



MAN V FAT SOCCER RULES

WELCOME TO THE WONDERFUL WORLD OF MAN V FAT!

MAN V FAT IS AN AWARD WINNING, INNOVATIVE MEN'S HEALTH PROVIDER. MAN V FAT SOCCER PROVIDES SMALL SIDED SOCCER LEAGUES DESIGNED EXCLUSIVELY TO SUPPORT OVERWEIGHT MEN TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH. LAUNCHED IN ENGLAND IN 2016 BY MALE WEIGHT LOSS SPECIALISTS, MAN V FAT APPEALS TO MEN WHO LOVE SOCCER AND HATE BEING FAT.

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OUR MISSION

TO SUPPORT AND CHAMPION ANY MAN WORLDWIDE WHO WANTS TO WIN HIS BATTLE AGAINST FAT AND GET HEALTHIER.

THE RULES SET OUT IN THIS DOCUMENT MUST BE ADHERED TO BY ALL MAN V FAT STAFF AND PLAYERS.

ALL EFFORTS MUST BE MADE TO ENSURE MAN V FAT FOOTBALL REMAINS SAFE, FRIENDLY, FUN AND SUPPORTIVE AND REMAINS ACCESSIBLE TO EVERYONE WHO QUALIFIES FOR AND MAY BENEFIT FROM THE PROGRAM.

MAN V FAT SOCCER IS ABOVE ALL A WEIGHT LOSS PROGRAM. THE MAN V FAT TEAM WILL SUPPORT AND ENCOURAGE PLAYERS TO MAKE SUSTAINABLE CHANGES TO THEIR LIFESTYLES AND BEHAVIORS TO ACHIEVE WEIGHT LOSS. WE WILL NOT PRESCRIBE MEAL PLANS OR EXERCISE ROUTINES; EVERY PLAYER IS DIFFERENT AND SHOULD ONLY CONSIDER OPTIONS THAT ARE SUITABLE AND SAFE FOR THEM.

EMBRACE THE PROGRAM AND COMMIT TO MAKING CHANGES. MAN V FAT SOCCER IS THE ONLY SOCCER LEAGUE WHERE LOSERS WIN!

ELIGIBILITY TO JOIN MAN V FAT SOCCER

- 18+
- MALE
- BMI 27.5+





WHAT WILL I NEED

- SHIN GUARDS
- SUITABLE FOOTWEAR FOR OUTDOOR ARTIFICIAL TURF
- SHORTS OR TRACKSUIT PANTS
- WATER
- SHIRT THAT MATCHES YOUR TEAM COLOR (NO HOOD, DOESN'T NEED TO BE A SOCCER SHIRT)
- SPECTACLES MUST NOT BE WORN ON THE FIELD; MAN V FAT RECOMMEND SPORTS GOGGLES OR CONTACTS IN THE INTEREST OF SAFETY.

ANYTHING THAT COULD BE CONSIDERED DANGEROUS SUCH AS JEWELRY, SMART WATCHES, GLASSES ETC CAN'T BE WORN DURING THE TIE. THE REFEREE WILL CONFIRM WHAT THEY CONSIDER DANGEROUS. HOWEVER, IF UNSURE JUST CONTACT YOUR COACH OR PLAYER SUPPORT TEAM.

WEIGH IN – GOAL BONUSES

SEASON START WEIGHT – THIS IS YOUR FIRST WEIGHT OF EVERY SEASON. IN YOUR FIRST SEASON, THIS WILL BE YOUR BASELINE WEIGHT.

TEAM BONUS – IT HELPS TO LOSE WEIGHT TOGETHER. EVERY PLAYER WILL BE AWARDED BONUS GOALS FOR LOSING WEIGHT. (AS LONG AS YOUR WEIGHT IS BELOW THEIR SEASON START WEIGHT.)

