

# OFFICIAL



# RULES



*“I created Las Americas Leagues with a vision to unite communities, not just the local community but also the community which I represent here in the UK. I believe that through the beautiful game, we can all come together, grow, and network as we have people from all walks of life turning up. Football has the power to lift people, unite, and give us hope in the darkest times”.*

Ederson Tomasoni

# LAS AMERICAS LEAGUES RULES FOR ALL OUR COMPETITIONS - 2025

LAS AMERICAS LEAGUES

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## ALL LAS AMERICAS LEAGUE OFFICIAL RULES APPLY WITH A FEW EXCEPTIONS, INDICATED BELOW.

### Introduction

At Las Americas Leagues, we believe that 8-a-side football is the same sport as 11-a-side football, and for this reason, it deserves the same rules as 'real' football. So, don't worry, you won't be doing any weird bowling-style underarm throw-ins, or worrying about accidentally stepping in the box.

The following laws of the game are The Football Association's (FA) recommended laws for use in Small-Sided Football. This includes 8-a-side games but not Mini-Soccer or Futsal

- We revised The FA's Laws so they better reflect the game when played in other venues
- Applying the general principle of the 'regular' laws of the FA with certain exceptions, thus simplifying the game for both players and referees.
- Improving the technical quality of play in the small-sided game
- To encourage participation and enjoyment in a safe and controlled environment.

Over 1.05 million adults play Small Sided Football every week in over 22,000 organized Small Sided Football teams (Sport England Active People Survey 2015). As a consequence, Small Sided Football is now the largest form of recreational game. The laws that people play the game tend to differ from venue to venue and reflect both traditions of play and the constraints of the facility in which the game is taking place. The set of Laws contained in this document is those that The FA will use in its own Small Sided Football competitions and we would recommend these rules be adopted. However, given the diversity of small-sided facilities and formats in this country, some of these rules and regulations are made redundant. Below are a few revisions we have made;

- The normal laws of association football apply with exceptions
- The game should take into full account the health and safety of the players and officials. This document contains both a full set of laws, suitable for use by competition organizers and match officials and an abridged version that can be used to advise participants of the laws they will need. Further advice on the laws of the game and the affiliation of competitions can be obtained from your local County Football Association.

## LAWS OF THE GAME

Revised January 2025

### Small-Sided Football - Laws of the Game

#### General Principle

Where otherwise stated, the normal Laws of Association Football apply with exceptions, notably that there is no offside in Small Sided Football

#### LAW 1 - LATENESS

We operate a tight schedule throughout our leagues, so it's each team's responsibility to arrive on time, ready to play. If we are unable to make up for lost time, the following penalties apply to latecomers (at the opposition's discretion):

- I. 5 minutes late: The team starts one goal down (an own goal), and the referee's clock is running (The referee blows the whistle to start)
- II. For every additional 5-minute delay, 1 more own-goal against.
- III. 20 minutes late: forfeit loss (3-0).
- IV. The team that won the game with a forfeit will have 3 points + entitled to use the pitch for training to have a friendly match.
- V. For the team that lost by forfeit, they must pay of £50 penalty charge.
- VI. If a player arrives after the halftime whistle has been blown, they are not allowed to play in the second half of the game. If a team violates this rule, the player will face a suspension of 4 games across all Las Americas competitions, and their team will lose 3 points in addition to the game in which the rule was broken.
- VII. If either team has only 4 or fewer players available to play, the match will be called off. However, if the game has been played for more than 21 minutes and is called off, the result, goals scored, and cards given by the referee will be kept for the finished game.
- VIII. If the game were cancelled by LAL we will reschedule the game for another date during the weekdays at night time.

#### LAW 2 - FOOTBALL KITS AND TEAM ATTIRE.

- I. All teams must have proper full football kits for all players (shirts numbered, no repeated numbers, shorts and socks). For all teams, it is recommended to have a home and away kit that differ from each other in colour; teams in the right-hand column are the away team.
- II. **All players on the bench must wear bibs, which the team is responsible for providing.**
- III. All players (including goalkeepers) are required to wear shin pads at all times.
- IV. All teams should have 2 balls in good conditions for play. The teams not bring the balls will have a penalty charge of £30
- V. **THE TEAM MUST HAVE THE SPORTS FIRST AID KIT - ESSENTIAL**
- VI. Only Astro-turf boots are allowed. Moulded circular studs only will be allowed. **No screw-ins, metal studs or other models for boots will be allowed.**
- VII. All players must, before starting any game, be sure that their kit and attire are in accordance with the official rules of LAL. If any part of the kit is deemed inadequate or missing, the referee will book the player with a yellow card and then he will be removed temporarily from the pitch, and may only return when the ball is out of play, once the referee has approved his kit.

