



CLL Women's 6 Aside Football League



Information and Rules

The Referee is in complete charge of the game and his / her interpretation of the following Rules and Regulations will be upheld by the Management of Sheepmount Athletics Stadium.

1. Teams must make themselves available to kick off game at scheduled time. If a team is not ready to start a game within 5 minutes of the starting time, this may result in forfeiture of the match.
2. All teams that have not paid for season ticket should report to reception prior to kick off time pay there and produce receipt as proof of payment to play to the CLL official on the Astro Turf.
3. The duration of play will be 14 and 1/2 minutes each half
4. Only the defending goalkeeper is allowed inside the goal area and she may handle the ball only in this area. If the keeper comes out of the area, a penalty will be awarded
5. Penalty for Infringement (a) by the defence – a penalty kick, (b) by the attack – goalkeepers ball. N.B. Accidental entry by the player into the goal area is not penalised.
6. Apart from this rule there is no offside, players may place themselves in any part of the field.
7. A goal can be scored from any part of the field of play outside the goal area.
8. All free kicks are direct free kicks at the place where the offences occur.
9. The ball can not be played above head height and heading of ball is not allowed.
10. Goalkeepers can hold the ball for a maximum of 5 seconds, the ball when thrown by the goalkeeper, must be played by a minimum of 2 players before returning back to the goalkeeper.
11. No Slide tackles allowed
12. Each team should have their own colour strip, Bibs will be provided should team colours clash.
13. Following a goal, goalkeepers may restart the game with a throw or kick. However, they must not restart the game with a kick from their hands.
14. Three substitutes are allowed per team and may enter the field of play at any time during the game without the permission of the referee.
15. Substitutes must be tagged by the player they are replacing behind the line before entering the field of play.
16. Substitutes will enter the field of play from the halfway line.
17. Players may be substituted and return to field of play any number of times.
18. All misdemeanours or misconduct (i.e. red and yellow cards) will be reported to the Cumberland Football Association.
19. At their discretion, the referee may sin-bin instead of issuing yellow cards. A player may be sent to the sidelines for 4 minutes and may not be substituted until this time has lapsed.
20. Players may only play for one team throughout the season unless they have prior permission from the organiser and the opposition.
21. Any players dismissed for violent conduct will face a life ban from all CLL 6 Aside competitions.
22. All Fixtures / Results / Tables and competitions will be displayed in the official 6 Aside league notice board at the Main Reception at the Sheepmount
23. If Team Manager's provide email address details they will receive the above information in a email format.
24. All rules associated with use of all facilities on site is provided on your CLL League Form, this includes acceptable footwear etc.
25. The Management reserves the right to change the rules and regulations as they see fit.
26. All queries should be directed to Nick Holland on 01228 625543 or at nick.holland@carlisleleisure.com