

## Yr3+4 Football League – 2025/26

### Competition Structure

- **Teams:** Selected from Year 3+4 (mixed gender).
- The league consists of groups then finals knockout

Dates: Thursday 20<sup>th</sup> November & Thursday 19<sup>th</sup> March

### Match Rules

- **Format: 7-a-side**
- **Substitutions:** Roll-on/roll-off permitted
- **Ball Size:** Size 4 (home team to supply)
- **Referee:** Provided by the home team
- **Offside Rule:** Not applied
- **Free Kicks:** All are direct
- **Shin Pads:** Must be worn
- **Points System:**
  - Win = 3 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**

- 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)