



*Football***XL**



Rules & Regulations

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What you will need

Eligibility

- All players must be 18+
- To have a BMI above 25 when joining
 - This is to ensure fair and competitive games
- Male

Equipment

- Appropriate footwear depending on the surface
 - Your club coach will advise the correct footwear once you have signed up
- Shin Pads
- Colour shirt that matches your team
 - Your club coach will advise you of your team once you have signed up
- Shorts or Tracksuit Bottoms
- Hydration
 - Hydrating when playing sport is important, make sure you bring a drink

Do Not Wear (unless covered or approval given from Club Coach/Referee)

- Jewellery
- Smart Watches

If you are unsure, please speak to your Club Coach



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Scoring

With FootballXL you can win on the pitch and win off the pitch by losing weight

On the Pitch

- The final score on the pitch taken at the end of the final whistle
 - Win – 3 Points
 - Draw – 1 Point
 - Loss – 0 Points

Penalties

- At FootballXL we realise that you may not be able to play every week. If your team is unable to field a full team for your game, you may borrow a player from another team. This will result in **2 goals** being removed from your On The Pitch score
- If your team doesn't make up for the additional goals from borrowing your teams score will be 0
- If the game on the pitch finishes 0-0 and your team has borrowed players, the opposing team will be awarded a 1-0 win
- Should a player not weigh and still play in the game your team will have **4 goals** removed from your final score

Off the Pitch

You can earn additional goals for your team in various ways.....being aware and managing your mood & mental health away from FootballXL, talking about your mood and mental health with your peers prior to games and losing weight – BETTER FOOD = BETTER MOOD

Wellbeing & Mental Health – FOOTBALLXL TEAM TALK

Prior to your Football Session we would like players to attend a 10 minute peer to peer drop-in session which we call **TEAM TALK**. It's good to talk and nothing is off the table in these sessions. We encourage our members to create an inclusive environment. FootballXL will also provide contact details of professional agencies who can further aid you to manage and improve your mental health

Should all players participating in the evening game join the private team session prior to kick off you will be rewarded with an extra **1 point** towards the Off the Pitch League Table. Players are expected to arrive for their **TEAM TALK** 15 minutes prior to kick off

Your Club Coach can give you further guidance on these sessions prior to your 1st session

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Scoring (cont.)

Weight Loss

Start Weight – Your weight at the start of the season will be your baseline. This resets at the start of every season

Team Weight Loss – The total amount of weight loss will give you your team weight loss score and will be put against the oppositions weight loss using the same metrics. This weight will be measured from the current weigh in Vs. their previous weigh in from the last session they attended.

- Weight Loss will then contribute to the league table as follows
 - Win – 2 Points
 - Win + Team Talk – 3 Points
 - Draw – 1 Point (Neither team is punished because of the brilliant effort)
 - Draw + Team Talk – 2 Points
 - Loss – 0 Points
 - Loss + Team Talk – 1 Point

Weight Gain – If you gain weight the amount you put on will be deducted from the total loss from your team



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Tracking

Tracking the food you eat and your daily mood is a great way to ensure that you are eating the right foods and staying in a calorie deficit. However, we do not insist on this and no league points are at stake if you do not do it. If you are struggling with your weight your Club Coach will give you guidance on how to track your food and calorie intake

- Helpful ways to track are as follows:
 - Phone Tracking App such as MyFitnessPal
 - Phone Notes page split via meal type
 - Written down and split via meal type

Healthy BMI Maintenance

We want all our members to fall into the Healthy BMI bracket. When an existing member reaches this goal, they can continue playing in FootballXL. Off the Pitch Scoring will be adjusted to take this into account:

- Healthy BMI is between 18.5 & 24.9
- Off the Pitch Weight Gain will not be penalised even if it's above Season Start Weight and result in a 0 score
- Weight Loss when inside the Healthy BMI range will also result in a 0 score

League Tables

Scoring produces 3 League Tables as follows:

1. Combined Table – On the Pitch and Off the Pitch combined scoring
 2. On the Pitch – Purely based on the football
 3. Off the Pitch – Weight Loss Scoring – The more you lose, the more points you get
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Squad Size & Game Length



FootballXL Leagues can vary in size depending on the facility. You will be informed about the size of your league in your Welcome Pack following sign up. Squad Sizes are as follows:

	5 a side	6 a side	7 a side	8 a side	9 a side
Squad Size	9	10	11	12	13

All games are 50 minutes long with a 5-minute Half Time

Substitutes are roll on and roll off and can be interchanged as you see fit

Borrowing

Not enough players to fulfil your fixture this week? It happens and as result you have the option to borrow a player(s) from another team. However, this will result in 2 goals being removed from your On The Pitch score for every player that you borrow.

