

MANvFAT FOOTBALL

RULES SIMPLIFIED

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WELCOME TO THE WONDERFUL WORLD OF MAN V FAT!

MAN v FAT is an award winning, innovative men's health provider. MAN v FAT Football provides small sided football leagues designed exclusively to support overweight men to improve their physical and mental health. Launched in 2016 by male weight loss specialists, MAN v FAT appeals to men who love football and hate being fat.

The unique part about these leagues is that games are decided not only on points won, but pounds lost!

OUR MISSION

To support and champion any man worldwide who wants to win his battle against fat and get healthier.

The rules set out in this document must be adhered to by all MAN v FAT coaches, players and referees. Where not stated, MAN v FAT Football follows the FA rules and guidelines for small sided football.

The MAN v FAT Football rules poster will be displayed at each session at your club.

All efforts must be made to ensure MAN v FAT Football remains safe, friendly, fun and supportive and remains accessible to everyone who qualifies for and may benefit from the programme.

THE NITTY GRITTY

- MAN v FAT is a weight loss programme primarily and football club second!
- Weigh ins must happen before games. No weigh, no play.
- Shin pads are mandatory (Players can't play without them)

ELIGIBILITY TO JOIN MAN V FAT FOOTBALL

- 18+
- Male
- BMI 27.5+

WHAT WILL I NEED?

- Shinpads
- Suitable footwear for outdoor artificial pitches
- Shorts or tracksuit bottoms
- Water
- Shirt that matches your team colour (No hood, doesn't need to be a football shirt)
- MAN v FAT would recommend sports goggles or contacts for those who need them in the interest of safety.

Anything that could be considered dangerous such as jewellery, smart watches, casts etc can't be worn during the match. The referee will confirm what they consider dangerous. However, if unsure just contact your Coach or Player Support Team.

WEIGH IN GOAL BONUSES

MAN v FAT football really is the only league where losers win...

- **Baseline weight** – this is the official weight you record with MAN v FAT at your first session. This is the weight used to create all your 5% targets.
- **Season start weight** – this is your first weight of every season. In your first season, this will be your baseline weight. Your week 14 weight (or last weigh in of the season) will carry across to be your next season start weight.
- **Team Bonus** – it helps to lose weight together. Every player will be awarded bonus goals for losing weight. (As long as your weight is below their season start weight.)

1-2 players = +1 points

3-4 players = +2 points

5-6 players = +3 points

7-8 players = +4 points

9 + players = +5 points

- **Scoring Hatricks** – lose weight for three weeks, score one bonus goal. A total of four hatricks could be achieved in one season. Weight losses do not need to be on consecutive weeks. Hatricks do not carry over from one season to the next.

- **5% Bonus** – At your first session, MAN v FAT will create all 5% milestones that you can achieve before you reach a healthy BMI. When you achieve these 5% targets, you will be rewarded 3 bonus goals for your team.

Each player can achieve each 5% bonus once in their MAN v FAT career

A player can achieve a maximum of two % bonuses in a season. If you achieve a third % target (e.g. you've hit 5% and 10%, then go on to achieve 15% in one season), this bonus will be carried over to the next season and your bonus will be awarded in week 1 as long as your weight remains below the target.

- **Own goals** – You will concede an own goal for going above your season start weight and any weeks you gain weight while remaining above your season start weight. If you lose weight while above your season start weight you will neither concede an own goal nor score a bonus goal.

You cannot score a weight related own goal on week 1 of any season

- **Tracking goals** – There are bonus goals available every week for players who are tracking. You are 42% more likely to achieve a goal simply by writing it down! Present your coach with tracking either in your handbook or chosen apps and receive:

TRACKING BONUS	
No. of players tracking	Bonus
1-3	+1 goal
4-6	+2 goals
7+	+3 goals

MAINTENANCE SCORING

Congratulations! If you are a maintenance player this means you have achieved a BMI between 18.5 - 24.9. You are now considered a healthy weight and a BMI BOSS! As a player in the maintenance phase you can continue to score goals both on and off the pitch for your team.

