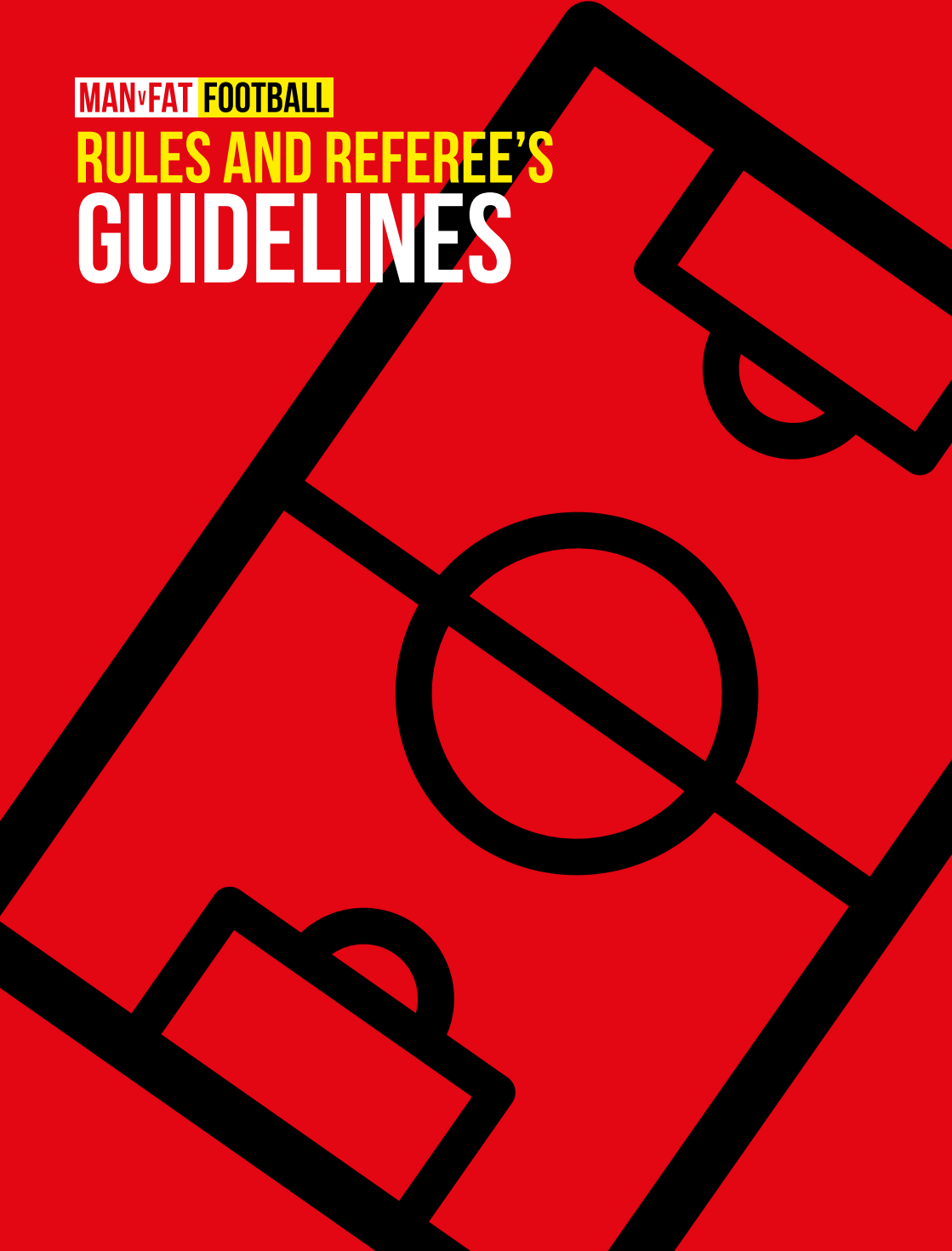


MANvFAT FOOTBALL

**RULES AND REFEREE'S
GUIDELINES**



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INTRODUCTION

The rules set out in this document must be adhered to as closely as possible by all MAN v FAT coaches, players and referees running or participating in MAN v FAT Football leagues or tournaments. Where not stated the normal Laws of Association Football apply with the exception notably that there are no offsides in MAN v FAT Football.

The MAN v FAT Football rules poster will be displayed at each session. This will give you a guide to any changes to these rules at each individual location.

Where available MAN v FAT Football should be delivered using the provided official MAN v FAT equipment. This includes balls, scales, coach uniform, handbooks, posters and so forth.

All efforts must be made to ensure MAN v FAT Football is played in a friendly and supportive manner and remains accessible to everyone who qualifies and may benefit from the scheme.

It should always be remembered and prioritised that MAN v FAT Football is primarily a weight loss scheme rather than a football scheme.



WEIGHT LOSS RULES AND REGULATIONS

All players, referees and MAN v FAT Football coaches must weigh in before the start of the games. This is to put them on a level with the rest of the players and allow them to see that it can be an uncomfortable experience and to give them empathy and compassion with our players.

