



Berkshire, Oxfordshire & Buckinghamshire Inclusive League

Tournament Rules 25/26

The tournament follows the Laws of the Game (LOTG) adopted by the FA, and the following are amended for the tournament.

1. A game will be played with **NO** halftimes, and the fixture programme will indicate the time per match.
2. The **first-named** team will have a kick-off and supply the match ball plus an additional ball as backup
3. All balls out of play from the sidelines will be taken by **rolling the ball-in underarm (ball must not go over the waist height of the referee)**.
4. All opposing players must be **2 metres** from free kicks or roll-ins.
5. A goal **cannot** be scored directly from a roll-in.
6. Players **may** enter the penalty area, and goalkeepers can come out of the penalty area.
7. Goal Kicks will be taken from the touchline.
8. The ball **can** go over head height **The goalkeeper cannot kick the ball from their hands**.
9. All free kicks are **direct**.
10. There is **no** offside.
11. **Penalties are taken from one kick, therefore, there is no run-up.**
12. The goalkeeper **cannot** pick up a ball from a deliberate backpass.
13. **Goalkeepers holding the ball for longer than 8 seconds (after a visual 5-second countdown) will result in a corner kick to the opposing team (instead of an indirect free kick).**
14. Players are **NOT** allowed to slide tackle.
15. Goalkeepers **cannot** slide-tackle when defending the goal. If they do, it will be an IDFK from the edge of the penalty box if the foul occurred in the penalty area.
16. **NO** spectators are allowed on the 3G/Astro at any time, and only 2 coaching staff are permitted during the match.
17. **NO** parents are allowed to stand behind the goal.
18. **3-second Inclusion Period** - In the spirit of promoting inclusivity and ensuring that all players in the youth section have the opportunity to participate fully, an Inclusion Period of three seconds may be granted to specific players who require it. This period begins when the ball falls within their immediate proximity (>1m) and the referee declares 'three seconds'. This will allow the player(s) to engage in the game without being challenged by opponents who must remain 2m away from the player. If an opposing player breaches the 2m space within three seconds, an indirect free kick shall be awarded. Before the start of the match, a coach must inform the referee of the player(s) who require the inclusion period.
19. **Respect the referees**. As the first step in the player discipline procedure, a player found not adhering to this rule will be instructed to be substituted by the referee.



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20. The **BLUE** card "SIN BIN" system is in place as a second step in the player discipline procedure. Players who receive a **BLUE** card will leave the field of play for the remainder of the game.
21. As a third step in the player discipline procedure, players receiving two **BLUE** cards in one BOBi event will not be allowed to play for the rest of that day. The player and club will be reported to the BOBi league committee for potential further sanctioning.
22. For all games, teams must have a named qualified coach with a valid FA First Aid certificate **and a current DBS must be** present on the side of the pitch **during the match. Teams found to be breaking the rule will have the match awarded 1-0 to the opposition**
23. All substitutes must be distinguishable from on-field players.
24. **No** deliberate heading in games for U12s and below.

The indirect free kick is taken at the point where the ball was deliberately headed, except where a player deliberately heads the ball within their own penalty area, the referee will stop the game and restart with an indirect free kick to the opposition from the nearest sideline of the penalty area where the offence took place.

25. **Power Play** - If a team is losing by 4 goals, they can add an extra player until the goal difference falls below 4. For example:



26. **Division Structure:**



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League	Format	Ball Size
Premiership (16+*)	7 v 7	5
Championship (16+*)	7 v 7	5
League 1 (16+*)	7 v 7	5
League 2 (16+*)	7 v 7	5
Conference (16+*)	7 v 7	5
U16 (12-15*)	7 v 7	5
U14 (10-13*)	6 v 6	4
U12 (8-11*)	5 v 5	3

*Age as of 1st September 2024

27.Players are not permitted to to swop teams from either higher or lower division mid tournament, Any team found to be swopping players between teams mid tournament will result in the opposition being awarded the match 1-0

28.All adult team coaches must have completed the FA open age welfare course