## **LAW 3 – PLAYER EQUIPMENT.**

### **Safety**

A player must not use equipment or wear anything dangerous to themselves or another player, including any kind of jewellery. Jewellery should be removed.

#### **I. Basic Equipment**

The basic compulsory equipment of a player is:

- a) Numbered shirt
- b) Shorts
- c) Socks
- d) Shin pads
- e) Footwear – Astro Turf boots.

#### **II. Shin Pads**

- a) Are covered entirely by socks
- b) They are made of a suitable material (rubber, plastic, or similar substances)
- c) Provide a reasonable degree of protection

#### **III. Goalkeepers**

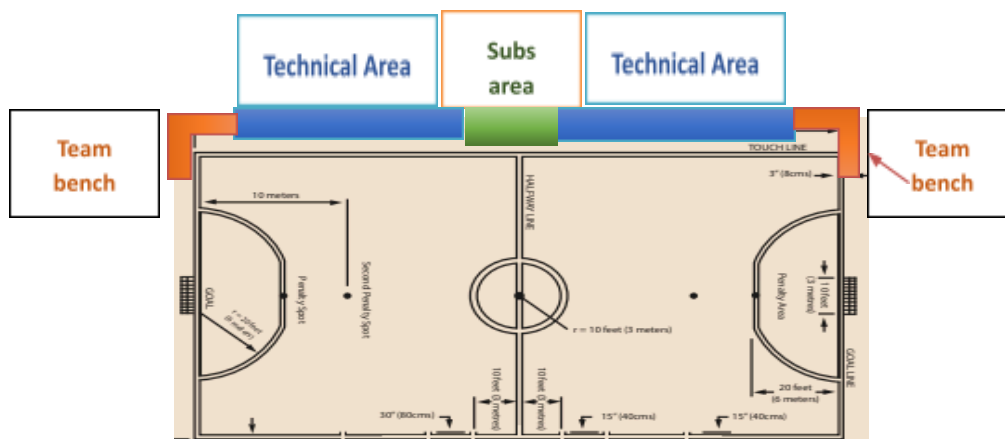
- a) The goalkeeper is permitted to wear long trousers.
- b) Each goalkeeper wears colours that easily distinguish him from the other players and the referees.

#### **IV. Infringements/Sanctions**

#### **For any Infringements of this Law:**

- a) The player at fault will be punished with a yellow card and leave the playing area to correct his equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks and approves their return. The player can only return to the pitch once the referee has been authorised.
- b) Players can return to play whilst the ball is in play if the referee has checked the equipment.

## LAW 4 – PITCHSIDE.



- I. All the players' subs will now be situated by the corners of the pitch as shown above in the image.
- II. Only Managers/Coaches and assistant coaches are allowed to be in technical areas.
- III. All the subs need to come IN and OUT from the middle of the pitch as shown above in the image marked in green.
- IV. Managers, coaches, and subs who invade the pitch will be punished by a booking or sent off, depending on their actions.

## LAW 5 – REGISTRATION / NUMBER OF PLAYERS.

A match is played by two teams, each consisting of no more than the following number of players and substitutes for the format:

- I. The Players must be 16 years old.
- II. Players aged under 18 need to have authorisation from one of the Parents for + term of responsibilities from the team he will play for.
- III. **The team is required to register between 10 (eight) and 27 (twenty-seven) players. Out of these, 17 (seventeen) players can be registered for free. Any additional players beyond the limit of 17 will incur a fee of £15 per player.**
- IV. When a player registers with a team in LAL, they enter into a contract that will last for the entire season. This registration becomes valid from the first game of the first competition of the year, with the exception of the SUPER CUP competition. If the player wishes to change teams during the season, they must obtain authorisation from their current team's President/Manager. If the President/Manager does not approve the transfer, the player or the team that wishes to sign them must pay a fine of £300 (team termination fee) + £50 LAL transfer fee to the LAL account before the transfer can go through. The £300 will be credited to the team account and returned at the end of the competition.
- V. **Window transfer will be different for each competition.**
- VI. **For the player to be eligible to play in the knockout stage for the PREMIER, he needs to have played a minimum of 4 games in the first phase.**
- VII. Player swaps: Teams can negotiate with other teams in the Las Americas Leagues to swap players; this would require one player being traded to another team in exchange for a player. The cost for players' swaps will be £15.
- VIII. Negotiations: Negotiations must be done fairly, meaning clubs **must not** approach players directly, but rather the club they play for.
- IX. Transfer values: If a team acquires a player from another team in the LAP, there will be an admin fee of **£50**. In the case of a swap deal, the fee is **£15**.
- X. To be eligible to play in any LAL competition, all new players must upload a copy of their proof of identity (such as a passport or driving license) and a profile picture of themselves wearing their current team shirt or with their team logo on it. This should be done on the official LAL website.