BMI 18.5 – 24.9

- A BMI within this range is considered healthy! We would no longer encourage you to lose weight. This means you will no longer be awarded a 3 goal bonus for achieving a 5% target.
- You will receive a 3 goal bonus on the week that you achieve a healthy BMI.
- You will receive a 1 goal bonus every week that you remain within this healthy range. Whether you lose or gain weight, you will score receive this 1 goal bonus if your BMI remains healthy.

Hattricks

You will receive a 1 goal bonus for your team for every 3 weeks you remain healthy.

Own goals

You will score an own goal if your BMI increases to 25+ and continue to score an own goal each week that you gain weight until you return to a healthy BMI.

NUMBER OF PLAYERS

All MAN v FAT Football clubs are 5, 6, 7 and 8-a side, this will be made clear on your club rules poster. Each team will have up to 4 substitutes. We use a system of rolling subs managed by the players.

Don't worry, MAN v FAT allows for unlimited substitutions so you can get some minutes under your belt at your pace whether you're a newbie or a seasoned footballer.

LEAGUE TYPE	5-A-SIDE	6-A-SIDE	7-A-SIDE	8-A-SIDE
Standard number of players	9	10	11	12
Maximum number of players	10	11	12	12
Minutes per game	28	28	28	28
Number of teams	min 2 - max 12	min 2 - max 12	min 2 - max 12	min 2 - max 12

Teams can request an additional player in their squad above the standard number of players (maximum number of players), if they have injuries or irregular attendance etc.

Referees have the option to play the full 28 minutes through in one stint or in two halves, in the interest of time keeping and swift transitions between games.

Changing places with the goalkeeper

Any of the players or substitutes, may change places with the goalkeeper. The following conditions must be observed:

- The referee must be informed before the change is made
- The change may only be made during a stoppage in play

FORFEITING

Validity of a match - playing numbers

A match should not be considered valid if the playing strength of either team is reduced as follows;

- 5-a-side: Less than 4 players
- 6-a-side: Less than 4 players
- 7-a-side: Less than 5 players
- 8-a-side: Less than 6 players

This does not include team numbers reduced by the enforcement of a temporary removal from play (sin bin).

In circumstances where a team does not have enough players to field a full team of 5, 6, 7 or 8 players (respective of league type) there are three options. One of the three options must be selected by the team with too few players and agreed with the MAN v FAT Football Coach and/or Assistant Coach as well as communicated with the opposing Team Captain before kick-off. The most practical way of doing this is either face to face at the session or via the Captains group. The referee should also be notified at kick off. A localised protocol may be introduced at the Coach's discretion to encourage fair borrowing. This protocol would be communicated to players with as much warning as possible. If a team has not been assigned the standard number of players (see page 13 table 1) they may be eligible to borrow up to two players without incurring own goals (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below).

Options

1. Choose to accept a 5-0 forfeit defeat but play the match with borrowed players as a friendly. Their weight loss scores would be counted towards the final score but the pitch score from the friendly game would be recorded as a 5-0 loss.

2. Choose to play the game with fewer players. In this situation both pitch score and weight score would count. This can only be taken if the team can field 4 (5 and 6-a-side leagues) 5 (7-a-side league), 6 (8-a-side) as a minimum who have all weighed in. If a team chooses to play with the number of players listed above and during the course of the game can no longer field all of these players due to the dismissal of a player the coach may at their discretion take the current pitch score if greater than the 5-0 forfeit score. If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring own goals (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below.)

3. Choose to borrow players of their choice to make up their team numbers. (A localised protocol may be in place to encourage fair borrowing. See section: Forfeiting a game due to player numbers). Teams would concede 2 own goals for every borrowed player. The team must have the minimum number of players required to take this option (See section: VALIDITY OF A MATCH - PLAYING NUMBERS). Own goals are awarded by adding 2 goals to the opposition score pitch score. If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring own goals (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below.)

