



Lucozade Powerleague Terms & Conditions

1 Player Registration and Availability

- 1.1 All players in adult leagues must be a minimum of 16 years of age and the team organiser must be a minimum of 18 years of age.
- 1.2 All teams may register a minimum of 5 players. All players must be registered at reception by the team organiser prior to the commencement of play.
- 1.3 For 5-a-side Leagues: Seven players may be selected from the team squad for each match, 5 players and two substitutes.
- 1.4 Players once registered for a particular team for the tournament may not transfer to another team in the same division. Transfers outwith a division must be registered with reception so that paperwork can be amended.
- 1.5 Any team found with unregistered or suspended players on the field will have the match awarded to the opposition with a 10-0 score line; there will be no re-imbusement of match fee.
- 1.6 Any team found to be falsifying team sheets will have the match points awarded to the opposition with a 10-0 score line.
- 1.7 A team may use a maximum of 2 sub players on any single day, provided they are registered with reception. Guest players may not be permanently registered to another team in the same league division as the team they are guesting for.
- 1.8 A breach of player registration or suspension rules entitles the opposing team to claim a 10-0 victory. Lucozade Powerleague may award a 10-0 forfeit whether the opposing team claim victory or not. Lucozade Powerleague reserves the right to deduct additional points if it suspects teams are deliberately attempting to gain an advantage, by playing unregistered or suspended players, they may also expel teams from the league if persistent breaches occur.
- 1.9 A player may be allowed to stand in to play for another team within the same league set up, but only if the following conditions are met:
 - The player in question is not precluded from playing by any disciplinary ban
 - The player or players may only make up to the 5th (5's) man and must be removed from the field of play if subsequently an officially registered player or players joins the team after kick off. A team may only have a maximum of 2 stand in players per game.
 - The players registered to another team within the same division cannot guest for a team within the same division.
- 1.10 The Stand-in player must have written per mission prior to kick off from: Lucozade Powerleague Management, the Match Referee and both teams Representatives. The player must also be clearly marked on the sign-in sheet as a stand-in player.
- 1.11 Team organisers must maintain a record of guest appearances in order to avoid persistent "guesting" does not occur.

2 Prior to a League Fixture

- 2.1 The team organiser must attend the reception desk to pay or confirm that the match fee has been paid. On doing so they will receive the match team folder and are responsible for nominating the maximum 7 players to take part in the match.
- 2.2 The Match referee will not commence any game until he/she has received both teams match tickets and sign-in sheets.

3 Behaviour

- 3.1 Any player caught consuming alcohol prior to a league game or thought to be under the influence of drugs, prescription or otherwise will not be permitted to play and risks having the game abandoned.
- 3.2 Lucozade Powerleague can prevent anyone entering the premises if they think their behaviour or appearance is unsuitable.
- 3.3 Players must show consideration for other people in the premises. Lucozade Powerleague will not tolerate rude or abusive language or the threat or use of violence towards other guests or its staff.
- 3.4 Racial Abuse and/or acts of Discrimination will not be tolerated, any person(s) found to be engaging in such actions will be served a Life Ban from all Lucozade Powerleague Establishments
- 3.5 Players must obey notices and signs on display in the premises. Players and their guests should ensure that their children or other junior members under their supervision keep to the rules displayed at all times whilst on the premises. Players are responsible for the behaviour and actions of their children at all times whilst they are on the premises or using the facilities.
- 3.6 Unless the child is attending an organised Lucozade Powerleague activity, children under 16 must be supervised at all times whilst on the premises by a Parent or guardian.
- 3.7 All teams will be responsible for supporters of their team, whether team members or not. Exclusion from the league will result for teams whose supporters consistently cause a nuisance. Referees have the authority to remove any unruly supporters from the pitch side, or if necessary abandon the game.
- 3.8 If a supporter is guilty of verbal abuse towards either the referee or the opposing team, the game will be stopped and will not continue until the individual has left the Powerleague venue. Should the supporter refuse to leave, the game will be abandoned with the opposition awarded a 10-0 score line, with Police called to remove the supporter.
- 3.9 Any individual threatening to harm or inflicting harm on any Referee or Member of Lucozade Powerleague's Staff, will not only receive a life ban from all Lucozade Powerleague sites, but the incident will also be reported to all relevant National associations, who have the power to enforce a ban from all forms of competitive football. The Police will also be involved.



