

## B Team Football Festival

**Date:** Thursday 20th March 2026

**Time:** 3:30 PM – 5:30 PM

**Venues:** Ashley Manor & Lakeside

**Entries:** Maximum **2 teams per school**

### Event Overview:

This self-contained festival is aimed primarily at boys in Years 5 and 6 who are enthusiastic about football but have **not** been selected to play regularly at U11A level.

**Please note:** Any child who has taken part in the *Albert Dix* competition is **not eligible** to participate in this festival.

### Match Rules

- **Format: 7-a-side (squads of 12)**
- **Match Length:** 7 minutes each half
- **Substitutions:** Roll-on/roll-off permitted
- **Offside Rule:** Not applied
- **Free Kicks:** All are direct
- **Shin Pads:** Must be worn

### No Heading Rule

To ensure player welfare and align with local youth league standards, **deliberate heading is prohibited**.

### *What is a Deliberate Header?*

A deliberate header usually involves a player moving their head and/or body:

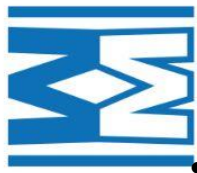
- **Towards the ball**, and/or
- **Into the path of the ball**

When judging if a header is deliberate, consider:

- The **speed of the ball**
- The **distance** between the ball and the player
- Whether the player had the **opportunity to avoid contact**

### Law Changes:

- A **deliberate header** results in an **indirect free-kick** from the point of contact.



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EVERY CHILD THRIVES

- If this occurs **inside the defending team's penalty area**, the free-kick is taken from the **penalty mark**.
- Not normally a cautionable offence unless:
  - It **stops a promising attack** (yellow card)
  - **Denies a goal or clear opportunity** (red card)
  - Is **repeated** (persistent misconduct – yellow card)