TEAM BONUS	
NO OF PLAYERS LOSING WEIGHT	BONUS
1 - 2	+ 1
3 - 4	+ 2
5 - 6	+ 3
7 - 8	+ 4
9 +	+ 5





SCORING HATTRICKS - LOSE WEIGHT FOR THREE WEEKS, SCORE ONE BONUS GOAL. A TOTAL OF FOUR HATTRICKS CAN BE ACHIEVED IN ONE SEASON. WEIGHT LOSSES DO NOT NEED TO BE ON CONSECUTIVE WEEKS. HATTRICKS DO NOT CARRY OVER FROM ONE SEASON TO THE NEXT.

5% BONUS - AT YOUR FIRST SESSION, YOUR MAN V FAT SOCCER COACH WILL CREATE EACH OF THE 5% MILESTONES THAT YOU CAN ACHIEVE. A PLAYER CAN HIT 5% AND 10% TARGETS EACH SEASON UNTIL THEY ACHIEVE A HEALTHY BMI. WHEN YOU ACHIEVE EACH OF YOUR 5% TARGETS, YOU WILL BE REWARDED 3 BONUS GOALS FOR YOUR TEAM.

OWN GOALS - YOU WILL CONCEDE AN OWN GOAL FOR GOING ABOVE YOUR SEASON START WEIGHT AND ANY WEEKS YOU GAIN WEIGHT WHILE REMAINING ABOVE YOUR SEASON START WEIGHT. IF YOU LOSE WEIGHT WHILE ABOVE YOUR SEASON START WEIGHT YOU WILL NEITHER CONCEDE AN OWN GOAL NOR SCORE A BONUS GOAL. PLAYERS WILL BEGIN SCORING WEIGHT LOSS BONUS GOALS AGAIN WHEN THEIR WEIGHT IS LOWER THAN THEIR SEASON START WEIGHT.

YOU CANNOT SCORE AN OWN GOAL FOR WEIGHT GAIN IN WEEK ONE OF ANY SEASON.

TRACKING GOALS - THERE ARE BONUS GOALS AVAILABLE EVERY WEEK FOR PLAYERS WHO ARE TRACKING. YOU ARE 42% MORE LIKELY TO ACHIEVE A GOAL SIMPLY BY WRITING IT DOWN! PRESENT YOUR COACH WITH TRACKING EITHER IN YOUR PDF TRACKER OR CHOSEN APPS AND RECEIVE:

TRACKING BONUS	
NUMBER OF PLAYERS TRACKING	GOALS
1 - 3	+ 1
4 - 6	+ 2
7+	+ 3





HOW TO WIN;

A MATCH

THROUGHOUT THE SEASON, THE WINNER OF EACH TIE IS AWARDED;

WIN - 2 POINTS

DRAW - 1 POINT

LOSE - 0 POINTS

- THE TEAM WITH THE MOST GOALS COMBINED FROM THE TEAM'S PITCH AND SCALES SCORES, WINS (+2 POINTS). IF BOTH TEAMS SCORE AN EQUAL NUMBER OF GOALS OR IF NO GOALS ARE SCORED, THE RESULT IS A DRAW (+1 POINT).

THE LEAGUE

- THE TEAM WITH THE MOST POINTS FROM THEIR LEAGUE TIES, WIN!
- IF MORE THAN ONE TEAM ARE LEVEL ON POINTS, GOAL DIFFERENCE WILL BE THE DECIDING FACTOR.
- IF MORE THAN ONE TEAM SHARE EQUAL GOAL DIFFERENCE, THE TEAMS OVERALL WEIGHT LOSS GOALS SHOULD DETERMINE THE WINNER.

THE WEIGHT LOSS (SCALES) LEAGUE

- IF MORE THAN ONE TEAM ARE LEVEL ON POINTS, GOAL DIFFERENCE WILL BE THE DECIDING FACTOR.
- IF MORE THAN ONE TEAM SHARE EQUAL GOAL DIFFERENCE, THE TEAMS OVERALL WEIGHT LOSS GOALS SHOULD DETERMINE THE WINNER OF THE SCALES LEAGUE.

