- (a) Only bona-fide boys and girls receiving full-time education in accordance with the Education Acts, on the roll of a school affiliated to the ESFA and who are over the age of 11 and under the age of 12 at midnight between the previous 31st August and 1st September shall be allowed to take part in this Competition. (Year 7 only)
- (b) Each school will select a squad of 8 players (see playing rules).

4. THE COMPETITION

- (a) All games throughout this Competition will be played indoors.
- (b) **Local Associations:** Each Local Association shall stage its own Competition, providing its Champion School to the Council Member concerned by a date decided annually by Council.
- (c) **Area Competitions:** Each Area shall organise an Area Competition providing a Champion School to the ESFA Chief Executive by a date decided annually by Council. The Competitions shall each provide an entrant to the National Finals.

5. MATCH OFFICIALS

- (a) The Hon. Secretary of the Local Association shall appoint the Match Officials for the local Association Competition.
- (b) The Council Member concerned shall appoint the Match Officials for the Area Competition.
- (c) The Match Officials for the National Finals will be appointed by the Council.

6. DURATION OF MATCHES

- (a) Matches will consist of two periods of 5 (five) minutes, with teams changing straight round at half-time.
- (b) Teams should play in a "league" format, followed by a "knock-out" section to determine the Champion School. This two section Competition will ensure that every team plays more than one game. In the League Section, a win will gain 3 points, and a draw will gain 1 point. Should teams share the first position in the league the position will be decided on goal difference. Should points and goal difference be equal the winners shall be the team scoring the most goals. If this fails to determine the winning team, the position shall be decided by a play-off in accordance with (c).
- (c) If the scores are level at the end of normal time in a "knock-out" section of the Competition, play will continue for a further period of six minutes, three minutes each way. If this fails to determine the winning team, the position will be decided by penalty kicks, taken in accordance with the recommendations of FIFA, as published in the Laws of the Game.

7. OTHER MATCH REGULATIONS

- (a) **Size of ball:** A size 4 indoor ball shall be used.
- (b) **Goal Posts:** Should be 16 feet long and 4 feet high (5 metres by 1.4 metres).
- (c) **Pitch:** The goal area should be a semi-circle of 25 feet (7.5 metres) radius, with the penalty spot placed 20 feet (6 metres) from the centre of each goal. The playing area will vary according to the facilities available.

5-A-SIDE INDOOR COMPETITION - PLAYING RULES

The Laws of the Game shall apply, except where noted, as follows:

1. (a) Each game is to be played by two teams of five players. Three substitutes shall be allowed at any time. A player who has been substituted during a match becomes a substitute and may, in turn, replace another player at any time.

- (b) One player from each team shall be the goalkeeper, whose dress must be distinct from that of the other players and the referee.
 - (c) Players must wear shin pads and training shoes. Normal "outdoor" football boots or boots with blades are not allowed.
2. The time of the game shall be controlled either by the referee or by an independent timekeeper.
 3. Play is started or restarted by the referee dropping the ball on the centre mark between one player of each team. The ball is not in play until it has reached the floor.
 4. (a) The ball shall not intentionally be played above a height of two metres. Infringement of this rule will result in an indirect free kick being awarded to the opposing team from the place where the ball was last played.
 - (b) Should a goalkeeper propel the ball above a height of two metres in the course of making a save then, providing the ball remains within the goal area, the goalkeeper shall have possession of the ball for him to release it into play in the normal fashion.
 5. (a) Only the goalkeeper is allowed inside the penalty area.
 - (b) Defending players entering this area intentionally, and gaining to seek an advantage will be penalized by a penalty kick.
 - (c) The goalkeeper must not come out of the area and play the ball. If infringed a penalty shall be awarded and taken from 30 centimetres outside of the goal area.
 6. (a) The goalkeeper must release the ball into play by rolling it underarm with the arm below horizontal. Otherwise the goalkeeper must comply with the Laws of the Game (i.e. release the ball into play with his feet provided that the ball has not been controlled with the hands or arms or release the ball with his feet if he has received the ball directly from one of his colleagues). Any infringement of this rule shall be the award of an indirect free kick taken three metres outside the goal area.
 - (b) When a goalkeeper passes the ball to a colleague (either by throwing or kicking), the ball cannot be played directly back to the goalkeeper - it has to be via a third party. Any infringement of this rule shall be the award of an indirect free kick taken two metres outside the goal area.
 - (c) If the ball is played over the boundary line behind the goal by any player, then the ball will be returned to the goalkeeper for play to be restarted by an underarm throw.
 7. (a) Players shall stand at least three metres away from the ball when an opponent is taking a free kick.
 - (b) In the event of a free kick being awarded adjacent to the penalty area or to a rebound surface then the ball shall be moved to a point one metre from that boundary, but not nearer to the opponent's goal.
 - (c) If the ball is played over the boundary line behind the goal by any player, then the ball will be returned to the goalkeeper for play to be restarted by an underarm throw.
 8. (a) Penalty kicks shall be taken from the penalty mark or, if necessary, from a point one metre outside the penalty area (where no appropriate penalty mark is indicated)
 - (b) A player taking a penalty kick may not take more than two steps before striking the ball.
 9. Sliding tackles on an opponent shall be deemed as foul play punished by a free kick to the opposing team.
 10. The Law regarding offside shall not apply.
 11. Ideally the pitch will be surrounded by a rebound surface off which the ball can be played without penalty. If such a surface is not available, or the ball is played over the surround without the playing rules being infringed, the ball shall be returned into play by the referee dropping the ball between two opponents at a point one metre into the playing area from where the ball left the playing area boundary.