- XI. Once a player has registered with a team, players cannot be substituted or removed from the team's registration form if they have already participated in any match. It is the responsibility of the club's president to ensure that each of his registered players is aware that they are not allowed to play for any other team in the same division. Any player found breaching this rule may be banned from the competition, and the team they played for without registration will be penalised with a 3-point deduction for this violation and pay a penalty charge of **£100**.
- XII. All members of the management and commission teams are allowed to participate in different teams as players, but they must be registered for the team they will be playing for. In case both teams that a person is registered for are playing against each other, the person must choose only one team to play for or manage. It is important to note that a team staff member who is not properly registered will not be allowed to remain on the pitch side while the game is in play.

## LAW 6 - SUBSTITUTIONS

- I. The maximum number of substitutes permitted is 9.
- II. The number of substitutions made during a game is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.
- III. Substitutions should only take place when there is a break in play or during play if the referee authorises it.
- IV. The substitute can only enter the pitch once the player coming off is on the sidelines.  
  
A substitution is complete when the substitute enters the playing area, from which moment he becomes a player and the player he is replacing becomes a sub.
- V. If a goalkeeper is injured and the team doesn't have a substitute goalkeeper, it is at the discretion of the referee to allow an outfield player to play in goal (see below).

**Any players or substitutes may change places with the goalkeeper. The following conditions must be observed:**

- a) The referee must be informed before the change is made
- b) The change may only be made during a stoppage in play
- c) The replacement goalkeeper must wear a shirt that distinguishes him from all other players

## VI. Infringements/Sanctions

If, while a substitution is being made, a substitute enters the playing area before the player being replaced has completely left:

- a) Play is stopped
- b) The player being replaced is instructed to leave the playing area
- c) Play is restarted with an indirect free kick to be taken by the opposing team from the place where the play stopped. However, if the ball was inside the penalty area, the indirect free kick is taken on the penalty area line, at the point nearest to where the ball was when the play was stopped.

## LAW 7 - THE REFEREE

### The Authority of the Referee

Each game is controlled by a referee who has full authority to enforce the Laws of the Game during the match he is officiating, from the moment he enters the locality where the playing area is situated until he leaves.

### Powers and Duties

#### The Referee:

- I. Allows play to continue when the team against which an offence has been committed will benefit from an advantage and penalises the original offence if the anticipated advantage does not ensue at that time.
- II. 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
- III. Acts as timekeeper.
- IV. Stops, suspends, or ends the game for any infringement of the Laws or due to any kind of outside interference.
- V. Takes disciplinary action against players guilty of offences that may need cautioning or sending off
- VI. Can take disciplinary action against team officials who fail to conduct themselves responsibly and may, at his discretion, expel them from the sidelines and the surrounding area.
- VII. Ensures that no unauthorised persons enter the playing area
- VIII. Stops the game if, in his opinion, upon injury assessment, a player is seriously injured and ensures that he is removed from the playing area.
- IX. Ensures any player bleeding from a wound leaves the playing area.
- X. Allows play to continue until there is a stoppage in play if a player is, in his opinion, only slightly injured.
- XI. The referee should communicate the length of a player's suspension to LAL officials; the referee's decisions are final.

## LAW 8 - DURATION OF THE GAME.

The duration of the game shall be divided into two equal periods of **25 minutes, with** each period subject to the following:

- I. Game time is controlled by the referee and the referee alone.
- II. Only the captain of each team is allowed to check with the referee how long is left in the half.
- III. Allowance shall be made in either period for time lost through stoppages. The added time will be decided by the referee only.
- IV. The duration of either half shall be extended to enable a penalty kick to be taken.
- V. The half-time interval shall not exceed 2 minutes unless the referee has stated it.
- VI. If both teams arrive late for the match kick-off, the time will be deducted from the game time left.

## LAW 9 - START OF PLAY.

### Preliminaries

The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first half. The other team takes the kick-off to start the game.

#### I. Kick-off

A kick-off is a way of starting or restarting play:

- a) At the start of the game
- b) After a goal has been scored
- c) At the start of the second half
- d) At the start of each period of extra time, where applicable
- e) All players are in their own half
- f) The opponents of the team taking the kick-off are at least 2m from the ball until it is in play
- g) The ball is stationary on the centre spot
- h) The referee gives a signal
- i) The ball is in play when it is kicked and moves backwards.
- j) The kicker may not touch the ball a second time until it has touched another player
- k) After a team scores a goal, the other team takes the kick-off.

#### II. Infringements/Sanctions

If the kicker touches the ball for a second time before it has been touched by another player:

- a) An indirect free kick is awarded to the opposing team, which has to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure, the kick-off is retaken.

#### III. Drop Ball

A drop ball is a way of restarting the game after a temporary stoppage.