4 Health & Safety

- 4.1 Shin Pads must be worn at all times during the game (including goalkeepers).
- 4.2 Footwear must be either: Astro-boots, Trainers or soft rubber moulded boots, under no circumstances are Blades or Screw in Studs permitted.
- 4.3 Jewellery must be removed or taped up during matches (including goalkeepers).
- 4.4 In the event of a fire, players and guests should make their way calmly to the nearest clearly marked exit.
- 4.5 Crockery and glass are not to be taken into changing areas or onto the pitches.
- 4.6 Smoking is not permitted inside the premises or on the pitches.
- 4.7 Pets are not allowed on the premises or grounds (with the exception of guide dogs).

5 The Playing area

- 5.1 The pitch must be rectangular. The length of the touchline must be greater than the length of the goal line.
Length: Min. 25m / Max. 50m
Width: Min. 16.5m / Max. 35m
- 5.2 The centre mark is indicated at the midpoint of the pitch.
- 5.3 The pitch is surrounded by barriers, which shall mark the boundaries of the pitch.
- 5.4 Goals must be placed in the centre of the two smaller boundaries.
- 5.5 They consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar.
- 5.6 The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m, minimum 1.2m
- 5.7 Both goalposts and crossbar have the same width and depths of 8cm. Nets, made of hemp, jute or nylon, and are attached to the posts and crossbars behind the goals.
- 5.8 The goals may be portable but must be anchored securely to the ground.
- 5.9 The playing surface must be flat and even and may be of artificial material.
- 5.10 The ball is: Spherical, made of leather or other suitable material and of a size appropriate to the age group playing.
- 5.11 If the ball bursts or becomes defective: the match is stopped, the ball replaced and play recommences with a drop from where the first ball became defective.

6 Lockers

- 6.1 Pitch fees do not cover the cost of lockers. Players can hire lockers on a daily basis. If a key is lost to any locker hired, then the hirer will be liable for the cost of a new lock and key.
- 6.2 Any property stored in lockers is done so entirely at the hirer's risk. Lucozade Powerleague accepts no responsibility.
- 6.3 Lucozade Powerleague is not responsible for any items removed from lockers that have not been paid for or have been left behind.

7 Lost Property

- 7.1 Any item of lost property found should be handed to Lucozade Powerleague Reception. Items found will be available for collection between 10am and 10pm. Lucozade Powerleague will retain lost items for 6 weeks maximum, thereafter they may be given to charity.

8 Telephone calls

- 8.1 Lucozade Powerleague may record phone calls between players, their guests and members of staff.

9 CCTV

- 9.1 The Lucozade Powerleague premises are covered by CCTV cameras and activity is recorded 24 hours a day.

10 Liability

- 10.1 Lucozade Powerleague liability for damage or loss to user property is strictly limited to any damage or loss suffered as a result of Lucozade Powerleague negligence. With this exception Lucozade Powerleague will not accept liability for the safety of users personal property brought on to the premises. Any property stored in lockers is done so entirely at the user's risk. Vehicles parked on Lucozade Powerleague property and all contents contained within are also at the owner's risk.
- 10.2 Lucozade Powerleague staff are expressly forbidden to hold valuables (including locker keys) of any kind on behalf of players. Lucozade Powerleague does not accept responsibility for any goods or items left within or in the care of its staff.
- 10.3 Lucozade Powerleague cannot accept any liability for any accident or injury to any member, child or user that may happen on the premises or with in the grounds of the premises, other than liability that arises from Lucozade Powerleague's negligence. If any member (or other user) suffers an accident or injury whilst on the premises, it, and its circumstances must be reported immediately to the Duty Manager.

11 Physical Activity

- 11.1 Small sided football is a vigorous sport and players and their guests should only undertake the activity to a level, which reflects their level of fitness. Players and their guests are responsible for monitoring their own condition during play. Lucozade Powerleague will not be responsible for any harm you may suffer as a result of taking part in any activity on our premises unless it is caused by our negligence.
- 11.2 If any player or guest suffers any unusual reaction to playing or feels unwell, they must immediately:
 - Stop the activity.
 - Report it to the Duty Manager.



LAW 1: THE NUMBER OF PLAYERS

A match is played between two teams, consisting of a maximum of five players per team on the field of play at any one time, one of whom is the goalkeeper. The minimum number of players permitted is five, one of whom must be the goalkeeper. A squad of up to seven players only may be named for a match. If any team is reduced to three players due to misconduct, the game will be awarded to their opponents with a score of 10-0. A reduction to three players means a permanent reduction through sending off, not temporarily two players in the sin bin. Where three players are sent to the sin bin at the same time then the game will be awarded to their opponents with a score of 10-0.

