



SOCCER X SUMMER LEAGUES 2026

RULES AND REGULATIONS

General Overview:

- 20-minute halves (2 minutes half time)
- Roll on / Roll off substitutes
- No throw ins. Kick ins only (to be taken within 3 seconds of ball being placed on the line)
- Max 3 substitutes
- Only 1 borrowed player allowed per team
- Opposition players to retreat 2 yards from all free kicks / kick ins
- Free kicks are deemed direct / in direct as per normal outdoor rules

U6-7's: 4 V 4

U8's – U14's: 6V6 (1 GK plus 5 outfield players)

START AND END OF MATCH

1a Play is started by the referee giving the ball to one or other team alternately at the start of each half from the centre circle

1b Game duration is 20 minutes each way with a 2 minute half time

GUEST PLAYERS

2a A team is allowed no more than ONE guest player per match

2b The referee reserves the right to refuse or accept guest players if, in his opinion, the outcome of the match would be considerably altered

PENALTIES

3a The penalty taker is allowed no more than three steps before striking the ball

3b The keeper must remain on his line and not move until the ball is struck

3c It is the responsibility of teams to clarify to the referee who is taking the penalty kick. Teams will be penalised and the penalty disallowed if the referee feels the goalkeeper was placed at a disadvantage by the opposing teams not making it clear who was taking the penalty kick

THE GOALKEEPER / THE AREA

4a The goalkeeper must be made clear to the referee and opposition by wearing a different colour shirt/bib

4b The goalkeeper can only handle the ball within his own penalty area

4c Goalkeepers are allowed anywhere on the field

BACKPASSES

5a Goalkeepers cannot pick up back passes from their own team

CLOTHING

6a Players may not play without a shirt on

SUBSTITUTES

7a Teams are allowed three substitutes

7b More than one substitution is allowed at any one time however, if there are more than the allotted players on field at any one time, the teams shall be penalised

7c Substitutes can only enter play when their team is in an attacking position in the opposition's half

7d Substitutes can be used as often and whenever the team wishes

7e Substitutes are not allowed onto the playing area until the substitutes player has left

7f If substitutes do not stand off the field of play and the ball strikes them then the referee shall award a penalty

FREE KICKS, KICK INS & CORNERS

8a If a player refuses to retreat two yards from the free kick or, as the free kick is being taken, extends any part of his/her body towards the ball which means that he/she is no longer two yards from the free kick then he/she shall be penalised. The ball should be stationary before the free kick is taken

8b If the ball is kicked outside field of play, the opposition team will re start the game with a kick in or goal kick (there will be NO throw ins)

THE TWO YARD RULE

9a If a player fails to retreat two yards or, the ball hits a player from the free kick who has not retreated two yards, or who has extended his leg towards the ball meaning that he is no longer two yards from the ball, then the referee shall move play forward two yards and allow the kick to be taken again

9b Players that show dissent towards the referee or his decision at a free kick, will result in the kick being moved forward two yards

9c The referee may move the kick forward at two yard intervals, however many times as he wishes

9d If by moving the ball forward two yards, the free kick then becomes within the area of the defending side, a penalty shall be awarded

GENERAL RULES

10a The referee will be the sole judge of whether a tackle is dangerous or not in the best interests of the spirit of the game

10b Teams must not alter or move equipment to gain an advantage

10c Teams should make every attempt to play in similar colours or use the coloured bibs provided

10d Teams who arrive late for their kick off time may be subject to forfeiture of the match

10e The signing of the entry form indemnifies Soccer X from any responsibility for personal injury or lost property whilst participating in the organised leagues. Teams are responsible for arranging their own personal insurance cover at centres where this is not automatically applicable

10f If teams wish to cancel a match, they automatically lose 5-0 (Soccer X allow a flexible squad system) and their opponents will play a friendly arranged by Soccer X Summer Leagues

10g If a team fails to turn up for a scheduled fixture without giving Soccer X 7 days' notice, they lose the fixture 5-0.

THE SIN BIN

11a There is a disciplinary procedure in place for all leagues and it is the responsibility of all teams captains to adhere to this. However, if a player is shown the yellow card then he is sin-binned for two minutes and must wait off of the field until the referee instructs him to come back onto the field of play. If the player refuses to leave the pitch immediately then a red card and dismissal will occur. The referee shall be the sole timekeeper in cases of sin-bin.

DISMISSAL

12a If a player is dismissed then he should leave the pitch immediately. Failure to do so will result in the referee automatically awarding the match to his opponents.

TIME WASTING

13a In small-sided football, officials are instructed to take a more active approach towards time wasting

13b If a player is guilty of time wasting at any point then the referee has full discretion to either award a free kick or a penalty kick as he see fit

13c The player does not need to be warned about time wasting

PENALTIES FOR INFRINGEMENT OF THE RULES

1 Intentional handball (and the player gains an advantage by doing so)

2 Players time wasting

3 At a drop ball situation, a player does not allow the ball to touch the surface before striking it

4 A player not retreating two yards from the ball or showing dissent (this may also result in a penalty, see earlier rules)

5 A direct pass back to the goalkeeper. In this instance the free kick should be taken two yards outside the area where the ball left the area (the back pass must be intentional and the keeper must touch the ball. If however, the ball rolls to a halt after the back pass has been made without it touching the goalkeeper and without the ball entering the goal, then the referee should award an indirect free kick as if the keeper has touched the ball

6 Kicking the ball away. This may also result in the referee yellow carding the offending player

7 Fouls & Obstruction

8 A player attempting to play or playing the ball or being on the court with his shirt off

REFEREES DISCRETION

14a The referee may award either an indirect free kick, a direct free kick or a penalty if a team plays with more than its allotted number of players on the pitch at any one time. The referee should award the free kick (if that is his choice) when the offence is spotted and where he spotted the offence

HEALTH AND SAFETY

15a All participants understand that these events are contact sports and contain risk to the person participating for which the organiser cannot be held responsible

15b All participants agree that we have no control over the safety of the premises we hire, or persons admitted to the venues we hire and it is the sole responsibility of the team coach / Manager to ensure their team's players do not start any game unless they are satisfied that the surface and other conditions are satisfactory and safe for the activity in question having due regard for the participants. We cannot be held responsible for any defects to the venue which may cause injury and all team captains understand this when participating.

15c Team Managers must inspect the pitch and playing conditions and must report any issues prior to their game commencing to the officials on duty otherwise it will be deemed that the team manager and their players have accepted any risks and any ensuing liability for any subsequent injury

OTHER

16a Please note that the Team Manager / Team Coach is responsible for the conduct of all players and all spectators connected with the team.

ANY PLAYERS THAT PLAY IN SOCCER X SUMMER LEAGUES PARTICIPATE AT THEIR OWN RISK AND IT IS THE RESPONSIBILITY OF EACH PLAYER TO ARRANGE EITHER THEIR OWN INSURANCE COVER OR A TEAM'S INSURANCE COVER THAT WILL COVER THEM FOR INJURY. SOCCER X HOLD PUBLIC LIABILITY INSURANCE ONLY AND CONCLUDE, TAKE NO RESPONSIBILITY FOR ANY INJURY SUSTAINED WHILST

PLAYING IN THEIR LEAGUES.