THE PITCH LEAGUE

- IF MORE THAN ONE TEAM ARE LEVEL ON POINTS, GOAL DIFFERENCE WILL BE THE DECIDING FACTOR.
- IF MORE THAN ONE TEAM SHARE EQUAL GOAL DIFFERENCE, GOALS SCORED SHOULD DETERMINE THE WINNER.
- IF POINTS, GOAL DIFFERENCE AND GOALS SCORED REMAIN EQUAL, THE HEAD-TO-HEAD RECORD SHOULD BE USED TO DETERMINE THE WINNER OF THE PITCH LEAGUE.





THE CUP

4 TEAM CLUB

- FOR THE CUP FINALS WEEK, THE TEAMS WHO FINISH 1ST AND 2ND IN THE CUP TABLE WILL PLAY AGAINST EACH OTHER TO BE CROWNED THE CUP WINNERS, WHILST THE 3RD AND 4TH PLACED TEAMS WILL PLAY AGAINST EACH OTHER FOR THE WOODEN SPOON.
- IF MULTIPLE TEAMS ARE LEVEL ON POINTS, GOAL DIFFERENCE WILL BE THE DECIDING FACTOR.
- IF MULTIPLE TEAMS SHARE EQUAL GOAL DIFFERENCE, THE TEAMS OVERALL WEIGHT LOSS GOALS FROM THE CUP FIXTURES SHOULD DETERMINE THE WINNER.
- DURING THE CUP FINAL, IF THE GAME ENDS IN A DRAW, WEIGHT LOSS GOALS SHOULD DETERMINE THE WINNER OF THE MATCH. IF WEIGHT LOSS GOALS ARE ALSO EQUAL, A PENALTY SHOOT-OUT SHOULD TAKE PLACE.

6 TEAM CLUB

- FOR THE CUP FINALS WEEK, THE TEAMS WHO FINISH 1ST AND 2ND IN THE CUP TABLE WILL PLAY AGAINST EACH OTHER TO BE CROWNED THE CUP WINNERS, WHILST THE 3RD AND 4TH PLACED TEAMS WILL PLAY AGAINST EACH OTHER AND THE 5TH AND 6TH PLACED TEAMS WILL COMPLETE THE CUP FINALS WEEK ROUND OF FIXTURES.
- DURING THE CUP FINAL, IF THE GAME ENDS IN A DRAW, WEIGHT LOSS GOALS SHOULD DETERMINE THE WINNER OF THE MATCH. IF WEIGHT LOSS GOALS ARE ALSO EQUAL, A PENALTY SHOOT-OUT SHOULD TAKE PLACE.

10 TEAM CLUB

- IF MULTIPLE TEAMS ARE LEVEL ON POINTS, GOAL DIFFERENCE WILL BE THE DECIDING FACTOR.
- IF MULTIPLE TEAMS SHARE EQUAL GOAL DIFFERENCE, THE TEAMS OVERALL WEIGHT LOSS GOALS SHOULD DETERMINE THE WINNER OF THE CUP.





NUMBER OF PLAYERS

ALL MAN V FAT SOCCER LEAGUES ARE 5, 6, 7 OR 8-A SIDE, THIS WILL BE MADE CLEAR AT THE BEGINNING OF THE SEASON. EACH TEAM WILL HAVE UP TO 4 SUBSTITUTES. WE USE A SYSTEM OF ROLLING SUBS MANAGED BY THE PLAYERS.

DON'T WORRY, MAN V FAT ALLOWS FOR UNLIMITED SUBSTITUTIONS SO YOU CAN GET SOME MINUTES UNDER YOUR BELT AT YOUR PACE WHETHER YOU'RE A NEWBIE OR A SEASONED SOCCER PLAYER.

LEAGUE TYPE	5-A-SIDE	6-A-SIDE
STANDARD NUMBER OF PLAYERS	9	10
MAX NUMBER OF PLAYERS	10	11
NUMBER OF TEAMS	2 - 12	2 - 12
MINUTES PER GAME	28	28

TEAMS CAN REQUEST AN ADDITIONAL PLAYER IN THEIR SQUAD ABOVE THE STANDARD NUMBER OF PLAYERS (MAXIMUM NUMBER OF PLAYERS), IF THEY HAVE INJURIES OR IRREGULAR ATTENDANCE ETC.