Substitution Procedure

The maximum amount of substitutes permitted per match is two. The number of substitutions made during a match is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

Substitutions can only take place during a break in play, when the ball is deemed "dead" by the referee.

The player entering the playing area must wait until the player being substituted has left the pitch and the referee has given permission for the substitute to enter the field of play.

The player entering the playing area immediately becomes 'active' in play.

Changing places with the Goalkeeper

Any of the other outfield players or substitutes may change places with the goalkeeper. There is no restriction to the amount of times the goalkeeper may be changed but the following conditions must be observed:

- The referee must be informed before the change is made.
- The change can only be made during a stoppage in play.
- The referee is satisfied there is no intention to deliberately time waste.
- The replacement goalkeeper must wear a jersey which distinguishes him/her from all other players.

Infringements/Sanctions relating to this law

If whilst a substitution is being made, a substitute enters the pitch and play resumes before the departing player has completely left the field:

- The play will be stopped.
- The player being replaced is instructed to leave the pitch.
- Play is restarted by the award of an direct free kick, to the opposing team from the place where the ball was situated when the game was stopped. However if the ball was inside the penalty area then a free kick will be awarded to the opposition on the penalty line nearest to the position of the ball when play was stopped.
- If a player repeatedly offends he/she may be sin binned or with further infringements, sent off, at the discretion of the referee.

LAW 2: PLAYERS EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous to him/herself or another player. Jewellery must be removed or taped up, this includes Goalkeepers wearing gloves who should remove rings or tape them up.

Basic equipment

The basic compulsory equipment of a player is:

- A jersey or shirt, outfield players should wear a recognisable strip of the same colour. Goalkeepers should distinguish themselves from the outfield players.

- Shorts or track suit bottoms
- Socks
- Shin guards must be worn. They should be covered entirely by the socks and be made of a suitable material that offers a reasonable degree of protection.
- Footwear must be either: Astro-boots, Trainers or soft rubber moulded boots. Under no circumstances are screw in studs or blades permitted.

Infringements/Sanctions relating to this Law

The referee is instructed not to allow any game to take place where the player or players are not properly attired. This includes all the above. If the player or players are unable to wear the correct equipment then, in such cases the game will be awarded to the opposition 10-0 and the team infringing will forfeit its match fee.

Players that can correct their equipment will be instructed to leave the field of play and do so. They may not return to the pitch without first checking with the referee that their equipment is now correct. This must take place during a stoppage in play.

LAW 3: THE REFEREE

The authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed, from the moment he/she enters the locality where the pitch is situated until he/she leaves.

Powers and duties

The Referee:

- Enforces the Laws of the Game
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at the time.
- Keeps a record of the match and provides the appropriate authorities with a match report with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the match.
- Acts as a timekeeper
- Stops, suspends or terminates matches for any infringement of the Laws or due to any kind of outside interference
- Takes disciplinary action against players guilty of cautionable or sending off offences.
- Takes action against team officials or supporters who fail to conduct themselves in a responsible manner and may at his/her discretion expel them from the playing area and its immediate surrounds, or if necessary abandon the game.
- Ensures that no unauthorised persons enter the pitch
- Stops the match if, in his/her opinion, a player is seriously injured and ensures he/she is kept safe and given appropriate treatment.
- Ensures that any player bleeding from a wound leaves the playing area and receives appropriate medical attention (if suitably first aid qualified)
- Allows play to continue until the ball is dead, if a player is, in his/her opinion only slightly injured.
- Ensures the ball used conforms to Lucozade Powerleague requirements.
- Makes use of timed suspensions to temporarily exclude players guilty of infringements of the laws.
- Makes excluded players aware of the end of their period of suspension.

Decisions of the Referee

In matters pertaining to a specific game, the refereeing of the game and application of the rules during that game, the referee's decision will be final.



LAW 4: START OF PLAY

Preliminaries

The choice of ends is decided by a toss of the coin, the team winning the toss will have choice of ends; the team losing the toss will have kick off.

Kick off

- A kick off is a way of starting or restarting play:
- At the start of a match
- After a goal has been scored
- At the start of the second half of the match
- At the start of each period of extra time where applicable

A goal may be scored direct from a kick-off.