Players must weigh in **BEFORE** participating in their game. If a player weighs after the game then they can get their weight but it will be recorded as a no-show (no weight entered on the system) for the purposes of scoring – there are no exceptions for this.

WEIGH IN GOAL BUSES

Players can **SCORE** weight loss goal bonuses in **three ways**:

1. Scoring Hatricks

Three weeks of weight loss = one goal bonus given on the week it is achieved. This is taken from your previous weigh in. Another three weeks is another hatrick = one goal bonus. In total, you can gain up to four bonus goals for your team in any one league this way by totalling 3, 6, 9 and 12 losses. Weight loss is counted as any loss, it doesn't have to be a loss to take you to your lowest recorded weight.

2. Team bonus

– we count the number of players on your team who have lost weight or remained within a healthy BMI range in the current week and add a goal bonus:

WEEKLY TEAM BONUS	
NO OF PLAYERS LOST WEIGHT	BONUS
1 - 2	+1 GOAL
3 -4	+2 GOALS
5-6	+3 GOALS
7-8	+4 GOALS
9-11	+5 GOALS

3. 5% and 10% bonus - once a player loses 5% of their registration weight within a single season they get a three goal bonus. At 10% they get another three goal bonus. Both are awarded for the session in which a player records the loss.

WEIGHT LOSS PUNISHMENT

Forfeiting weight loss goals

A player can **LOSE** a goal or forfeit their weight loss goals by:

MAN v FAT Football Handbook

This handbook is used to record a player's own progress but also to ensure that he is filling in the information for each week. If he loses his Handbook or it is not filled in then the coach will use the previous weeks weight for his own records but it will be recorded as a no-show therefore no weight loss goals awarded.

Own goal

– a player whose weight goes above his registration weight will lose his team a goal for each week until this returns under the starting weight. This is only applied when the player attends a session and his weight remains above his registration weight.

WHO IS ELIGIBLE TO JOIN?

BMI 27.5+

is the minimum BMI to be able to join a MAN v FAT Football league. You must also be over the age of 16.

BMI 25 - 27.5

Once your BMI drops to within this range you will continue to receive the same goal bonuses as any other player.

BMI 18.5 - 24.9

Your BMI is considered healthy! We would no longer encourage you to lose weight and as a result of this you will no longer be awarded a 3 goal bonus to achieve a 5% and 10% weight loss. What we offer is the chance to score 0.5 goals every week on the scales just for maintaining your new, healthy BMI. You will also be able to continue scoring hatricks for remaining within your healthy BMI range for three weeks.

WEIGHT GAIN PUNISHMENTS

Just as a player with a BMI over 24.9 would be awarded an own goal for gaining weight that takes them back over their registration weight,

A player with a healthy BMI would continue to score an own goal on the scales each week for going above that healthy range (24.9BMI). This would stop once the player returned back in to the healthy BMI range.

LEAGUE DEFINITIONS

Live League

– a league that is currently running or has a date scheduled for it to commence. These leagues are open for people to register for. In the event of the league being full you will be placed on a waiting list.

Planned League

- a league that doesn't currently have a start date announced. Once a planned league has 30 players signed up MAN v FAT will actively source a venue, coach and market the league ahead of its launch. These leagues are open for people to register for and registration is charged at just £1. The remaining £8.99 registration fee is charged when the league becomes Live.

Free League

– is a league that is funded by a Local Authority or business. The league is usually free to register for and only a deposit is required to ensure commitment. Funding for these leagues last for one season and the standard league fees apply from season two.

Discounted leagues

– are leagues that have been part funded by a Local Authority or business. Your league fees for a portion of the season will be covered.