REFEREES HAVE THE OPTION TO PLAY THE FULL 28 MINUTES THROUGH IN ONE STINT OR IN TWO HALVES, IN THE INTEREST OF TIME KEEPING AND SWIFT TRANSITIONS BETWEEN TIES.

FORFEITING

VALIDITY OF A MATCH – PLAYING NUMBERS

A MATCH SHOULD NOT BE CONSIDERED VALID IF THE PLAYING STRENGTH OF EITHER TEAM IS REDUCED AS FOLLOWS;

5-A-SIDE: LESS THAN 4 PLAYERS

6-A-SIDE: LESS THAN 4 PLAYERS





THIS DOES NOT INCLUDE TEAM NUMBERS REDUCED BY THE ENFORCEMENT OF A TEMPORARY REMOVAL FROM PLAY (SIN BIN).

IN CIRCUMSTANCES WHERE A TEAM DOES NOT HAVE ENOUGH PLAYERS TO FIELD A FULL TEAM OF 5, 6, 7 OR 8 PLAYERS (RESPECTIVE OF LEAGUE TYPE) THERE ARE THREE OPTIONS. ONE OF THE THREE OPTIONS MUST BE SELECTED BY THE SQUAD WITH TOO FEW PLAYERS AND AGREED WITH THE MAN V FAT SOCCER COACH BEFORE KICK-OFF. THE MOST PRACTICAL WAY OF DOING THIS IS EITHER FACE TO FACE AT THE SESSION OR VIA THE CAPTAINS WHATSAPP GROUP. THE REFEREE SHOULD ALSO BE NOTIFIED AT KICK OFF.

IF A TEAM HAS NOT BEEN ASSIGNED THE STANDARD NUMBER OF PLAYERS (SEE PAGE 13 TABLE 1) THEY MAY BE ELIGIBLE TO BORROW UP TO TWO PLAYERS WITHOUT INCURRING OWN GOALS (SEE - PLEASE NOTE THESE POSSIBLE EXCEPTIONS SECTION BELOW.)

PLEASE NOTE THESE POSSIBLE EXCEPTIONS

IF A SQUAD HAS BEEN ASSIGNED 2 PLAYERS LESS THAN THE STANDARD NUMBER OF PLAYERS - THEY MAY BORROW 1 PLAYER WITHOUT INCURRING ANY OWN GOALS FOR THAT PLAYER. ANY BORROWED PLAYERS IN ADDITION TO THIS WILL INCUR 2 OWN GOALS PER PLAYER.

IF A SQUAD HAS BEEN ASSIGNED 3 PLAYERS LESS THAN THE STANDARD NUMBER OF PLAYERS - THEY MAY BORROW 2 PLAYERS WITHOUT INCURRING ANY OWN GOALS FOR THESE PLAYERS. ANY BORROWED PLAYERS IN ADDITION TO THIS WILL INCUR 2 OWN GOALS PER PLAYER.

OPTIONS

1.

CHOOSE TO ACCEPT A 5-0 FORFEIT DEFEAT BUT PLAY THE MATCH WITH BORROWED PLAYERS AS A FRIENDLY, ALL ATTENDING PLAYERS WOULD STILL BE WEIGHED AND THEIR WEIGHT LOSS SCORES WOULD BE COUNTED TOWARDS THE FINAL RESULT. THE PITCH SCORE FROM THE FRIENDLY TIE WOULD BE RECORDED AS A 5-0 LOSS.





2.