#### IV. Drop Ball procedure

The referee drops the ball at the place where the game was stopped unless it was in the goalkeeper's possession. In this case, the goalkeeper shall, at the referee's signal, return the ball into play by throwing the ball from any point within the Penalty Area.

The play restarts when the ball touches the ground.

Infringements/Sanctions

The ball is dropped again:

- a) If it is touched by a player before it contacts the ground
- b) If the ball leaves the playing area after it contacts the ground, without a player touching it

## LAW 10 - THE BALL IN AND OUT OF PLAY.

### I. Ball Out of Play

The ball is out of play when:

- a) It has wholly crossed the goal line or touchline, whether on the ground or in the air
- b) Touches the Referee. An indirect free kick should be given to the team who were in possession and it will be taken from where the ball hit the referee.
- c) The play was stopped by the referee

### II. Ball in Play

The ball is in play at all other times including when:

- a) It rebounds from a goalpost or crossbar

## LAW 11 - THE METHOD OF SCORING.

### I. Goal Scored

Except otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goalposts, and under the crossbar, unless it has been thrown, carried, or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

### II. Winning Team

The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals or if no goals are scored, the game is drawn.

## LAW 14 - Free Kicks

Types of Free Kicks

Free kicks are either direct or indirect. For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

### I. The Direct Free Kick

If a direct free kick is kicked directly into the opponent's goal, a goal is awarded.

### II. The Indirect Free Kick

A goal can be scored only if the ball subsequently touches another player of the same team before it enters the goal.

### III. Position of a Free Kick

All opponents must be at least 5 steps from the ball until it is in play.

The ball is in play after it has been touched by the free-kick taker.

### IV. Infringements/Sanctions

- a) If, when a free kick is taken, an opponent is closer to the ball than the required distance:
  - a. The kick is retaken.
- b) If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:
  - a. An indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred.

### V. Referee free kicks signals

- a) Direct Free Kick: the referee keeps one arm horizontally pointing in the direction the kick has to be taken.
- b) Indirect Free Kick: the referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player of the same team or goes out of play.

## LAW 12 - OFF-SIDE.

No offside rules

## LAW 13 – FOULS.

Fouls and misconduct are penalised as follows:

### I. Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless, or using excessive force:

- a) Kicks or attempts to kick an opponent
- b) Trips or attempts to trip an opponent
- c) Jumps at an opponent • barges an opponent, even with the shoulder
- d) Hits or attempts to hit an opponent
- e) Pushes an opponent
- f) Tackles an opponent
- g) Sliding tackles

\*Players sliding in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle).

\*Sliding to stop the ball from going out of play, or to block a shot with no opponent in clear sight, is allowed. However, if an opposition player is within range and the slide is deemed a tackle, this will be punished by the referee with a yellow card or red, depending on the situation. Goalkeepers may slide inside their area.

### II. Indirect Free Kick

An indirect free kick is also awarded to the opposing team if a player commits any of the following offences:

- a) Holds an opponent
- b) Handles the ball deliberately, except for the goalkeeper in his own penalty area
- c) Spits at an opponent
- d) A direct free kick is taken from the place where the infringement occurred.

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offences:

- e) Touches or controls the ball with his hands after it has been deliberately kicked to him by a teammate
- f) Touches or controls the ball with his hands after he has received it directly from a kick-in taken by a teammate
- g) Touches or controls the ball with his hands or feet, in the penalty area, for more than four seconds

An indirect free kick is also awarded to the opposing team, to be taken from the place where the infringement occurred, if, in the opinion of the referee, a player:

- h) Plays in a dangerous manner
- i) Deliberately impedes the progress of an opponent when the ball is not being played • prevents the goalkeeper from releasing the ball from his hands
- j) Commits any other offence, not previously mentioned in Law 11, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from the place where the infringement occurred unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the point nearest to where the infringement occurred.

## LAW 14 – THE PENALTY KICK.

### I. Penalty Kick

A penalty kick is awarded if a player commits any of the aforementioned offences inside his own penalty area, irrespective of the position of the ball, but provided that it is in play.

A penalty kick is awarded against a team that commits any of the offences for which a direct free kick is awarded inside its own penalty area.

A goal may be scored directly from a penalty kick.