There must be no second touch by the initial kicker.

Procedure

- All players must be in their own half of the field
- The opponents of the team taking the kick-off are at least 1m from the ball until it is played.
- The ball is stationary on the centre mark
- The referee gives a signal to start the match
- The ball is in play when it is kicked forward
- The kicker may not touch the ball a second time until it has touched another player.
- After a team scores the other team takes the kick-off.

Infringements/Sanctions relating to this Law

- If the kicker touches the ball a second time before it has touched another player:
- An direct free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure the kick is retaken.

Dropped Ball

A dropped ball is a way of restarting the game after a temporary stoppage.

Procedure

The referee drops the ball at the place where it was located when play was stopped, unless it was in the goalkeeper's possession, when the goalkeeper shall, at the referee's signal; return the ball into play by throwing the ball underarm from any point within the penalty area.

Play restarts when the ball touches the ground.

If the drop ball is required near the kickboards then the referee shall drop the ball at least 2 metres from the boards in the appropriate place.

Infringements/Sanctions relating to this rule

The ball is dropped again:

- If it is touched by another player before it makes contact with the ground.
- If the ball leaves the playing area after it makes contact with the ground without a player touching it.

LAW 5: THE BALL IN AND OUT OF PLAY.

Ball out of play

The ball is out of play when:

- It has wholly crossed the goal line or becomes caught in the catch netting surrounding the pitch, whether on the ground or in the air.
- It hits the netting or kickboards directly behind the goal, in the area equal to the width of the goal and in a direct line extending upwards.
- Play has been stopped by the referee
- If it leaves the confines of the pitch.

Decisions

In the event of the ball being out of play due to a goal being scored the opposing team will restart the game via a kick-off.

If the ball becomes caught in the catch netting the referee may restart the game with the use of a drop ball at the nearest point to where the incident occurred and at least 2m from the kickboards.

If the ball hits the netting or kickboards directly behind the goal in the area equal to the width of the goal and in a direct line extending upwards, whether it goes above head height or not the ball will be returned to the goalkeeper to restart play.

If the ball leaves the confines of the pitch the ball will be returned to play via the nearest goalkeeper.

Ball in play

The ball is in play at all other times including when:

- It rebounds from a goal post, crossbar, roof or kickboards.
- It rebounds from the referee when on the pitch.

Head height

The ball must not travel above "head height" this is defined as 6ft, regardless of the height of the referee or any other player.

If the ball rebounds from a crossbar, goalpost, kickboard or goalkeeper and travels above "head height" then play continues.

Heading the ball is not permitted.

Infringements and sanctions relating to "head height"

If the ball travels above "head height" then the game will be restarted by the award of an direct free kick to the opposing team from the point where the ball began to rise.

LAW 6: THE METHOD OF SCORING.

Goal Scored

Except otherwise provided by these laws, a goal is scored when the whole of the ball passes over the goal line, between the posts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

A goal may be scored from any point outside the goal area and within the field of play. The only exception is that the goalkeepers may not score in their opponent's goal.

Winning Team

The team scoring the greater number of goals during the match is the winner, provided no disciplinary matters preclude them. If both teams score an equal number of goals or if no goals are scored, the match is drawn.

Competition Rules

For matches ending in a draw, competition rules may state provi-



sions involving extra time or penalty kicks to decide the outcome of any individual match.

LAW 7: OFFSIDE

There is no offside.

LAW 8: FOULS & MISCONDUCT

Fouls and misconduct are penalised as follows:

Direct free kick

A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent, even with the shoulder
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Forces a player into the kickboards

A direct free kick is also awarded to the opposing team if a player commits any of the following offences:

- Holds an opponent
- Spits at an opponent
- Makes a sliding tackle
- Handles the ball deliberately (except for the goalkeeper)
- When the ball is played into the corners of the pitch the defending player must allow the ball player to take the ball out unhindered, the ball player will only have no more than 5 seconds to return the ball to play.
- A player plays in a dangerous manner
- A player deliberately impedes the progress of an opponent when the ball is not being played
- An attacking player deliberately enters the opposing goalkeeper's area, either to play the ball or, to gain an advantage (i.e. quicker route to the ball).
- The ball travels above "head height".
- Commits any other offence, not previously mentioned, for which play is stopped to caution or dismiss a player.