CHOOSE TO PLAY THE GAME WITH FEWER PLAYERS. IN THIS SITUATION, BOTH PITCH SCORE AND WEIGHT SCORE WOULD COUNT. THIS OPTION CAN ONLY BE TAKEN IF THE TEAM CAN FIELD 4 (5 AND 6-A-SIDE LEAGUES) OF THEIR OWN PLAYERS AS A MINIMUM (WHO HAVE ALL WEIGHED IN). IF A TEAM CHOOSES TO PLAY WITH THE NUMBER OF PLAYERS LISTED ABOVE, AND DURING THE COURSE OF THE GAME CAN NO LONGER FIELD ALL OF THESE 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. IF A TEAM HAS NOT BEEN ASSIGNED THE STANDARD NUMBER OF PLAYERS (SEE SECTION – NUMBER OF PLAYERS) THEY MAY BE ELIGIBLE TO BORROW UP TO TWO PLAYERS WITHOUT INCURRING OWN GOALS (SEE - PLEASE NOTE THESE POSSIBLE EXCEPTIONS SECTION ABOVE).

3.

CHOOSE TO BORROW PLAYERS OF THEIR CHOICE TO MAKE UP THEIR TEAM NUMBERS. SEE SECTION: FORFEITING A GAME DUE TO PLAYER NUMBERS). TEAMS WOULD CONCEDE 2 OWN GOALS FOR EVERY BORROWED PLAYER. THE TEAM MUST HAVE THE MINIMUM NUMBER OF PLAYERS REQUIRED TO TAKE THIS OPTION (SEE SECTION: VALIDITY OF A MATCH - PLAYING NUMBERS). OWN GOALS ARE AWARDED BY ADDING 2 GOALS TO THE OPPOSITION SCORE PITCH SCORE. IF A TEAM HAS NOT BEEN ASSIGNED THE STANDARD NUMBER OF PLAYERS (SEE SECTION – NUMBER OF PLAYERS) THEY MAY BE ELIGIBLE TO BORROW UP TO TWO PLAYERS WITHOUT INCURRING OWN GOALS.

THE OPPOSITION HAVE NO SAY IN A TEAM'S DECISION AHEAD OF THE TIE, BUT THE OPPOSING CAPTAIN (OR MEMBER OF THE OPPOSING TEAM IN THE ABSENCE OF THE TEAM CAPTAIN) SHOULD BE INFORMED OF THEIR DECISION BEFORE THE GAME COMMENCES.

TEAMS FOUND FIELDING INELIGIBLE PLAYERS (I.E NOT MEMBERS OF YOUR TEAM) WITHOUT INFORMING THE MAN V FAT SOCCER COACH, REFEREE OR THE OPPOSING CAPTAIN (OR MEMBER OF THE OPPOSING TEAM IN THE ABSENCE OF THE TEAM CAPTAIN) PRIOR TO THE GAME, WILL FORFEIT THE GAME 5-0.

TEAMS MAY ALSO FORFEIT THEIR PITCH RESULT 5-0 IF A PLAYER PARTICIPATES WITHOUT WEIGHING IN FIRST OR IS LATER FOUND NOT TO BE REGISTERED TO THE CLUB. A COACH MAY USE A FIRST OFFENCE OF A PLAYER NOT WEIGHING BEFORE PLAYING AS A WARNING/REMINDER TO THE PLAYER AND CLUB, HOWEVER, WILL FORFEIT A TEAM'S PITCH RESULT IF FOUND TO BE A REPEAT OFFENDER.





THE ABOVE FORFEITS ARE FOR PITCH RESULTS ONLY AND DO NOT AFFECT WEIGHT LOSS RESULTS. I.E, IF AS A RESULT OF THE ABOVE, A TEAM LOSES 5-0 ON THE PITCH, BUT WINS 6-0 ON THE SCALES, THE TEAM WOULD WIN WITH A FINAL SCORE OF 6-5.

TEAMS MUST HAVE THE MINIMUM NUMBER OF PLAYERS REQUIRED (SEE SECTION - VALIDITY OF A MATCH - PLAYING NUMBERS) IN ORDER TO OPT FOR OPTIONS 2 OR 3. ANY TEAM MAY BORROW THE NUMBER OF PLAYERS REQUIRED TO ACHIEVE A FULL TEAM PLUS ONE SUBSTITUTE PROVIDING THE RULES IN THIS SECTION ARE MET.