### II. Position of the Ball and the Players

- a) The ball is placed on the penalty spot (blue line of the penalty area)

The player taking the penalty kick:

- b) Is properly identified

The defending goalkeeper:

- c) Remains on his goal line, facing the kicker, between the goalposts, until the ball has been kicked

The players, other than the kicker, are located:

- d) On the pitch
- e) Outside the penalty area
- f) Behind or to the side of the penalty spot
- g) At least 2m from the ball

### III. Procedure

- a) The player taking the penalty kicks the ball forward
- b) He may not play the ball a second time until it has touched another player
- c) The ball is in play when it is kicked and moves forward

When a penalty kick is taken during the normal course of play, or the time has been extended at halftime or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

- d) The ball touches either or both goalposts and/or the crossbar and/or the goalkeeper. Infringements/Sanctions

If any of the following situations occur:

A player of the defending team infringes this Law:

The kick is retaken only if a goal is not scored

- e) The kick is not retaken if a goal is scored

A teammate of the player taking the kick infringes this Law of the Game:

- f) The kick is retaken if a goal is scored
- g) The kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

- h) An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

## LAW 15 – THROW-INS.

A throw-in is a method of restarting play.

### Position of the Ball and the Players

#### I. The ball:

- a) Held above and behind the player's head.
- b) Is thrown into play in any direction

#### II. The player taking the throw-in:

- a) Has part of each foot either on the touch line or on the ground outside the touchline at the moment of kicking the ball; or
- b) Must not step onto the pitch
- c) If the ball hits the wire, then it is automatically thrown into the opposition

#### III. The players of the defending team:

- a) Are at least 3m from the place where the throw-in is taken

#### IV. Procedure

- a) The player taking the throw-in may not play the ball a second time until it has touched another player
- b) The ball is in play immediately after it is thrown or touched

#### V. Infringements/Sanctions

The throw-in is retaken by a player of the opposing team if:

- a) The throw-in is taken incorrectly
- b) The throw-in is taken from a position other than the place where the ball passed over the touchline or where indicated by the referee, where barricades are in use
- c) An indirect free kick is awarded to the opposition if the player taking the throw-in plays the ball a second time before it has been played by another player

## LAW 16 - GOAL THROW.

### I. Goal throw

- a) A goal throw is a method of restarting play.
- b) A goal may not be scored directly from a goal throw.
- c) The goal throw is awarded when:
  - a. The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored by the Law above.

### II. Procedure

- a) Opponents remain outside the penalty area
- b) The goalkeeper restarts the game using his hands only
- c) The goalkeeper does not play the ball a second time until it has touched another player
- d) The ball is in play when the ball is thrown by the goalkeeper of the defending team

### III. Infringements/Sanctions

If the ball is not thrown directly beyond the penalty area:

- a) The goal clearance is retaken

If, after the ball is in play, the goalkeeper touches the ball before it has touched another player:

- b) An indirect free kick is awarded to the opposing team from the penalty area line from the place nearest to where the infringement occurred

If, after the ball is in play, the goalkeeper picks the ball up after it has been deliberately kicked to him by a teammate:

## **LAW 17 – CORNER KICK.**

### **I. Corner Kick**

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- a) The whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- b) Opponents remain at least 3m from the ball until it is in play
- c) The ball is kicked by a player of the attacking team
- d) The ball is in play when it is kicked or touched
- e) The kicker does not play the ball a second time until it has been played by or touched by another player

### **II. Infringements/Sanctions**

An indirect free kick is taken by the opposing team if:

- a) The player taking the corner kick plays the ball a second time before it has been played by or touched by another player. The indirect free kick is taken from the place where the infringement occurred

For any other infringement:

- b) The corner kick is retaken

## **LAW 18 – PENALTY SHOOTOUT.**

### **I. Procedure**

Taking kicks from the penalty spot is a method of determining the winning team, whereas competition rules require there to be a winning team after a match has been drawn

- a) The referee chooses the goal at which the kicks will be taken
- b) The referee tosses a coin, and the team whose captain wins the toss decides whether to take the first or second kick.
- c) The referee keeps a record of the kicks being taken
- d) The kicks are taken alternately
- e) The names of the players taking the kicks are announced to the referee by the captains of each team before the kicks from the penalty mark are taken.
- f) Where a player(s) has been sent off by the referee, the opposing team must reduce the number of players to equalise the participants in each team before the Kicks from the penalty spot commencing
- g) If, before both teams have taken five penalties, one has scored more goals than the other could score, even after all five penalties are taken, no more penalties will be taken.
- h) If, after both teams have taken five penalties, both have scored the same number of goals, penalties will continue in the same order, until one team has scored one goal more than the other from the same number of penalties • Any player who has been sent off may not take part in the penalty shootout
- i) Any eligible player may change places with his goalkeeper
- j) Only the eligible players and match officials are permitted to remain on the pitch when penalties are being taken
- k) All players, except the player taking the penalty and the two goalkeepers, must remain in the opposite half to that where the penalties are being taken
- l) If a goalkeeper is injured during the penalty shootout, he may be replaced by a substitute

Procedures to determine the winner of a match

To determine the winner of a match, tied after full-time the following procedures or a combination of these procedures may be used,

- Penalty shootout

The use of these procedures should be decided by LAPL.

