

Tewkesbury ESFA Girls Football

Competition Structure

- **Teams:** Selected from Year 5 and 6
- **Location:** Tewkesbury Academy
- **Timing:** 3:45pm-5:30pm
- Group Winners progress to finals
- Overall Champion progresses to County Round (1st December)

Match Rules

- **Format:** 7-a-side (squads of 12)
- **Match Length:** 7 minutes each half
- **Substitutions:** Roll-on/roll-off permitted
- **Ball Size:** Size 4 (home team to supply)
- **Offside Rule:** Not applied
- **Free Kicks:** All are direct
- **Shin Pads:** Must be worn
- **Points System:**
 - Win = 2 points
 - Draw = 1 point
 - Loss = 0 points

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.
- 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)