Waiting list players

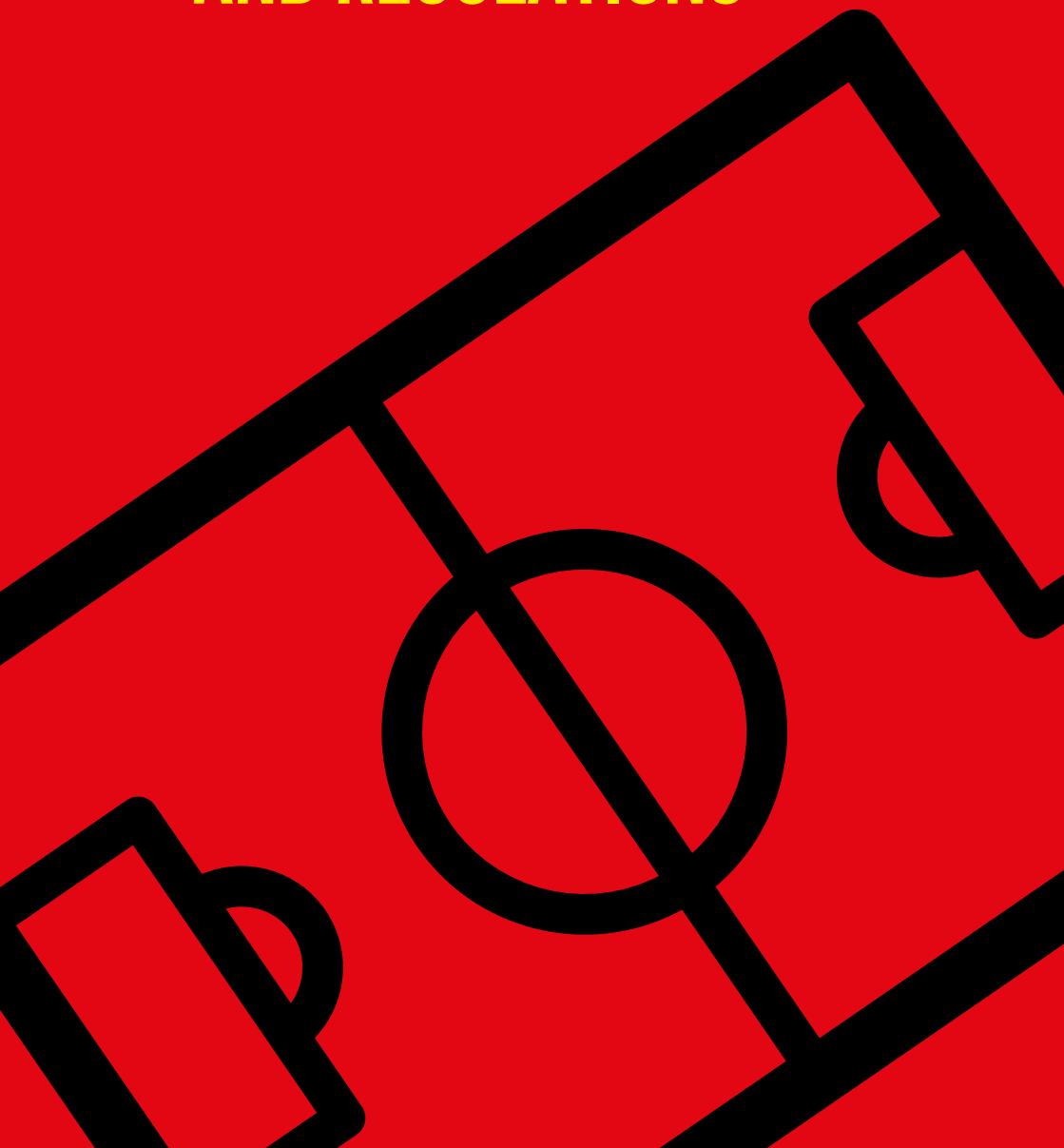
When a league is full new players will be placed on a waiting list and will be offered a place as soon as one becomes available. Spaces are offered to waiting list players in the order in which they registered. If a player cannot be contacted a coach will proceed to the next player until they can fill the space on the league.

All MAN v FAT players are required to have a membership with us in order to participate. Details of membership can be found in our Terms and conditions. All players must have an active Direct Debit Mandate.

Any player who fails to setup or maintain a Direct Debit Mandate will be issued with a Red Flag on our system and be prevented from participated in MAN v FAT Football sessions. To remove a Red Flag from your profile you must contact payments@manvfat.com to reinstate your Direct Debit and clear any arrears. If a player on a red flag plays then his team will forfeit any game he was a player for.

MANvFAT FOOTBALL

RULES AND REGULATIONS



LAW 1: THE PLAYING AREA

THE PITCH

MAN v FAT Football may be played with or without barriers, indoors or outdoors.

DIMENSIONS

The playing area must be rectangular. The length of the touchline must be greater than the length of the goal line.

For 6 – a side football the following dimensions must be adhered to:

- Length: minimum 25m, maximum 50m
- Width: minimum 16m, maximum 35m

Depending on the type of pitches available we reserve the right to amend these standard dimensions.

AREA MARKINGS

- The playing area is marked with lines or sectioned off using barriers. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines
- All lines are 8cm wide
- The playing area is divided into two halves by the halfway line
- The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 3m is marked around it