THE REFEREE

MAN V FAT REFEREES ARE HUMAN AND ARE VALUED MEMBERS OF OUR COMMUNITY. RESPECT THE REFEREE, THE REFEREE'S DECISION IS FINAL. NO REF, NO GAME.

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 THEY HAVE BEEN APPOINTED, FROM THE MOMENT THEY ENTER THE LOCALITY WHERE THE PLAYING AREA IS SITUATED UNTIL THEY LEAVE.

POWERS AND DUTIES OF THE REFEREE:

- **ENFORCES THE LAWS OF THE GAME WITHIN THE SPIRIT OF MAN V FAT SOCCER.**
- **ALLOWS PLAY TO CONTINUE WHEN THE TEAM AGAINST WHICH AN OFFENCE HAS BEEN COMMITTED WILL BENEFIT FROM SUCH AN ADVANTAGE AND PENALIZES 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 SENDING-OFF OFFENCES.**
- **TAKES ACTION AGAINST TEAM OFFICIALS WHO FAIL TO CONDUCT THEMSELVES IN A RESPONSIBLE MANNER AND MAY, AT THEIR DISCRETION, EXPEL THEM FROM THE PLAYING AREA AND ITS IMMEDIATE SURROUNDS.**
- **ENSURES THAT NO UNAUTHORIZED PERSONS ENTER THE PLAYING AREA.**
- **STOPS THE GAME IF, IN THEIR 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 THEIR OPINION, ONLY SLIGHTLY INJURED.**
- **ENSURES THAT ANY BALL USED MEETS THE REQUIREMENTS.**
- **MAKE USE OF TIMED SUSPENSIONS TO EXCLUDE TEMPORARILY PLAYERS GUILTY OF INFRINGEMENTS OF THE LAWS.**
- **THE REFEREE SHOULD MAKE EXCLUDED PLAYERS AWARE OF THE END OF THEIR PERIOD OF SUSPENSION.**
- **REPORT MATCH SCORES TO THE CLUB 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.**





SMALL-SIDED SOCCER LEAGUE RULES

BASIC RULES

- 1. TEAM WILL RECEIVE 2 POINTS FOR A WIN, 1 FOR A DRAW AND 0 FOR A LOSS (BASED ON THE TEAMS COMBINED WEIGHT LOSS AND GAME SCORES). ALL TEAMS WILL PLAY EACH OTHER AN EQUAL NUMBER OF TIMES TO COMPLETE THE REGULAR SEASON. AFTER THIS, A SEEDED KNOCKOUT BRACKET WILL PLAY OUT THROUGH TO A FINAL.**
- 2. TEAMS MAY REGISTER A MAXIMUM OF 11 PLAYERS WITH ALL PLAYERS INVITED TO ATTEND AND PLAY PER MATCH.**
- 3. ALL TEAMS MUST BE AT THE FIELDS AND READY TO BEGIN THE MATCH AT THE APPOINTED KICK OFF TIME. IF A TEAM IS MORE THAN 5 MINUTES LATE THEIR OPPONENTS MAY CLAIM THE FIXTURE WITH A 3-0 WIN.**
- 4. ALL PLAYERS MUST COMPLETE A TEAM WAIVER PRIOR TO THEIR FIRST GAME KICK OFF ALONG WITH A PARTICIPATION WAIVER FROM THE ORGANIZER.**
- 5. ONLY ROSTERED PLAYERS, THE REFEREE, LEAGUE STAFF AND A TEAM COACH IF APPLICABLE ARE PERMITTED INSIDE THE FIELD OF PLAY. ANY INFRINGEMENT OF THIS CAN RESULT IN PUNISHMENT FOR THE TEAM(S) IN QUESTION.**