The opposition get no say in a team's decision ahead of the game, but the opposing Captain (or member of the opposing team in the absence of the Team Captain) should be informed of their decision before the game commences.

Teams found fielding ineligible players (i.e not members of your team) without informing the MAN v FAT Football Coach, Assistant Coach, Referee or the opposing Captain (or member of the opposing team in the absence of the Team Captain) prior to the game, will automatically forfeit the game 5-0.

Teams may also forfeit their pitch result 5-0 if a player participates without weighing in first or is later found not to be registered to the club. A Coach may use a first offence of a player not weighing before playing as a warning/reminder to the player and club however, will forfeit a team's pitch result if found to be a repeat offender.

The above forfeits are for pitch results only and do not affect weight loss results. i.e, If as a result of the above, a team loses 5-0 on the pitch, but wins 6-0 on the scales, the team would win with a final score of 6-5

Teams must have the minimum number of players required (see Page 15 - Validity of a match - Playing numbers) in order to opt for options 2 or 3. Any team may borrow the number of players required to achieve a full team plus one substitute providing the rules above are met.

PLEASE NOTE THESE POSSIBLE EXCEPTIONS

If a team has an Assistant Coach (AC), they may be required to cover a session in the absence of the Coach. Where this is the case, the AC would be unable to participate in their team's fixture. If unable to field a full team as a result of this, the team may borrow one player without incurring two own goals (-2). This is only applicable when an AC is covering the Coach and is unable to participate in the session. The AC would still be required to weigh in and their weight loss/gain would still contribute towards their team's result.

Insufficient Squad Numbers

If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring own goals;

If a squad has been assigned 2 players less than the Standard number of players - The team may borrow 1 player without incurring any own goals for that player. Any borrowed players in addition to this will incur 2 own goals per player.

If a squad has been assigned 3 players less than the Standard number of players - The team may borrow 2 players without incurring any own goals for these players. Any borrowed players in addition to this will incur 2 own goals per player.

THE REFEREE

MAN v FAT Referees are human and valued members of our community. Respect the referee, the referees decision is final. No Ref, No Game.

The authority of the referee

Each game is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the game to which they have been appointed, from the moment they enter the locality where the playing area is situated until they leave.

Powers and duties of the referee:

- Enforces the Laws of the Game within the spirit of MAN v FAT Football
- 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 that time
- Keeps a record of the match and provides the appropriate authorities with a game 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 game
- Acts as timekeeper
- Stops, suspends or terminates the game for any infringement of the Laws or due to any kind of outside interference
- Takes disciplinary action against players guilty of cautionable and sending-off offences
- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the playing area and its immediate surrounds
- Ensures that no unauthorised persons enter the playing area
- Stops the game if, in their opinion, upon injury assessment a player is seriously injured and ensures that he is removed from the playing area
- Ensures any player bleeding from a wound leaves the playing area

- Allows play to continue until there is a stoppage in play if a player is, in their opinion, only slightly injured
- Ensures that any ball used meets the requirements
- Make use of timed suspensions to exclude temporarily players guilty of infringements of the laws
- The referee should make excluded players aware of the end of their period of suspension
- Report match scores to the club coach at the end of the session
- Follow the incident report procedure to escalate any necessary misconduct and disciplinary action taken during the game. This should include keeping notes of any incidents they would like to report including language used, player names and actions

The referees decision is final.

HEIGHT OF BALL RESTRICTIONS

Specific venues may be subject to a rule permitting the ball from travelling above head height. This will be made clear on your club rules poster displayed at each session. Head height is governed and set by the height of the tallest player on the pitch. If a height infringement occurs an indirect free kick shall be awarded. The indirect free kick should be taken from the point at which the ball began to rise. If an infringement occurs within the penalty area and is committed by the defending team an indirect free kick should be awarded on the penalty area line nearest to where the offence took place. The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block made by the goalkeeper.

IMMEDIATE PASSBACKS

When an outfield player receives the ball from the goalkeeper, the ball must be touched by another player before being passed back to the goalkeeper. This is punishable with an indirect free kick, 3 metres outside the area

AREA

Outfield players are not allowed in the goal area.
Goalkeepers are not allowed outside the goal area.

