



**Fun, Learning and  
Achievement**

# NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2024-2025

Final  
July 2024

## NFYFC Men's 5 Aside Football

**Rules to be read in conjunction with FA Handbook 'Small Sided Football' 2023/2024 – available as a download from: <http://www.thefa.com/football-rules-governance/lawsandrules/fa-handbook>**

16 to 28 years

### RULES

#### Competition Aim

To provide members with the opportunity to take part in a National Football Competition.

#### Learning outcomes

Football skills, teamwork, adhering to rules, fitness fun, winning/losing and personal development skills.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

#### 1. VENUE

1.1. After Area Finals, the National Final will be held at Sports Day on **Sunday, 6<sup>th</sup> July 2025** in Staffordshire.

#### 2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof.

2.2. Areas will be represented in the Final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

#### 3. ELIGIBILITY

3.1. A squad of 7 members, all of whom must be aged between 16 years and over and 28 and under on 1st September 2024 (this age range must be adhered to), and full members of a Club affiliated to NFYFC. **This means competitors have attained their 16<sup>th</sup> birthday on 1<sup>st</sup> September 2024 and may be 29 on the day of the national final.**

#### 4. SUBSTITUTION

4.1. If 3 of the original team members are unable to go forward to subsequent rounds, then the next highest placed team from the previous round will represent the Area.

#### 5. PROCEDURE

5.1. It is recommended that this is played outdoors on a pitch size between 25m and 50m long and between 16m and 35m wide. Recommended goal size is 3.66m wide by 1.83m high. Penalty Area to be a semi-circle of 6 m radius 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. A penalty mark is drawn 6 m from the midpoint between the goal posts and equidistant from them. At the NFYFC Final, this will be played on a grass pitch.

5.2. For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.

5.3. Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent. Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

5.4. Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the Referee.

5.5. The first half will begin with one team taking a centre; the second half will begin with the other team taking a centre. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre.

- 5.6. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
- 5.7. An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.
- 5.8. An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.
- 5.9. A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team.
- 5.10. The goalkeeper must return the ball into play by rolling it out of his area with an under-arm bowling action. The ball is returned any other way a free-kick will be given to the opposition two metres outside the area. A teammate receiving the ball from the 'keeper may not return the ball directly to him - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from the place where the defending player returned the ball unless it is deemed by the Referee that a player returning the ball to the Goal-Keeper is gaining an advantage then a penalty will be awarded.
- 5.11. The ball may be played above head height HOWEVER, it must never be played with the head. A free kick will be awarded for infringement.
- 5.12. If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by a member of the opposing team.
- 5.13. A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs). Goal keepers are not permitted to take penalties (except in penalty shoot-outs).
- 5.14. No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.
- 5.15. Professional fouls will be penalized with a penalty and the guilty player may face disciplinary action.
- 5.16. All free kicks will be direct. Opposition players must be at least two metres from where any free-kick is taken. If opposing players do not retreat the required two metres the kick may be moved forward one metre. If a free kick is awarded on or near the goal area it can be moved up to two metres backwards to allow defenders to be two metres from the ball.
- 5.17. The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

6. **CONDUCT**

- 6.1. Players may be sent to the 'sin bin' at the referee's discretion depending on the offence. The duration of the sin bin will be 2 minutes for which a blue card will be shown. A player may only be sin binned once per game as a second offence would involve a second blue card which would automatically be followed by a red card and a sending off.
- 6.2. If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.
- 6.3. Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.
- 6.4. The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.
- 6.5. Match Suspension Tariff:

OFFENCE	PENALTY (TO BE ADMINISTERED BY SMALL SIDED
Receiving a second 'blue card' in the same match	1 Match suspension
Denying a goal or an obvious goal scoring	1 Match suspension
Use of offensive, insulting or abusive gestures	2 Match suspension

OFFENCE	PENALTY (TO BE ADMINISTERED BY SMALL SIDED)
Attempting to kick or strike another player Violent conduct Serious foul play	3 Match suspension

- 6.6. For spitting at an opponent or any other person the individual should not be permitted to take any further part in the tournament. All serious cases of Misconduct shall be reported by the Referee to the Management Committee and the local County FA
- 6.7. Any disputes must be referred immediately in writing to the management committee or organising committee for considerations whose decision shall be final
- 6.8. Disputes in relation to refereeing decisions are not permitted.

7. **TIMING**

- 7.1. The match will consist of two equal halves of five minutes with one minute for half time and a change of ends.
- 7.2. If the ball goes out of play the clock will be stopped and only started again once the ball has returned to the field.
- 7.3. The clock will be stopped if an injury is sustained. The person injured must call time so the referee can stop the clock, otherwise the game plays on. Replacements may be made in the case of injury at any time during a game. The clock starts and the game plays on once the injured person is clear of the field.
- 7.4. Extra Time – In the Final and Semi-Finals, should the scores be equal at full-time, a further two minutes shall be played each way. In league matches no extra time will be played and appropriate points will be awarded.
  - 7.4.1. If, after extra time, the scores are still level that match will be decided by kicks from the penalty mark with the best of 5 penalties winning. Teams may choose which 5 players take the penalties.
  - 7.4.2. If after 5 penalties the scores are still tied, sudden death penalties will continue until a penalty is missed. The same 5 penalty takers should continue.

8. **DRESS**

- 8.1. NO screw in studded footwear or blades is permitted to be worn by any player. Only training shoes, moulded soles and astro boots may be worn. All Players must wear shin pads. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.

9. **POINTS TO BE AWARDED AS FOLLOWS:**

Win	3 points
Score Draw	2 points
No Score Draw	1 point
Lose	Nil

10. **AWARDS**

- 10.1. **Trophy** and NFYFC Prize Card to the winner.
- 10.2. NFYFC Prize Cards to competitors placed 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>.
- 10.3. NFYFC Certificates of Achievement will be awarded to all competitors.

11. **NOTES**

- 11.1. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds to minimise risk to members.
- 11.2. Referees must be registered to the Football Association. Areas need to apply to the Football Association (FA) local to where the area eliminator will be held. A permit to hold the competition must be obtained by each area – these are available from the local FA. Referees must be DBS checked.