A direct free kick is awarded to the opposing team if a goalkeeper commits one of the following offences:

- Returns the ball to play with anything other than an underarm action.
- It is an offence for the goalkeeper to make a deliberate passing/kicking motion to play the ball, if the match referee deems it a block with no deliberate passing action the game should continue.
- Retains possession of the ball for more than 6 secs before returning it to play.
- Receives the ball back directly from the same player he/she initially passed to, without it first touching at least one other player.

A direct free kick is awarded from the place where the infringement occurred. A player may not stand closer than 1m from the ball when defending a free kick. Free kicks must be taken 2m from kickboards or goal areas.

Penalty Kick

A penalty kick is awarded in the following circumstances:

- If a player deliberately enters his/her own goalkeeper's area to play the ball or, runs through it to gain an advantage (i.e. quicker route to the ball).
- A goalkeeper deliberately leaves his/her penalty area to play the ball (if his/her momentum carries him/her out after playing the ball inside his/her area, this does not warrant an infringement).

Only outfield players are permitted to take penalty kicks during the game (except in competitions when local rules may apply).

The Penalty must be taken using the "one step" rule.

APPENDIX TO LAWS OF THE GAME

Discipline Procedures

- Lucozade Powerleague shall administer a discipline process that takes into account the FA's 'Laws of Small Sided Football.
- Lucozade Powerleague shall communicate to its players and teams the discipline process that is in place and make them aware that the County FA will deal with offences that carry a thirty-five day suspension and above. Disciplinary action arising from such offences will apply to all categories of football.
- Lucozade Powerleague shall maintain a system whereby team lists are verified by the team organiser prior to the commencement of all league or cup matches and that disciplinary action will be taken against any team found to be submitting false information or playing a player currently serving a suspension.
- Lucozade Powerleague shall maintain a process of checking that suspended players are not permitted to play at Lucozade Powerleague for any affiliated team whilst serving a suspension.
- Lucozade Powerleague will forward all correspondence relating to disciplinary matters to the respective teams or players once received from the CFA
- Lucozade Powerleague shall oblige all referees to submit reports detailing red card incidents.
- Lucozade Powerleague will take into account the FA's recommendations relating to offences that are to be covered by the Lucozade Powerleague's Discipline process.

Disciplinary Sanctions

Lucozade Powerleague operates its own disciplinary code in respect of Yellow and Red card offences in excess of the minimum guidelines approved by the Football Association Council in respect of Small-sided soccer.

The use of temporary time suspensions ("sin bins") and the exclusion of a player arising from the issuing of a red card are the disciplinary sanctions for use in small sided football, this may subsequently be combined with imposition of fines or other methods of sanction against the player or the team (including temporary or permanent exclusion of the individual or team concerned) at the discretion of the Branch Manager.

The options for the match official imposing disciplinary sanctions are:

- Player shown a yellow card and temporarily suspended from play for 2 minutes ("sin binned")
- Player issued with a second yellow card and permanently excluded from play.
- Player issued with a red card and permanently excluded from play.

1. Temporary timed suspensions - Sin bin

A player temporarily suspended from play will be shown a yellow card by the match official. This player is obliged to leave the pitch and remain in the designated 'sin bin' area for 2 minutes. The 'sin binned' player will be informed by the referee when the period of suspension is over and they can return to the field of play.

A player placed in the 'sin bin' can not be substituted until the temporary suspension has been served, on completion they either a) return to the field of play or b) get substituted.

1. Temporary Timed suspension offences

A player is shown a yellow card and temporarily excluded from play for 2 minutes if he/she commits any of the following offences:



- Guilty of unsporting behaviour
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of the game
- Fails to respect the correct distance when play is restarted.
- Enters or re-enters the pitch without the referee's permission or infringes the substitution procedure.
- Deliberately leaves the pitch without the referees permission

For any of these offences, an direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred. The offending team must be reduced to four (including goalkeeper) for the entire 2 minutes of the suspension.

2. Sending-off Offences & Red Cards

A player is shown a red card and sent off if he/she commits any of the following offences:

- Guilty of serious foul play
- Guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or obvious scoring opportunity by either a deliberate handball or foul.
- Uses offensive or insulting language
- Racial Abuse or Discrimination towards others
- Receives a second blue card in the same match If play is stopped because a player is sent from the pitch, for either using abusive language or for receiving a second yellow card, without having committed an additional infringement, play is restarted by the award of an direct free kick, to the opposing team, to be taken at the point where the infringement occurred.