## LAW 19 - MISCONDUCT.

### I. Sending-Off Offences:

A player is sent off and shown a red card if he commits any of the following offences:

- a) Is guilty of serious foul play
- b) Is guilty of violent conduct
- c) Spits at an opponent or any other person.
- d) Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his penalty area)
- e) Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- f) Uses offensive, insulting, or abusive language
- g) Receives a second yellow card in the same match. If play is stopped for a player to be sent from the playing area without having committed any additional infringement of the Laws, the game is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the infringement occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred
- h) All players who receive a red card must leave the pitch and stay on the other side of the fence.**

## LAW 20 – SUSPENSIONS & INFRACTIONS.

Fair play is one of the most important aspects of the game to ensure players can enjoy the game safely. To discourage violent or unsporting play, players caught exhibiting such behaviour will be subject to fines payable before the next game. The following penalties are imposed for disciplinary infractions by players or any other person registered with the team:

| CARDS         | AMOUNT   | SUSPENSION    |
|---------------|----------|---------------|
| <b>YELLOW</b> | <b>3</b> | <b>1 GAME</b> |
| <b>RED</b>    | <b>1</b> | <b>1 GAME</b> |

- I. Yellow cards will be reset at the end of the 1st phase of competition.
- II. The teams that have agreed to participate in this competition recognise Las Americas Leagues as their own body to resolve issues related to discipline and sports competitions, with an appeal from the teams, if necessary.
- III. The Las Americas Leagues will apply the punishments made according to the reports of arbitration officers, referee assistants, videos, and members of LAL, legal or appointed by it and framed in the English Sports Justice Code. The cases omitted from this regulation will be judged by the disciplinary committee.
- IV. Any suspension for two yellow cards or a straight red card for a player, team management or staff in the game, must be served in the same competition.
- V. Disciplinary Process: Referees should ensure that all offences for which they have dismissed players with a single red card are reported to the LAL within 24 hours of the game being played. Likewise, any disciplinary issues with team management and staff should be reported within the same timescale. After 24 hours, the LAL will not accept any complaints.
- VI. When, at the end of this competition, a suspension applied by Las Americas Leagues to the player remains pending, the suspension may be mandatorily served in the subsequent competition.
- VII. All duly registered persons are liable to be punished whether or not they are on the field (Bridgestone Arena).
- VIII. Yellow cards and pending suspensions are always carried forward to the next phase of the competition.
- IX. One card does not cancel other cards. Ex: A Player who receives his 3rd yellow card in a competition, whilst in that same match he is sent off will serve a suspension for both the red and accumulated yellow cards = 2 games.
- X. a player/manager/staff invading the pitch with the purpose of offending, disrupting, withdrawing the team from the game, discussing, posting on social networks (recognized players), defamation, swearing, etc. with arbitration officers, delegates, members of Las Americas Leagues, ENTITY, legal or appointed by them and teams related to Las Americas Leagues, before, during or after the games played and throughout the competition: **Punishment:** of (1) one to (16) sixteen games in all LAL competitions.
- XI. Any action of discrimination, and violence (aggressions) against players, managers, team staff, and members of the LAL staff, will be suspended from the Las Americas Leagues competitions. In cases of misconduct, violence, and verbal aggressions before, during, or after the game, inside the Bridgestone Arena Premises, this person may be given further punishments. **Punishment:** from (4) four games up to 1 year or the elimination of the player from the competition and/or ban from the League.