PLAYING RULES

- 1. EACH TEAM MAY HAVE A MAXIMUM OF 5 OUTFIELD PLAYERS AND A GOALKEEPER ON THE FIELD AT ANY TIME.**
- 2. SUBSTITUTIONS CAN ONLY BE MADE DURING A STOPPAGE IN PLAY AND ONLY WITH THE REFEREE'S CONSENT. THEY ARE UNLIMITED.**
- 3. A CHANGE OF GOALKEEPER MUST BE AUTHORIZED BY THE REFEREE DURING A STOPPAGE IN PLAY.**
- 4. APPROPRIATE FOOTWEAR AS STATED BY THE VENUE MUST BE WORN AND PLAYERS MUST WEAR SHIP SHIN GUARDS.**





5. THE GAMES WILL BE 28 MINUTES WITH NO HALF TIME. THERE WILL BE A 2-MINUTE BREAK BETWEEN MATCHES.

6. EACH MATCH WILL BEGIN WITH THE HOME TEAM PICKING ENDS AND THE AWAY TEAM KICKING OFF. AFTER A GOAL HAS BEEN SCORED THE GAME WILL BE RESTARTED IN A SIMILAR MANNER.

7. GOAL AREAS, OUTFIELD PLAYERS ARE NOT ALLOWED IN THE GOAL AREA, GOALKEEPERS ARE NOT ALLOWED OUTSIDE THE GOAL AREA.

8. NO DIRECT GOALS ALLOWED FROM KICK OFF, GOAL KICKS, INDIRECT KICKS, OR KICK INS. CORNER KICK GOALS ARE ALLOWED.

9. BALL OUT OF PLAY – IF THE BALL WHOLLY CROSSES THE GOAL LINE OR TOUCH LINE, WHETHER ON THE GROUND OR IN THE AIR, THE RESTART WILL BE A CORNER KICK OR KICK IN.

10. IMMEDIATE PASS BACKS - 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 METERS OUTSIDE THE AREA.

11. INJURIES: ANY PLAYER WHO IS BLEEDING MUST LEAVE THE FIELD. TIME WILL NOT BE STOPPED FOR INJURIES.

12. NO SLIDE TACKLES - A SLIDE IS DEFINED AS GOING DOWN WITH ONE OR BOTH LEGS TO THE GROUND TO GET THE BALL - IT DOES NOT HAVE TO BE A SLIDE TACKLE AND THE BALL DOES NOT HAVE TO BE IN POSSESSION OF AN OPPONENT. INTENTIONAL OR NOT, A FOUL WILL BE CALLED. GOALIES MUST LEAD WITH THE HANDS OR BODY WHEN GOING FOR THE BALL NEAR ANOTHER PLAYER AND REMAIN IN THE AREA. IF THE REFEREE CALLS YOU FOR A SLIDE TACKLE, YOU MAY RECEIVE A YELLOW CARD.

13. FREE KICKS – ALL FREE KICKS IN MAN V FAT ARE INDIRECT APART FROM PENALTIES. INDIRECT MEANS THAT THE BALL MUST BE STATIONARY WHEN KICKED AND THE KICKER CAN'T TOUCH THE BALL A SECOND TIME UNTIL IT HAS BEEN TOUCHED BY SOMEONE ELSE. A GOAL CAN ONLY BE SCORED IF THE BALL SUBSEQUENTLY TOUCHES ANOTHER PLAYER BEFORE IT GOES IN THE NET. ALL OPPONENTS MUST BE AT LEAST 3 YARDS FROM THE BALL UNTIL IT IS IN PLAY.

AN INDIRECT FREE KICK IS TAKEN FROM THE PLACE IN WHICH THE INFRINGEMENT OCCURRED AS INDICATED BY THE REFEREE.





14. PENALTY KICKS – PK'S ARE TAKEN FROM 6 FT OUTSIDE THE BOX AND A PLAYER IS ALLOWED TO TAKE ONE STEP TO TAKE IT.

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 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.**

15. HEIGHT OF BALL RESTRICTIONS – SPECIFIC VENUES MAY BE SUBJECT TO A RULE PERMITTING THE BALL FROM TRAVELLING ABOVE HEAD HEIGHT. THIS WILL BE MADE CLEAR AT THE BEGINNING OF THE SEASON. 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.