Only with agreement of your opposition, you can play with a player less to avoid this penalty

If you are unable to borrow the required number of players your team will forfeit the match and will lose the game 7-0. Your Off the Pitch score with your players available will still be counted



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Respect

FootballXL is an inclusive environment and as such Respect towards teammates, opponents, the Referees and Club officials is at the forefront of everything we do.

The referee



No Referees no game. They deserve our respect.

Despite self-refereeing our games, all those officiating FootballXL Leagues are given the authority to implement the Laws of the Game and their decision is final.

FootballXL has zero tolerance on abuse towards referees and FootballXL reserves the right to suspend and/or exclude any players guilty of an offence.

This could include but not limited to:

- Swearing at the Referee
- Personal Abuse towards the Referee
- Aggressive Behaviour towards the Referee

If such incidents occur then the player in question will be sent off and the Referee will submit a report to FootballXL who will decide if any further action should be taken

In addition to enforcing the rules of the game, the Referee is also responsible for:

- Timekeeping
 - Reporting of scores to a FootballXL representative at the end of the game
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In Game Rules

The normal rules of Association Football apply unless otherwise stated by your Club Coach with the exception of:

Area – Goalkeepers are not allowed outside of their Area, if they do, this will result in an Indirect Free Kick

Kick Ins – There are no throw ins, the ball will be kicked in to restart play if the ball goes out via the touchline

- Opposition players need to be at least 3M away from the ball when the kick in is taken

Goal Kicks – Play will be Restarted by the Goalkeeper by kicking a stationary ball from anywhere inside the penalty area

Free Kicks – All Freekicks are Indirect

- Opposition players need to be at least 3M away from the when the kick is taken

Offside – There is no Offside rule

If there are any different rules for your league, your coach will inform you prior to your 1st game

Disciplinary

FootballXL follows the English FA Disciplinary Guidelines for small side games:

Issuing of Cautions and 'Timed Suspensions - In Small Sided Football yellow cards and associated cautions are not employed. Referees should instead issue a blue card for a cautionable offence. The issuing of a blue card indicates that the recipient will serve an immediate 'timed suspension' ('sin bin'). The options for disciplining offenders are therefore as follows: • Player shown a blue card and temporarily suspended from play • Player issued with a discretionary second blue card and temporarily excluded from play • Player issued with a red card and permanently excluded from play A blue card offence should always be accompanied by a temporary suspension from play. The period of timed suspension in Small Sided Football shall be two minutes. The release of players from a temporary suspension should be at the direction of the Referee.

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Disciplinary (cont)

Recording of Blue Cards - In Small Sided Football cautionable offences that result in a blue card and a timed suspension from the match shall not be recorded and reported by the match official or Small Sided Football provider. Blue card offences should not be reported back to the County FA, and no disciplinary fine shall be incurred by the player.

Serious' Red Card Offences - Offences not classified in Table 1 below will be the responsibility of the local County FA. Once the County FA has reviewed the case the Small Sided Football provider along with the player will be informed of the outcome and any disciplinary action.

Less Serious' Red Card Offences (as outlined in Table 1) - Offences classified within Table 1 should be dealt with by the Small Sided Football provider under the delegated-authority of the County FA covered in Section 1 above. The match official should complete a 'Disciplinary Report' (appendix A) and ensure that it is sent to the Small Sided Football provider. The Small Sided Football provider should employ the following disciplinary tariff of suspensions in such cases as outlined in Table 1. The provider shall not fine the player

Match Suspension Tariff:

Table 1

- Offence Penalty (to be administered by Small Sided Provider) Receiving a second 'blue card' in the same match - **1 Match suspension**
- Denying a goal or an obvious goal scoring opportunity - **1 Match suspension**
- Use of offensive, insulting or abusive gestures - **2 Match suspension**
- Attempting to kick or strike another Player Violent Conduct Serious Foul Play - **3 Match suspension**

Remit of Disciplinary Action - Any suspensions for offences dealt with by the County FA that are not covered in Table 1 apply to all levels of football (i.e. 11 a side and Small Sided Football). Red cards administered in Small Sided Football for offences within Table 1 are the responsibility of the organiser to deal with according to the FA's recommended tariff of suspensions and are from Small Sided Football only

Personal Liability for 'Serious' Disciplinary Offences - Initial responsibility for a disciplinary issue will be with the individual that committed the offence. If this individual leaves the team but can be accurately identified, this individual shall retain responsibility for the payment of a fine and should be suspended from all forms of football until the fine is paid in accordance with the Football Debt recovery process. If the individual responsible for the offence cannot be accurately identified, the responsibility for the payment of this fine will be with (in order of responsibility): 1) The small sided team that the individual played for when committing the offence. 2) The team captain of the team that the individual played for



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