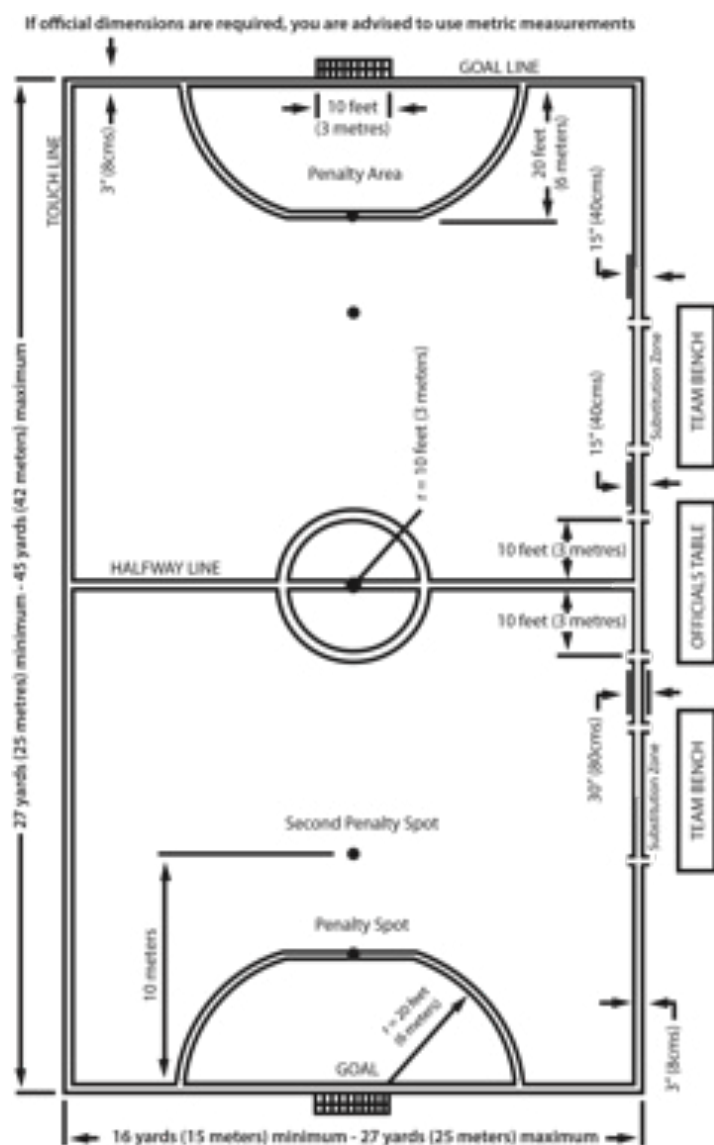
A penalty area is defined at each end of the pitch as follows:

- A semi-circle of 6m radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether or not the goal posts encroach onto the playing area

PENALTY MARK

A penalty mark is drawn 6m from the midpoint between the goal posts and equidistant from them.

THE PITCH DIAGRAM



THE CORNER ARC

- Where barriers do not surround the playing area a quarter circle with a radius of 25cm from each corner is drawn inside the playing area

GOAL POSTS

- Goals must be placed on the centre of each goal line
- They consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar
- The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m minimum 1.20m
- Both goal posts and the crossbar have the same width and depth of 8cm. Nets, made of hemp, jute or nylon, are attached to the posts and crossbars behind the goals. The lower part is supported by curved bars or some other adequate support

SAFETY

The goals may be portable but they must be anchored securely to the ground during play as per Health and Safety requirements.

PLAYING SURFACE

Where natural turf is not used the surface must be smooth and flat and non-abrasive. The use of wood or artificial material is not recommended. Because of the nature of our players, 3G pitches with well-maintained turf is ideal, we do not consider indoor futsal courts or hard surfaces to be an appropriate flooring. Neither do we recommend the older sand-based astro pitches.

LAW 2: THE BALL

All coaches should use the official MAN v FAT Footballs as provided.

The Ball must be:

- Spherical
- Leather or other suitable material
- Inflated to the manufacturers specified pressure
- All MAN v FAT Football events shall use a size 5 football

If the ball bursts or becomes defective during the course of a game:

- The game is stopped
- The game is restarted by dropping the replacement ball at the place where the first ball became defective

If the ball bursts or becomes defective while not in play:

- The game is restarted according to the Laws
- The ball may not be changed during the match without the permission of the referee

LAW 3: THE NUMBER OF PLAYERS

All MAN v FAT Football games are 6-a-side and each team is allowed 4 substitutes (total of 10 players). MAN v FAT may, where we feel necessary include squads of 11 in some leagues in order to make allowances for injuries, non-playing members or high demand in an area for spaces.

SUBSTITUTION PROCEDURE

The number of substitutions made during a game is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

A substitution is one that is made when the ball is in or out of play for which the following conditions must be observed:

- The player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line within 3 metres of the entering player
- Where barricades are used the players must use the opening onto the playing area
- A substitution is complete when the substitute enters the playing area from which moment he becomes a player and the player he is replacing ceases to be a player
- A substitute is subject to the authority and jurisdiction of the referee whether called upon to play or not

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
- The replacement goalkeeper must wear a jersey which distinguishes him from all other players

INFRINGEMENTS/SANCTIONS

If, while a substitution is being made, a substitute enters the playing area before the player being replaced has completely left:

- Play is stopped
- The player being replaced is instructed to leave the playing area.
- The substitute is 'sin binned' for the agreed period
- Play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken on the penalty area line, at the place nearest to the position of the ball when play was stopped

Where barricades are used if, while a substitution is being made, a substitute enters the playing area or a player being replaced leaves it from a place other than the recognised opening in the barricades:

- Play is stopped
- The substitute is 'sin binned' for the agreed period
- Play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken on the penalty area line, at the place nearest to the position of the ball when play was stopped
- Substitutions are not limited to stoppages in play but should take place only at suitable time in play and when in doing so the substitute does not gain an advantage that the player he is replacing would not have had. If by entering the field of play a substitute gains an advantage as described above an indirect free kick shall be awarded. If in the referee's opinion an advantage was gained deliberately a penalty shall be awarded at the officials discretion

VALIDITY OF A MATCH - PLAYING NUMBERS

A match should not be considered valid if the playing strength of either team is permanently reduced by:

- More than two players for 6-a-side (i.e. a team can only field 4 eligible players). This does not include team numbers reduced by the enforcement of a temporary removal from play (sin-bin)

Forfeiting a game due to player numbers

In the circumstance where a team does not have enough to field a full team of 6 players there are three options. One of the three options should be selected by the team with too few players and agreed with the MAN v FAT Football coach and passed on to the ref and opposing captain with a minimum of 5 minutes before kick-off.

Options

If a team is unable to field a minimum of 6 squad players of their own (as listed on the coaches database for the league location) that have all weighed in with 5 minutes to kick off they can choose one of the following:

- 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 irrelevant.
- 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 players (as a minimum) who have all weighed in. If a team chooses to play with 4 players and during the course of the game can no longer field 4 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.
- 3. Choose to borrow players of their choice to make up their team numbers.** Teams would concede 2 own goals for every player that they have had to find a replacement for but they must have a minimum of 4 of their OWN players to take this option. Own goals are awarded by adding 2 goals to the opposition score. Teams may not borrow players to extend the team number beyond 10 players.

NUMBER OF PLAYERS			
3 OR LESS	4	5	6
OPTION 1 - FORFEIT GAME 5-0			
YES	CAPTAIN'S DECISION	CAPTAIN'S DECISION	CAPTAIN'S DECISION
OPTION 2 - PLAY WITH FEWER			
NO	YES*	YES*	YES*
OPTION 3 - BORROW PLAYERS			
NO	YES*	YES*	YES*

***TO CREATE A TEAM CONTAINING A MAXIMUM OF 10 PLAYERS**

The opposition get no say in a team's decision ahead of the game, but the opposing captain should be informed of their decision before the game commences.

If both teams have fewer than six players then they should choose option 2 or 3 and inform their MAN v FAT Football coach.

Teams found fielding ineligible players (i.e. not members of their team) without informing the MAN v FAT Football coach, the referee and the opposing captain prior to the game will automatically forfeit the game 5 – 0.

Teams will also forfeit their game 5-0 if a player participates without weighing in or is later found not to be registered to the league in which the game is taking place.

These forfeits would not impact on the weight loss results. E.g. if a team forfeited and lost the game 5-0, but won 6-0 on the scales then they would have won 6-5 overall.

LAW 4: THE PLAYER'S EQUIPMENT

SAFETY

A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewellery. Jewellery should be removed.

BASIC EQUIPMENT

The basic compulsory equipment of a player is:

- A jersey or shirt without a hood
- Shorts or track suit trousers
- Socks
- Shinguards
- Footwear – which is subject and appropriate to local conditions and surface type must be worn
- **Team shirts with sponsors on are not allowed unless through prior approval of MAN v FAT Ltd. Teams wearing shirts with sponsors that are not approved by MAN v FAT Ltd will be forfeited**

SHIN GUARDS

- Are covered entirely by the socks
- Are made of a suitable material (rubber, plastic or similar substances)
- Provide a reasonable degree of protection
- Compulsory for all players including goalkeepers

GOALKEEPERS

- The goalkeeper is permitted to wear long trousers
- Each goalkeeper wears colours which easily distinguish him from the other players and the referees

INFRINGEMENTS/SANCTIONS

For any Infringements of this Law:

- The player at fault is instructed by the referee to leave the playing area to correct his equipment or to obtain any missing item of equipment, in all instances other than shinpads (see below). The player may not return to the playing area without first reporting to the referee, who then checks that the player's equipment is now correct. The player is only allowed to re-enter the game when the ball is out of play
- Players can return to play whilst the ball is in play if a second official has checked the equipment. If no second official is present the player must wait for a break in play in order for the referee to check the faulty equipment
- No player will be permitted to participate without shin pads and a player caught doing so will be penalised by way of a 2 minute sin bin, all participants at this time will be instructed to ensure they are wearing shinpads. If the player refuses to leave the field of play then the referee will abandon the game and the offending players team will lose via way of a 5-0 forfeit. If the same team is found guilty of offending for a 2nd time in the same game then the offending player will be issued with a red card and not permitted to return to the game

If a player notices an offense they must make the match official aware at that time as retrospective action cannot be taken.

LAW 5: THE REFEREE

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 he has been appointed, from the moment he enters the locality where the playing area is situated until he leaves.

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 his 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 his 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 his opinion, only slightly injured
- Ensures that any ball used meets the requirements of Law 2
- Make use of timed suspensions to exclude temporarily players guilty of infringements of the laws
- In the absence of a second official, the referee should make excluded players aware of the end of their period of suspension
- Report match scores to the league 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

DECISIONS OF THE REFEREE

The decisions of the referee regarding facts connected with play are final.

