

# Juniors

## U16



KENT DISABILITY  
FOOTBALL LEAGUE  
REGISTERED CHARITY NUMBER 1189989

## Summary of our Laws of the Game (LOTG)

**7-a-side**

**3**

subs can be used  
in any match

**12**

players allowed  
per team on the day

**Standard  
throw ins**  
or underarm  
bowl motion

**Standard  
corners**

**Free kicks are  
always indirect**

**Drop balls are  
not contested**

**Goalkeepers  
cannot kick ball  
from their hands**

**Slide tackles  
are not allowed**

*Inclusive  
football  
for Kent*

**Season  
2024/25**

[www.kentdl.co.uk](http://www.kentdl.co.uk)

# Laws of the Game (LOTG)

We follow the Standard Laws of the Game (LOTG) with the following exceptions/clarifications:



## Number of players

- 7-a-side, with maximum of 3 substitutions, with 12 players allowed per team on the day.
- A team may play short of players and the final score shall be recorded.
- If a team needs to borrow players, the result will be recorded as a win to the team with full a complement of players. If both teams are required to borrow players, the result will be recorded as a 0-0 draw.



## Kickoff

- The first named team will take kick off which can be played in any direction.



## 'Home' team advantage

- In the event of a clash of colours, the second named team shall wear bibs or change their shirt.



## Substitutions

- Substitutions are on a roll on roll off basis.
- They may take place at any time with consent of the match referee when the game has stopped.
- A player and goalkeeper may change places however this may only be done during a stoppage in play and with the referees' permission. Any infringement may be penalised with an indirect free kick 5 yards outside the penalty area from the point where the goalkeeper was standing.



## Recording the result

- At the end of each game, the Manager of each side involved must confirm the result with the Referee. Failure to do so will nullify any challenge to the Management Committee regarding the recorded score.
- The score will be recorded by each team on the Matchday App (or in Full-Time).
- The Management Committee will use the score recorded by the referee for any discrepancies.



## Restarting the game

- All opponents must remain 2 metres from any restart of play.



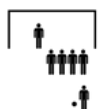
### Goal scored

- If a goal is scored, play will be restarted by kick off.
- A goal cannot be scored directly from the kick off.



### Corners

- Standard corners are used.



### Free kicks

- Free kicks will always be indirect.
- Quick restarts may be taken but only with the consent of the referee. If a team chooses to take a quick restart this may mean the referee does not need to caution a player for the original foul.



### Throw ins

- Can be taken as a standard football throw in or as an underarm bowl motion.
- If an underarm bowl is used, the ball must touch the floor within 1m of the touch line and the players arm must not come above hip height. If this does not happen, a throw in will be awarded to the opposing team.



### Drop ball

- Dropped balls are not contested.
- The referee will drop the ball for the team who last had significant possession



## Slide tackling

- Sliding tackles are not permitted and will result in a free kick being awarded. It is the referees' opinion whether a tackle is a slide or not.
- There is a difference between sliding to prevent the ball from going out of play and attempting to win the ball from an opponent.



## Allowances

- For players of lower ability, they will be given 3 seconds to play the ball before they may be challenged by an opponent. If the player is not given 3 seconds, a free kick will be awarded.
- If a player with a frame purposefully gains possession of the ball, that player is granted 10 seconds to play the ball before being challenged. If the ball hits the frame or player that will not be deemed as purposeful possession.



## Goalkeepers

- Goalkeepers cannot leave the penalty area at any time during the game. If this rule is intentionally broken, a direct free kick 5 yards from the edge of the area will be awarded.
- The goalkeeper can pick up any pass, including throw ins. However, if in the opinion of the referee this rule is being exploited, an indirect free kick shall be awarded 5 yards outside of the penalty area from the point where the goalkeeper was standing for time wasting.
- Goalkeepers may distribute the ball in any way they wish, but they cannot kick the ball from their hands. It will be the referees' discretion whether this rule is intentionally broken and should be penalised with an indirect free kick 5 yards outside the penalty area from the point where the goalkeeper was standing.



## Goalkeeping area

- No players may intentionally enter the goal area except for the goalkeeper. It will solely be the referee's opinion if any entry was intentional or accidental.
- If the referee believes:
  - a defender gained an advantage by entering the goal area, they will be penalised by penalty kick.
  - an attacker gained an advantage by entering the goal area, they will be penalised by possession changing to the goalkeeper.
- In the event of a goal scoring opportunity, the attacker must play the ball entirely outside of the area and the kicking motion should be finished; however, should momentum take the player inside the area the goal should stand.
- A defender needs to start and finish their defending motion outside of the area; however, if momentum following this action takes them inside, this should not be penalised.



## Punishments

- Yellow cards are replaced with blue cards.
- Any player receiving a blue card will be sent to the sin bin for a minimum of 3 minutes. This player cannot be replaced with a substitute. Where this player was the goalkeeper, an outfield player must change to become a goalkeeper.
- When the sin bin has elapsed, the referee will signal for the player to re-join play at the next stoppage in play. Where this player was the goalkeeper, he shall be required to rejoin play as an outfield player until the next stoppage in play where he may replace the goalkeeper.
- If there is insufficient time remaining in the game for the sin bin to be completed, the player shall not return to the game and the punishment will be considered completed.
- Any player receiving a second blue card will receive a red card and be banned from the remainder of the game. Any further punishment will be at the discretion of the discipline committee.