



FOUNDATION
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**Premier League
Primary Stars**

PREMIER LEAGUE PRIMARY STARS MIXED AND GIRLS ONLY (U11) RULES OF PLAY

General rules will be followed apart from Law 11 (offside), the Laws of Association Football shall apply in general terms, as modified below.

- **THE PLAYING AREA**

Matches shall be played on a playing area which has been marked out via cones with each individual pitch being marked out with different coloured cones.

A goalkeeper's area will be created with flat markers and will reach across the whole width of the pitch, both goalkeeping areas will be of identical dimensions.

- **THE BALL**

For all competitions, the ball will be a size 4 football.

- **THE NUMBER OF PLAYERS**

A squad size of eight players (maximum) shall be nominated and registered prior to the start of the competition. Any change to the nominated squad, prior to the start of the competition, due to illness, injury etc., should be communicated to the relevant Cardiff City FC Foundation.

At the Local, Area and final stages six players will start the match for each team, with two substitutes allowed only. Substitutes may be used at any time however play must have stopped and substitutions must wait for the appropriate signal from the match official (substituted players may return to the game, if necessary). Any of the other players may change places with the goalkeeper provided that the referee is informed before the change is made and provided also that the change is made during a stoppage in the game.

- **PLAYERS' EQUIPMENT**

Footwear should be either molded plastic studs or astroturf trainers no metal studs or plastic blades will be allowed. Shin pads, which must be covered by socks are compulsory and any players without shin pads will not be permitted to play. Teams that appear at the National Final will not be permitted to wear blades of any description and footwear guidance will be issued by The Premier League prior to the day. In all cases astroturf trainers are likely to be the only permitted footwear allowed.

- **REFEREES**

Referees shall be provided and appointed by Cardiff City FC Foundation. Students within the Foundation's courses will be used. Any disputes with referees will need to be discussed with a member of the Foundation team and not the referee themselves.

- **TIMEKEEPER/SCORER**

The games will start and finish on a central whistle, all scores will be reported to the scorer based in the middle of the pitches. Once scores have been inputted they will not be able to be changed. Please check with the referee at the end of each fixture to confirm the correct result and score.

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- **DURATION OF THE GAME**

The duration of all games will be decided on the day with a minimum of 6 minutes per match, fixture length can increase to ensure maximum playing time for all players.

- **START OF PLAY**

At the start of play the ball must be played forward. Every player of the team opposing that of the kicker shall remain not less than 6 feet (2 metres) from the ball.

- **RESTART OF PLAY**

After any stoppages not specifically mentioned in these rules, the game shall be re-started by the referee dropping the ball (unless the ball was in the goalkeeper's possession, in which case the game shall be re-started throwing the ball into play). The referee shall not drop the ball within 6 feet (2 metres) of the lines marking the goal areas or the touchlines.

- **BALL IN AND OUT OF PLAY**

The head-height restriction will not apply. The ball shall, therefore, be in play at all times from the start of the game, unless the ball has crossed the goal-line or touchline, or unless the game has been stopped by the referee and/or timekeeper.

When the ball is put out of play over the touchline, a member of the opposing team shall take a throw-in. When a member of the defending team puts the ball out of play over her own goal line, the opposing team shall be awarded a corner. When a member of the attacking team puts the ball out of play over the opponents' goal line, a goal kick will be awarded.

- **OFFSIDE**

There is no offside. Players may place themselves in any part of the playing area outside the goal areas.

- **CAUTIONS AND SENDING'S-OFF**

A player who is sent off shall automatically be suspended from playing in his/her team's next match in that stage of the competition. No substitute is allowed to enter the pitch for a player who has been sent off during the game in which the offence occurred.

- **FREE KICKS**

When a player is taking a direct or indirect free-kick, all the opposing players shall be at least 6 feet (2 metres) from the ball until it is in play. All free-kicks given against the defending side for infringements committed in or near the goal area shall be taken from a distance not less than 6 feet (2 metres) outside the goal area at the nearest point to where the offence occurred.

- **PLAY WITHIN THE GOAL AREA**

All players are allowed inside the goal area and the goalkeeper can leave the goal area. The goalkeeper will only be able to handle the ball inside the goal area.

- **PENALTY KICK**

At the taking of a penalty kick, all players except the penalty taker and the defending goalkeeper shall be at least 6 feet (2 meters) from the penalty mark and not obscuring the kicker's view of the goal in any way.

- **GOALKEEPER RETURNING THE BALL INTO PLAY**

The goalkeeper can release the ball into play by throwing it underarm or over-arm or by kicking the ball off the floor. Having released the ball into play, the goalkeeper cannot play the ball again until it has been played by another player.

- **COLOUR CLASHES**

Cardiff City FC Foundation shall provide different colour bibs to be made available at each match, in the event of a colour clash the referee shall instruct one or both sides to wear the bibs provided.

- **DRAWN MATCHES (IN KNOCKOUT STAGES ONLY)**

If a match results in a draw at full-time, the match shall be determined by 2 minutes each way of 'extra time', if the score remains equal penalty kicks will be taken to determine the result. Each team shall take three penalty kicks in turn with the team scoring the most being declared the winner. If the scores are level after three penalty kicks each, then sudden death will apply.

- **GROUP TABLES**

In group matches, three points should be awarded for a win and one point for a draw. If two or more teams are equal on points after all matches have been played, and a qualifier needs to be found, then goal difference will be used, followed by goals scored, followed by the result between the two teams in the group. If two or more teams are still equal, then the qualifiers should be decided by kicks from the penalty mark as described above.

- **DISPUTES**

The referee's decision is final in relation to any disputes regarding on field matters. Cardiff City FC Foundation's decision is final in relation to any other matter.