LAW 6: THE DURATION OF THE GAME

- All MAN v FAT Football games shall be 28 minutes long and consist of 2 halves of 14 minutes separated by a 2 minute break. Referees may choose to play 28 minutes straight through in the interest of game time and a swift transition between games
- The duration of either half shall be extended to enable a penalty kick to be taken
- At half time the interval shall not exceed a length with which would cause the game to go on beyond the start time of the following game or hire agreement of the pitch in the opinion of the Referee
- MAN v FAT tournaments may allow for a game to be played in its entirety without a half time interval or requirement to change ends

LAW 7: START OF PLAY

PRELIMINARIES

The home team has choice of ends. The away team will kick off first half and the home team will kick off in the 2nd half.

KICK-OFF

A kick-off is a way of starting or restarting play:

- At the start of the game
- At the start of the second half of the game

A goal may not be scored directly from the kick-off.

PROCEDURE

- All players are in their own half of the playing area
- The opponents of the team taking the kick-off are at least 3m from the ball until it is in play
- The ball is stationary on the centre mark
- The referee gives a signal
- The ball is in play when it is kicked and moves in any direction.
- The kicker may not touch the ball a second time until it has touched another player
- After a team scores a goal, play commences from the goal keeper's hands, but the opposition must retreat to the half way line. The goal keeper may choose to release the ball before the opposition has retreated whereupon the game becomes active and the player free to advance

INFRINGEMENTS/SANCTIONS

If the kicker touches the ball for a second time before it has been touched by another player:

- An indirect free kick is awarded to the opposing team which has to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure the kick-off is retaken.

DROP BALL

A drop ball is a way of restarting the game after a temporary stoppage

PROCEDURE

The referee drops the ball at the place where it was located when play was stopped, unless it was in the goalkeeper's possession, when the goalkeeper shall, at the referee's signal; return the ball into play by throwing the ball from any point within the Penalty Area.

Play restarts when the ball touches the ground.

Where barricades are in use and a drop ball is required the referee shall drop the ball 2m from the barricade at the appropriate point.

INFRINGEMENTS/SANCTIONS

The ball is dropped again:

- If it is touched by a player before it makes contact with the ground
- If the ball leaves the playing area after it makes contact with the ground, without a player touching it

LAW 8: THE BALL IN AND OUT OF PLAY

BALL OUT OF PLAY

The ball is out of play when:

- It has wholly crossed the goal line or touch line, whether on the ground or in the air
- Play has been stopped by the referee
- When playing indoors, it hits the ceiling or overhead nets at relevant venues.

BALL IN PLAY

The ball is in play at all other times including when:

- It rebounds from a goal post, the crossbar, or the barricades onto the playing area
- It rebounds from the referee when on the playing area

DECISIONS

When a game is being played on an indoor playing area or a pitch with overhead nets and the ball hits the ceiling/nets, the game is restarted by an indirect free kick awarded to the opposing team to the one which last touched the ball.

The indirect free kick should be taken from the point at which the ball began to rise. Should this occur in the penalty area, the free kick should be taken from the penalty area line nearest to where the offence was committed. The exception to this rule is when the ball hits the ceiling/nets following a deliberate 'save' (as opposed to a clearance) by the goalkeeper. In this case teams should play on.

HEIGHT OF BALL RESTRICTIONS

Specific venues may be subject to a rule permitting the ball from travelling above head height. 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.

LAW 9: THE METHOD OF SCORING

GOAL SCORED

Except otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

WINNING TEAM

The team scoring the greater number of total goals once the pitch score has been combined with any weight loss goals accumulated is the winner. If both teams score an equal number of goals or if no goals are scored, the game is drawn.

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.

LAW 10: FREE KICKS

TYPES OF FREE KICKS

All freekicks in MAN v FAT Football are indirect except penalties that are direct.

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

THE INDIRECT FREE KICK

A goal can be scored only if the ball subsequently touches another player before it enters the goal.

POSITION OF FREE KICK

- All opponents must be at least 3m from the ball until it is in play
- The ball is in play after it has been touched or played

INFRINGEMENTS/SANCTIONS

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- The kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- An indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred

SIGNALS

Indirect Free Kick: the referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

LAW 11: FOULS AND MISCONDUCT

Fouls and misconduct are penalised as follows:

INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent, even with the shoulder
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle)
- 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

An indirect free kick is also awarded to the opposing team, to be taken from the place where the infringement occurred, if, in the opinion of the referee, a player:

- Plays in a dangerous manner
- Deliberately impedes the progress of an opponent when the ball is not being played
- Prevents the goalkeeper from releasing the ball from his hands

- Commits any other offence, not previously mentioned in Law 11, for which play is stopped to caution or dismiss a player
- An attacking player enter the opposition penalty area.

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offences:

- Touches or controls the ball with his hands or feet, in the penalty area, for more than six seconds
- The goalkeeper may not kick the ball under any circumstances except in the course of making a save. If the 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 where the infringement occurred.