Decisions

A player who has been sent off may not take any further part in the game. He/she must remove himself/herself from the area and retire to the pavilion or changing room. The Referee may abandon the game if the Player fails to adhere to this rule or refuses to leave the field of play when instructed.

The team can not replace the player sent off with a substitute, the team must see out the remainder of the match with 4 players.

3. Double Yellow card

A player collecting two yellow cards in a single game will automatically miss the next league fixture.

4. Red Card Violent Conduct

Any player sent off for violent conduct will immediately be suspended for up to 10 weeks (and possibly indefinitely) from all league set ups within Lucozade Powerleague leagues. Violent conduct offences may also be report to the local county FA.

Where a team disciplinary points system is implemented, two points will be deducted from the league teams standing for each player within this category.

Any attempt to harm or threaten a referee by a player, or a team will not only result in a life ban for all involved, it will also be reported to all relevant National Football Associations. It is within their power to enforce a ban from all forms of competitive football. The police will also be informed and Lucozade Powerleague has the right to remove the whole team from the league.

Violent conduct on or off the pitch will result in the immediate suspension of the individual or individuals concerned for the duration of the game, together with further sanctions at the discretion of the Branch Management.

Lucozade Powerleague reserve the right to ban any individual or the whole team, if guilty of violent conduct, from all participation in leagues or tournaments.

5. Repetition of Red Card Violent conduct

A player returning from a period of suspension for violent conduct will be placed on a 26-week probationary period. If the player in question receives a red card for violent conduct within this time period he/she will automatically be banned for a further 6 months.

On returning from this period of expulsion the player will once again be placed on a 26-week probationary period. If he/she re-offends during this time he/she will automatically be indefinitely banned from all Lucozade Powerleague pitches and premises.

All suspensions carry forward into subsequent seasons.

6. General Disciplinary Scale for Sendings off

(Implementation subject to Branch Manager's discretion and authority)

OFFENCE CODE	OFFENCE	SUSPENSION
A1	Assault on any Referee or any Lucozade Powerleague employee	Life Ban
A2	Racial Abuse or Discrimination Towards Others	Life Ban
A3	Threatening physical harm to a Referee	Up to 10 weeks
A4	Violent conduct, including: kicking, elbowing or striking an opponent	Up to 10 weeks
A5	Foul or abusive gestures or language towards a Referee	Up to 6 weeks
A6	Spitting or other unseemly behaviour	Up to 6 weeks
A7	Serious foul play, including: attempting to kick or strike a player	Up to 4 weeks
A8	Foul and abusive language directed towards another player	2 weeks
A9	Two blue cards in a single game	1 week



7. Match abandonment

On occasions when a league team fails to appear for a scheduled fixture, (after the allotted 15 minutes) the opposition will be awarded the three points and a 10-0 win. The offending team will be liable for payment of their match fee prior to the next scheduled league fixture unless they have agreed a re-payment plan with the branch Management team.

If a match is abandoned, the offending team shall forfeit the match by a score line of 10-0. Unless the score-line already exceeds that in the oppositions favour, in which case the result will stand. There shall be no re-imbusement of the match fee.

If a match is abandoned and both teams are at fault, then both teams will receive 10-0 forfeits against.

There shall be no re-imbusement of the match fee.

If a match is abandoned with neither team at fault, a full-length replay with scores starting at 0-0 shall decide the match. The fees paid for the original match will be retained and the replay arranged at no extra charge.

8. Complaints

All league teams have the right to complain with regards all league matters, including; league set up, opposing teams, referees and management decisions; providing an accurate and factual written appeal is submitted. All appeals must be made in writing to

Lucozade Powerleague Management no later than 48 hours after the fixture.

All communication in relation to complaints or grievances will be exclusively between the team organiser and Lucozade Powerleague. All reports from third parties or other witnesses to the incident will be held in strictest confidence.

Lucozade Powerleague Management may overturn any rule if they feel that a team is deliberately using an interpretation of the rules to gain an unfair advantage Lucozade Powerleague have no power to overrule any bans/and or fines issued by the relevant FA Association therefore all appeals should be made directly to the FA.

Lucozade Powerleague reserves the right to alter these rules without prior consultation; individual branches may have local rules that apply to their centres.

Lucozade Powerleague Management will decide on all matters of discipline not covered by the above rules.

Lucozade Powerleague reserves the right to ban any individual or team from all future participation in the leagues.

The decision of Powleague management in all matters pertaining to the management of the league will be final.