- XII. If a team forfeits three (3) matches, leaves the competition, or gives up, they will be eliminated automatically. All their subsequent results will be considered as 03 X 00. In addition, players of the team will not be eligible for any individual awards for that current competition. However, in the knockout phases, if a team forfeits even if they have not received any previous forfeits, their players will be suspended and a fine of £200 per player registered on the team will be imposed. The team can only play again after the payment of the fine in question. If there are no financial pending issues, the offending team will be banned from the LAS AMERICAS LEAGUES for at least 01 years.
- XIII. Further suspension decisions will be judged by the LAL Court, which is formed by the league's referees and assistants.
- XIV. Only the players and team staff registered on the official LAL website by the team president are allowed to be near the pitch area. The team not following this rule will be penalized, losing the right to have staff on the bench for the next game.
- XV. Alcohol drinks and food are not allowed at any time inside the pitches and changing rooms. If teams or players break this rule, there will be a penalty charge of £50 or **Punishment:** up to (4) four-game suspension of any competition in the LAL.
- XVI. Smoking is not allowed on the Bridgestone grounds (except for electronic cigarettes Vape). Infringement of this rule can mean further suspensions as well. A penalty charge of £50 or **Punishment:** up to (4) games of any competition in the LAL.
- XVII. *Players or team staff have been warned about drinking alcohol, selling food, or barbequing around Bridgestone Arena Stonebridge (which can cause disturbance to the local neighbours). Anyone breaking this rule will receive league suspension. And can be taken into consideration for further suspension. **Punishment:** from (4) four games to 1 year of any competition in the LAL.*
- XVIII. *Members of the LAL need to be very responsible for parking in the BA car park. That means not blocking any car and not blocking the ambulance emergency access. Any player or team staff found breaking this rule may face further suspensions. **Punishment:** up to (4) 4 games of any competition in the LAL.*
- XIX. *The food and drinks consumed in the venue should be purchased at the League Bar/Cantina. No person is allowed to bring their drink or food to consume inside the Bridgestone Arena premises or around. The players and team staff found breaking these rules will be suspended from LAL. **Punishment:** from (4) four games to 1 year of any competition in the LAL.*
- XX. If someone pees on or around the pitch, that person will either be banned for 4 games or pay a penalty fee of £100.
- XXI. Changed, postponed, or permanently suspended games for reasons beyond the control of the disputing teams and referees, we will have 02 options:
- a) A new date will be set for the game, with a normal kick-off time, if the game in question has been stopped/suspended until before 15 minutes of the second half;
  - b) The game in question will be considered null and void if the stoppage/suspension of the game occurs after 15 minutes of the second half. The reasons for stopping will be analyzed and the score displayed on [www.lasamericasleagues.uk](http://www.lasamericasleagues.uk) may be changed to 3x0.
- XXII. Players, coaches, or any member of the team need to know it is not allowed to climb on the fence. Any damage caused by a person who breaks this rule will be debited from the team and the person will face a Punishment for up to 4 games of any competition in the LAL.
- XXIII. All the rubbish needs to be collected and put in the bins around the pitch if one of the teams does not clear up, there will be a fee of £30
- XXIV. *The teams are responsible for informing the rules of the LAL venue to their families and guests.*

**PUNISHMENTS**

To improve, transparency and the prevention of unsportsmanlike attitudes, Las Americas Leagues will make the punishment process clearer and more explanatory.

Judging Committee

As of today, the Las Americas Leagues judging panel will feature:

- The referee official who has not worked on the incident game
- Partners lawyers and League President.

Where they will decide together, based on the report received from the arbitration officers, in which paragraph the fact fits. In the second moment, they will categorize the severity of the occurrence. Each member will indicate the penalty (days or sanction) evaluating mitigating or aggravating factors, and the average penalty of the judges will be the final penalty that will be published.

The judgement

After an incident has occurred, the disciplinary commission will determine which paragraph of the article it falls under. Once the paragraph has been identified, the commission will assess the severity of the act, categorizing it as serious, grave, medium, or light.

Below is the penalty according to its severity within each paragraph:

|   |  |  |  |
|---|--|--|--|
| <p><b>Paragraph XI:</b></p> <p>Serious - 90 to 120 days</p> <p>Grave - 60 to 89 days</p> <p>Medium - 30 to 59 days</p> <p>Light – 10 to 29 days</p> | <p><b>Paragraph XII:</b></p> <p>Serious – 365 to be banned from all our competition</p> <p>Grave - 60 to 364 days</p> <p>Medium - 30 to 59 days</p> <p>Light – 10 to 30 days</p> | <p><b>Paragraph XVI:</b></p> <p>Serious - 30 days</p> <p>Grave - 20 days</p> <p>Medium - 10 days</p> <p>Light – Verbal advertence</p>  | <p><b>Paragraph XVII:</b></p> <p>Serious - 30 days</p> <p>Grave - 20 days</p> <p>Medium - 10 days</p> <p>Light – Verbal advertence</p> |
| <p><b>Paragraph XVIII:</b></p> <p>Serious - 90 days</p> <p>Grave - 60 to 89 days</p> <p>Medium - 30 to 59 days</p> <p>Light – 30 days</p>           | <p><b>Paragraph XIX:</b></p> <p>Serious - 30 days</p> <p>Grave - 21 to 29 days</p> <p>Medium - 14 to 21 days</p> <p>Light – 7 to 13 days</p>                                     | <p><b>Paragraph XX:</b></p> <p>Serious - 90 days</p> <p>Grave - 60 to 89 days</p> <p>Medium - 30 to 59 days</p> <p>Light – 30 days</p> |  |

### **Aggravating and mitigating some conditions offer to aggravate or mitigate penalties:**

- When it does not offer the possibility of defence to the victim, it is an aggravating factor in the commission's evaluation.
- When there is physical aggression, it is considered an aggravating factor in the commission's evaluation.
- When the victim is an official of arbitration or of the organizing team of the event (LAL), it fits as an aggravating factor in the evaluation of the commission.
- When it is a retaliation for aggression received, it is understood as mitigating in the evaluation of the judging committee.
- When there is aggression from a larger group, it is considered an aggravating factor in the commission's evaluation

### **The team responsible for the actions of its Players:**

When more than 4 athletes from a team are involved in the act, the team automatically starts to answer for it and may suffer sanctions ranging from a fine to or loss of points.