DISSENT

The Three Metre

- If a player fails to retreat 3 metres or, the ball hits a player from the free kick who has not retreated three metres, or who has extended his leg towards the ball meaning that he is no longer three metres from the ball, then the referee shall move play forward three metres and allow the kick to be taken again
- Players that show dissent towards the referee or his decision at a free kick, will result in the kick being moved forward three metres
- The referee may move the kick forward at three metre intervals, however many times he wishes
- If by moving the ball forward three metres, the free kick then becomes within the area of the defending side, a penalty shall be awarded

HEAD HEIGHT RULE

Height of ball restrictions (optional modification)

- If a height restriction is introduced then the guidance in Law 8 should be used to identify the height above which an indirect free kick shall be awarded to the opposing team

- The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance unless the ball hits the roof when play should be restarted with a drop ball. However should another player play the ball whilst it is at a height above the designated height restriction this will result in an indirect free kick to the opposing team

DISCIPLINARY SANCTIONS

MAN v FAT Football operates a two card disciplinary procedure. Match officials will employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences. Referees shall also have the discretion to use a second 'blue card' and a further period of suspension for a second minor offence rather than a second blue card automatically resulting in a red card and permanent expulsion. Where a blue card is not available a referee may use a yellow card to the same effect by informing captains prior to the game.

The options for a match official imposing disciplinary sanctions are therefore:

- Player shown a blue card and temporarily suspended from play
- Player issued with a discretionary second blue card and temporarily excluded from play
- Player issued with a red card and permanently excluded from play

A blue card offence should always be accompanied by a temporary suspension from play. The period of timed suspension in MAN v FAT Football shall be two minutes. The release of players from a temporary suspension should be at the direction of the Referee or assisting coach.

TEMPORARY TIMED SUSPENSIONS

Procedures

- A player temporarily suspended from play will be shown a blue card by the match official and informed that he shall be suspended from play for two minutes

- The player is obliged to leave the playing area and remain in a designated 'sin bin' area for the required suspension time. Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided then suspended players should remain in the area where they can be seen by the referee and adjacent to team officials and substitutes
- A player will be informed as to the end of a period of suspension by the referee and invited to rejoin the game. Where barricades are used the players must use the opening onto the playing area.

A player is shown the blue card and temporarily excluded from play if he commits any of the following offences:

- Is guilty of unsporting behaviour
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance
- Enters or re-enters the playing area without the referee's permission or infringes the substitution procedure
- Interferes with the game contrary to the substitution procedure set out in Law 3
- Deliberately leaves the playing area without the referee's permission outside of a substitution For any of these offences, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred. If the offence was committed within the penalty area the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred

EXCEPTION TO THE USE OF 'BLUE CARDS' AND TEMPORARY TIMED SUSPENSIONS

The only exception to the use of 'Blue Cards' and Temporary Timed Suspensions is in facilities where if a player is excluded for two minutes they are unable to take up a position which is still in the eye line of the Referee but outside the boundaries of the pitch. This might

be the case in an enclosed sports hall or in a complex of caged pitches. In such circumstances safety considerations requires the Referee to employ the use of yellow cards, with all players remaining on the pitch unless excluded permanently. In this situation normal disciplinary sanctions will apply after the game as per the competition rules. If 2 yellow cards are given to an individual the player will be shown a red card and dismissed.

SENDING-OFF OFFENCES

A player is sent off and shown the red card if he commits any of the following offences:

- Is guilty of serious foul play
- Is guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Uses offensive, insulting or abusive language
- Receives a second blue/yellow card in the same match If play is stopped for a player to be sent from the playing area without having committed any additional infringement of the Laws, the game is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the infringement occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred

DECISIONS

A player who has been sent off may not take any further part in the game nor may he sit on the substitutes' bench, where provided.

DISCIPLINARY PROCEDURES

MAN v FAT Football disciplinary procedure.

The disciplinary procedure is indicated on the card and it also indicates that any players disciplined will not play until the fine is paid.

DISCIPLINARY PROCEDURES			
CATEGORY	OFFENCE	FINE BAND	FEE
ORDINARY / SIN BIN	Yellow	1	£10
ORDINARY DISMISSAL	2 x Yellows	2	£15
DISMISSAL	Includes dangerous play and swearing at official	3	£20
SERIOUS DISMISSAL	Includes persistent verbal abuse towards official, blows exchanged between players or fighting	4	£50
DISMISSAL & EXCLUSION	Includes physical abuse towards official plus serious incidents involving other players or spectators	5	£100

MAN v FAT will be donating all of the money received from player fines across the leagues to the Benevolent Fund with the aim of supporting players who may be raising funds for a charity event.

Although our leagues have a great disciplinary record we do get the occasional fine levied to those who deserve it and this cash will now be paid directly to a new PayPal account (**benevolence@manvfat.com**) which has been specifically set up for this cause.