KICK OFFS

Home team has a choice of ends, the away team will kick off the first half. As much as we love a goal from kick off, goals won't count that are directly scored from kick off. Find a teammate and get the ball moving instead.

The kick-in

A kick-in is a method of restarting play and may be replaced or used in conjunction with an underarm roll at appropriate venues. This will be made clear on your Club Rules Poster

A goal cannot be scored directly from a kick-in/roll in. A kick-in is awarded to the opponents of the player who last touched the ball:

- When the whole of the ball passes over a touch line, either on the ground or in the air, or hits the ceiling/ overhead nets
- From the place where it crossed the touch line or 2m into the playing area adjacent to where the ball left the playing area when barricades are in use Position of the ball and players

The ball:

- Must be stationary on the touch line; or 2m into the playing area from the barrier where barricades are in use
- Is kicked or rolled into play in any direction

The player taking the kick-in:

- Has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball; or
- Must stand between the ball and the barricade where in use

The players of the defending team:

- Are at least 3m from the place where the kick-in is taken

The goal clearance

A goal clearance is a method of restarting play. A goal may not be scored directly from a goal clearance.

- Opponents remain outside the penalty area
- The goalkeeper does not play the ball a second time until it has touched another player
- The ball is in play when the ball is rolled out under arm by the goalkeeper. The ball must remain below head height until touched by another player.

GET TO KNOW YOUR FREE KICKS

All free kicks in MAN v FAT are indirect apart from penalties. Imagine having to pass one of them... that would be wrong!

Indirect means that the ball must be stationary when kicked and the kicker can't touch the ball a second time until it has been touched by someone else. A goal can only be scored if the ball subsequently touches another player before it goes in the net. All opponents must be at least 3 metres away from the ball until it is in play. A goalkeeper may not kick the ball under any circumstances except while making a save. If a goalkeeper does kick the ball, an indirect free kick will be given 3 metres outside the area.

An indirect free kick is taken from the place in which the infringement occurred as indicated by the referee.

HOW'S YOUR DISCIPLINE?

MAN v FAT Football operates a two-card disciplinary procedure.

If shown a blue card, you have received a temporary suspension which lasts 2 minutes.

If you are shown a second blue card, you are again temporarily suspended for 2 minutes.

If you are shown a red card, you have been permanently excluded from the game.

For a full list on what might warrant a blue or red card and how to get yourself back on the pitch, read our full play book.

Red card offences (as outlined in Table 1) are dealt with by MAN v FAT (the small sided football provider). The match official should complete a 'Disciplinary Report' and ensure that it is sent to the Small Sided Football provider. The Small Sided Football provider should employ the following disciplinary tariff of suspensions in such cases as outlined in Table 1.

Match Suspension Tariff: Table 1

OFFENCE PENALTY	PENALTY (TO BE ADMINISTERED BY SMALL SIDED PROVIDER)
Receiving a second 'blue card' in the same match	1 Match suspension and/or £10 fine
Denying a goal or an obvious goal scoring opportunity	1 Match suspension and/or £10 fine
Use of offensive, insulting or abusive gestures	2 Match suspension and/or £15 fine
Attempting to kick or strike another player / Serious Foul Play	2 Match suspension and/or £20 fine
Violent Conduct*	3 Match suspension and/or £30 fine

*Serious incidents maybe escalated to The County FA following a decision made by a panel from MAN v FAT HQ.

Serious red card offences not classified in Table 1 below will be the responsibility of the local County FA. Once the County FA has reviewed the case the small sided football provider along with the player will be informed of the outcome and any disciplinary action

Red cards administered in small sided football for offences within **Table 1** are the responsibility of the provider to deal with according to the FA's recommended tariff of suspensions and are from small sided football only.

