

## Year 5 & 6 Girls Football League 2025/2026

### Venues

Fixtures will take place at various school sites after school, organised directly by teachers.

### Competition Format

- Open to Year 5 and 6 girls.
- Teams will be divided into groups.
- **Each team plays every other team in their group once.**
- Please aim to balance fixtures between home and away matches where possible.
- **All group phase fixtures must be completed by the end of February.**
- Winners of groups will qualify for the **Finals Event**, which will take place shortly after the Easter break.
- There will be **no separation between small and large schools** (a long-term goal, but not possible this year due to sign-up numbers).

### Match Rules

1. **Format:** 7-a-side (squads of 12)
2. **Duration:** 20 minutes each half
3. **Substitutions:** Roll-on/roll-off permitted
4. **Match Balls:** Size 4 – supplied by the home team
5. **Referee:** Provided by the home team
6. **Shin Pads:** Must be worn
7. **Offside:** No offside rule
8. **Free Kicks:** All are direct
9. **Points System:**  
Win = 3 points      Draw = 2 points      Loss = 1 point

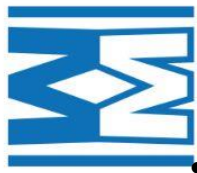
### Tiebreakers

If teams finish level on points, the following will be used to separate them:

1. Overall goal difference
2. Total goals scored
3. Head-to-head aggregate score

### Equality Rule (Key Rule)

To encourage fair play and continued participation:



# MOVE MORE

EVERY CHILD THRIVES

- If the **goal margin becomes 5 or more** in favour of one team, the team that is behind may add **two extra players** (resulting in **9 vs 7**).
- If the deficit is reduced to **2 goals or fewer**, the team must **immediately return to 7 players**.

## No Heading Rule

To prioritise player welfare and reduce health risks:

- **Deliberate heading is not allowed.**
- An **indirect free-kick** will be awarded at the location of the deliberate header.
  - If the header occurs inside the defending team's penalty area, the free-kick will be taken from the **penalty mark**.
- This offence is **not cautionable** unless:
  - It stops a promising attack (yellow card)
  - Denies a goal or clear opportunity (red card)
  - Occurs repeatedly (persistent misconduct – yellow card)

## Definition of a Deliberate Header:

A header is considered deliberate if a player moves their head/body:

- Toward the ball
- Into the path of the ball

Factors include:

- Speed and distance of the ball
- Whether the player had a realistic chance to avoid contact