We also wanted to turn the Benevolent Fund over to the players themselves and as a result we have asked a panel of three existing players from across the country to choose who receives funds from the Benevolent Fund. These players are Kyle Sayerll, Paul Blunn and Shaun Cullen from the Yeovil, Manchester and Glasgow leagues respectively. They'll consult with each other when a request is made and decide where to send the money.

Any player wanting to be considering for an award from the Benevolent Fund should email us at **benevolence@manvfat.com** with full details about the event that you're doing and which league you play for and it will be given to the panel for consideration.

LAW 12: 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 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

POSITION OF THE BALL AND THE PLAYERS

The ball:

- Is placed on the penalty mark.
- The player taking the penalty kick: Is properly identified

The defending goalkeeper:

Must until the ball is kicked

- Remain on his goal line
- Facing the kicker
- Between the goalposts

The players other than the kicker are located

- Inside the pitch
- Outside the penalty area

- Behind or to the side of the penalty mark, At least 3m behind the ball

PROCEDURE

- The player taking the penalty kicks the ball forward
- The penalty taker is allowed no more than two steps before striking the ball
- He may not play the ball a second time until it has touched another player
- The ball is in play when it is kicked and moves forward. When a penalty kick is taken during the normal course of play, or time has been extended at halftime or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar
- The ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper

INFRINGEMENTS/SANCTIONS

If any of the following situations occur:

A player of the defending team infringes this Law:

- The kick is retaken, only if a goal is not scored
- The kick is not retaken if a goal is scored

A team-mate of the player taking the kick infringes this Law of the Game:

- The kick is retaken if a goal is scored
- The kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

- An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred

KICKS FROM THE PENALTY MARK

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn.

PROCEDURE

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick
- The referee keeps a record of the kicks being taken
- In principle each team takes three kicks, depending on the circumstances described hereafter
- The kicks are taken alternately
- The names of the players taking the kicks are announced to the referee by the captains of each team before the kicks from the penalty mark are taken and must be among those included on the list of players submitted before the match. Only those players on the pitch at the completion of the game are eligible to take part in Kicks from the Penalty Mark
- Where a player(s) has been sent off by the referee the opposing team must reduce the number of players to equalise the participants in each team prior to the Kicks from the Penalty Mark commencing
- If, before both teams have taken three kicks, one has scored more goals than the other could score, even if it were to complete its three kicks, no more kicks are taken
- If, after both teams have taken three kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks
- Any player who has been sent off may not take part in the kicks from the penalty mark
- Any eligible player may change places with his goalkeeper
- Only the eligible players and match officials are permitted to

remain on the pitch when kicks from the penalty mark are taken

- All players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken
- If a goalkeeper is injured during the kicks from the penalty mark procedure he may be replaced by a substitute

PROCEDURES TO DETERMINE THE WINNER OF A MATCH

To determine the winner of a match during MAN v FAT tournaments where a winner must be achieved, after the full time whistle the penalty procedure will commence.

LAW 13: 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.

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 THE PLAYERS

The ball:

- Has to be stationary on the touch line; or 2m into the playing area from the barrier where barricades are in use
- Is kicked 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

PROCEDURE

- The player taking the kick-in may not play the ball a second time until it has touched another player -the ball is in play immediately after it is kicked or touched

INFRINGEMENTS/SANCTIONS

The kick-in is retaken by a player of the opposing team if:

- The kick-in is taken incorrectly
- The kick-in is taken from a position other than the place where the ball passed over the touch line or where indicated by the referee where barricades are in use
- An indirect free kick is awarded to the opposition if the player taking the kick in plays the ball a second time before it has been played by another player

LAW 14: THE GOAL CLEARANCE

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

The goal clearance is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 9

PROCEDURE

- 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.

INFRINGEMENTS/SANCTIONS

If the ball is not thrown directly beyond the penalty area: the goal clearance is retaken.

An indirect free kick is awarded to the opposing team, to be from the penalty area line from the place nearest to where the infringement occurred if:

- After the ball is in play, the goalkeeper touches the ball after it has been directly returned to him by a team mate without first touching another player
- The goalkeeper must always roll the ball out with an underarm action, an indirect free kick shall be awarded if either the ball goes above head height or his roll out is above the level of the shoulder

LAW 15: THE CORNER KICK

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

A corner kick is awarded when:

- The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 9

PROCEDURE

- The ball is placed inside the corner arc at the nearest corner
- Opponents remain at least 3m from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked or touched
- The kicker does not play the ball a second time until it has been played by or touched another player

INFRINGEMENTS/SANCTIONS

An indirect free kick is taken by the opposing team if:

- The player taking the corner kick plays the ball a second time before it has been played by or touched another player. The indirect free kick is taken from the place where the infringement occurred

For any other infringement:

- The corner kick is retaken

Where the playing area is surrounded by barricades the corner kick is replaced by a kick-in at a point 2m inside the playing area at the corner nearest the point where the ball left the playing area.

GOT A QUESTION?
CONTACT: FOOTBALL@MANVFAT.COM

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