Table 2

RED CARDS TYPE TWO (TO BE MANAGED BY COUNTY FA)	
	Serious Violent Behaviour causing injury, including any form of assault
	Spitting
	Any offences where the offender has also acted in a discriminatory manner for reasons of ethnic origin, colour, race, religion, sex, sexual orientation, disability
	Any other offence not covered above including offences after the match or after being dismissed

*Remit of disciplinary action, any suspensions for offences dealt with by the County FA that are not covered in Table 1 apply to all levels of football (i.e. 11 a side and Small Sided Football).

THE PENALTY KICK

A penalty kick is awarded if:

- The goalkeeper leaves the area. If the goalkeeper makes a save and part of his body slides out of the area, then the referee shall use his discretion. However, in this instance, for the referee to rule in favour of the goalkeeper, the ball must have this instance, for the referee to rule in favour of the goalkeeper, the ball must have remained in the area and part of the goalkeeper's body must also have remained in the area.
- If, in the referee's opinion, the goalkeeper started a sliding save too near to the edge of the area, which he could have reasonably foreseen would have taken the majority of his body out of the area (even though the ball may have remained in the area) then the referee shall penalize the goalkeeper. The referee shall take into account the conditions of the surface in determining how far goalkeepers may slide out of the area.
- A defender enters his own box. However no player shall be penalised if, through no fault of their own, they enter the area when they have made a reasonable attempt not to enter the area. This particularly applies to attacking players who may push defending players into the area

MAN V FAT FOOTBALL TOURNAMENTS

If a game during the knockout stages of a competition finishes in a draw the result shall be determined by a penalty shoot-out.

HOW TO WIN

A MATCH

Throughout the season, the winner of each match is awarded;

- Win – 2 Points
- Draw – 1 Point
- Lose – 0 Points

The team with the most goals combined from the team's pitch and scales efforts, wins (+2 Points). If both teams score an equal number of goals or if no goals are scored, the result is a draw (+1 Point).

THE LEAGUE

- The team with the most points from their league fixtures, win!
- If more than one team are level on points, Goal Difference will be the deciding factor.
- If more than one team share equal Goal Difference, the teams overall Weight Loss goals should determine the winner.

THE WEIGHT LOSS (SCALES) LEAGUE

- If more than one team are level on points, Goal Difference will be the deciding factor.
- If more than one team share equal Goal Difference, the teams overall Weight Loss goals should determine the winner of the scales league.

THE PITCH LEAGUE

- If more than one team are level on points, Goal Difference will be the deciding factor.
- If more than one team share equal Goal Difference, Goals Scored should determine the winner.
- If points, goal difference and goals scored remain equal, the head to head record should be used to determine the winner of the pitch league.

THE CUP

3 TEAM FORMAT

- If more than one team are level on points, Goal Difference will be the deciding factor.
- If more than one team share equal Goal Difference, the teams overall Weight Loss goals should determine the winner of the Cup.

4 TEAM FORMAT

- For the Cup Finals Week, the teams who finish 1st and 2nd in the Cup table will play against each other to be crowned the Cup Winners, whilst the 3rd and 4th placed teams will play against each other for the wooden spoon.
- If multiple teams are level on points, Goal Difference will be the deciding factor.
- If multiple teams share equal Goal Difference, the teams overall Weight Loss goals from the cup fixtures should determine the winner.
- During the Cup Final, if the game ends in a draw, Weight Loss goals should determine the winner of the match. If Weight Loss goals are also equal, a penalty shoot-out should take place.

6 TEAM FORMAT

- For the Cup Finals Week, the teams who finish 1st and 2nd in the Cup Table will play against each other to be crowned the Cup Winners, whilst the 3rd and 4th placed teams will play against each other and the 5th and 6th placed teams will complete the Cup Finals Week round of fixtures.
- During the Cup Final, if the game ends in a draw, Weight Loss goals should determine the winner of the match. If Weight Loss goals are also equal, a penalty shoot-out should take place.

10 TEAM FORMAT

- If multiple teams are level on points, Goal Difference will be the deciding factor.
- If multiple teams share equal Goal Difference, the teams overall Weight Loss goals should determine the winner of the Cup.