### **Resources**

The judgment is private and confidential. The trial will take place up to 72 hours after the incident, and the suspension is automatic (even if an appeal is filed) after the publication of the punishment on the official Las Americas Leagues website.

The teams or athletes involved must present their defences, if they want to appeal, within 24 hours after the publication of the punishment, the appeal must be sent by email from the Las Americas Leagues. ([lasamericasleagues@gmail.com](mailto:lasamericasleagues@gmail.com)), upon payment of £ 30 and will be analyzed by Las Americas Leagues, which may again meet the judging commission or not, if new facts are reported. The response to the appeal will be sent via email within 24 hours.

The President of Las Americas Leagues may intervene in a decision of the judging commission if it is proven that the judges are acting in bad faith and it is up to him to exclude him from the disciplinary commission.

#### **LAW 21 – FEES AND FINES.**

**Fee:**

- a) **The fee for each game will be £85**
- b) **The entire registration fee must be paid before the start of the competition season.**

Registration will be accepted through the league's website: [www.lasamericasleagues.uk](http://www.lasamericasleagues.uk) with the player and team registration forms filled out. Being able to pay the forms listed above within the established period

#### **LAW 22 – AWARDS.**

The winners of each competition will receive official awards based on the points criteria, which will be given out at the end of the event.

#### **LAW 23 – POINTS SYSTEMS AND TIEBREAKER CRITERIA.**

*Point Systems*

- I. Win 3 points*
- II. Draw 1 point*
- III. Lose 0 points*

*Tiebreaker Criteria*

- I. Points*
- II. Winning*
- III. Goal difference*
- IV. Goals for*
- V. Red Card*
- VI. Yellow Card*

#### LAW 24 – RANKING POINTS.

| Competitions    | SUPERCUP   | SUDAMERICANA | LA CUP     | PREMIER    | COPA INDEPENDENCIA | CHAMPIONS  |
|-----------------|------------|--------------|------------|------------|--------------------|------------|
| Participating   | 0 POINTS   | 150 POINTS   | 150 POINTS | 200 POINTS | 150 POINTS         | 200 POINTS |
| Knockout stages | 0 POINTS   | 0 POINTS     | 0 POINTS   | 200 POINTS | 0 POINTS           | 200 POINTS |
| Third Place     | 0 POINTS   | 200 POINTS   | 200 POINTS | 300 POINTS | 200 POINTS         | 250 POINTS |
| Second Place    | 100 POINTS | 250 POINTS   | 250 POINTS | 400 POINTS | 250 POINTS         | 300 POINTS |
| First Place     | 200 POINTS | 350 POINTS   | 350 POINTS | 500 POINTS | 350 POINTS         | 400 POINTS |

#### LAW 25 – GENERAL PROVISIONS.

- I. The organizing committee will not be responsible for any injuries or accidents that the participants may suffer during all Las Americas Leagues competitions, also implying that the players registered by the teams were judged fit. It's highly recommended that all players, team managers, and staff registered on the LAS AMERICAS LEAGUES website have in place **Professional Sports Insurance Value Cover**, which enables amateur athletic clubs to protect themselves against the financial losses resulting from the non-availability of their **athletes** due to temporary or permanent sports disability.
- II. It is highly recommended that all team managers and owners take an online course called Introduction to First Aid in Football offered by The FA ([learn.EnglandFootball.com/courses/medical/introduction-to-first-aid-in-football](http://learn.EnglandFootball.com/courses/medical/introduction-to-first-aid-in-football)).
- III. The registered teams are aware of and are obliged to understand this regulation.
- IV. The technical coordination and arbitration will decide on the suspension, interruption, or postponement of a match for reasons of force majeure.
- V. The cases omitted from the regulation or which may generate doubts, will be resolved by the Board of the LAS AMERICAS LEAGUES.
- VI. **ONLY THE TEAM PRESIDENT OR MANAGER MUST GET IN TOUCH WITH THE LEAGUE MANAGER FOR ANY SUGGESTIONS OR COMPLAINTS. PLEASE MAKE SURE THAT YOU PASS THIS INFORMATION TO YOUR PLAYERS TO RESPECT THE STRUCTURE AND HIERARCHY OF THIS ORGANISATION.**

*To prove that you have read and understood all the rules of the Las Americas Leagues competitions, and have shared them with your team players and management, you are required to send an email to [lasamericasleagues@gmail.com](mailto:lasamericasleagues@gmail.com) with the following statement: "I have read, understood, and agree to all the rules of the Las Americas Leagues competitions" along with your full name.*