VALIDITY OF A MATCH, CANCELLATIONS & REFUNDS

WEATHER – BEING IN FLORIDA, THERE ARE CHANCES GAMES MAY NEED TO BE CANCELLED/RESCHEDULED OR STOPPED DUE TO ISSUES SUCH AS LIGHTNING, EXCESSIVE RAIN, LIGHT ISSUES OR OTHER.

IF A SESSION IS CANCELLED FOR ANY REASON, YOU’LL FIND ALL THE INFORMATION YOU NEED REGARDING REFUNDS AND FINAL RESULTS AT [HTTPS://MANVFATSOCCER.COM/POLICIES/COMPLAINTS/](https://manvfatsoccer.com/policies/complaints/)

ALTHOUGH EVERY EFFORT WILL BE MADE TO ENABLE MAN V FAT MEMBERS TO PLAY SOCCER EACH WEEK, SESSIONS MAY BE CANCELLED ON THE ADVICE OF FACILITIES STAFF AND IN THE INTEREST OF PLAYER SAFETY. MAN V FAT SOCCER IS ABOVE ALL A WEIGHT LOSS PROGRAM AND WE KNOW THAT GAMES ARE WON NOT ONLY BY GOALS SCORED BUT LBS LOST. WE FIRMLY BELIEVE THAT ALL PLAYERS SHOULD HAVE THE OPPORTUNITY TO BE REWARDED FOR THEIR WEIGHT LOSS EFFORTS. THIS IS WHY, WHEN A MATCH IS ABANDONED OR CANCELLED DURING THE SESSION AS OUTLINED ABOVE, COACHES WILL FACILITATE A SUPPORTIVE WEIGH IN, WHERE THE SCALES RESULT WILL DECIDE THE MATCH WHERE APPROPRIATE.

MISCONDUCT RULES

A PLAYER RECEIVING 2 YELLOW CARDS OR A DIRECT RED CARD WILL BE GIVEN AND THE PLAYER WILL BE REMOVED FROM THE ENTIRETY FOR THE GAME. HOWEVER, THE TEAM WILL BE ALLOWED TO REPLACE THE PLAYER WITH SOMEONE ELSE AFTER 6 MINUTES OF PLAYING A MAN DOWN.

SUSPENSION OF GAMES PER RED CARD ARE TO THE DISCRETION OF THE LEAGUE OFFICIALS AND ORGANIZERS. NON-VIOLENT RED CARDS ARE SUBJECT TO NOT HAVING ANY FURTHER SUSPENSION BEYOND THE GAME IN WHICH THE RED CARD WAS GIVEN.

IF A MATCH IS ABANDONED FOR ANY REASON THE TEAM AT FAULT WILL RECEIVE A 3-0 DEFEAT UNLESS THE OPPOSITION ALREADY HAS A GREATER ADVANTAGE IN WHICH CASE THE SCORE WILL STAND. IF BOTH TEAMS ARE JUDGED TO BE AT FAULT THEN THE MATCH RESULT WILL BE VOID AND THE TIE DECIDED ON SCALES BONUS GOALS ONLY.





FRIENDS AND FAMILY ARE ENCOURAGED TO SUPPORT TEAMS, BUT ANY BEHAVIOR CONSIDERED DISRESPECTFUL TO REFEREES, OPPOSING PLAYERS OR ANYONE AT THE FACILITY CAN RESULT IN PENALTIES FOR THE TEAM SUPPORTED INCLUDING BUT NOT LIMITED TO EXPULSION FROM THE LEAGUE.

THE DECISION OF THE REFEREE IN ALL MATTERS PERTAINING TO THE PLAYING RULES OF AN INDIVIDUAL GAME IS FINAL. THE DECISION OF THE LEAGUE ORGANIZER IN ALL MATTERS PERTAINING TO THE ADMINISTRATION OF THE LEAGUE IS FINAL.

LEAGUE ORGANIZERS MAY OVERTURN ANY RULE IF THEY FEEL A TEAM IS DELIBERATELY USING AN INTERPRETATION OF THE RULES TO GAIN AN UNFAIR ADVANTAGE.

