



Staffordshire Mental Fitness Football League

◆ Match Structure

- **Match Duration:** 15 minutes straight (no halftime).
- **Clock:** Running clock (no stoppages for minor interruptions).
- **Game Type:** One half only, winner decided at full-time

◆ Team Composition

- **Players on Field:** 5 per team (4 outfield players + 1 goalkeeper).
- **Substitutes:** Up to 3 per team (roll-on, roll-off allowed anytime with referee approval).

◆ Kick-off & Restarts

- **Kick-off:** Coin toss to decide; restarts from centre after a goal.
- **Kick-ins:** No throw-ins – **Kick-ins only** (ball must be stationary and taken within 4 seconds). These are indirect.
- **Goal Kicks:** Goalkeeper rolls or passes the ball out (no drop-kicks or over arm throws).
- **Corner Kicks:** Direct corner kicks allowed.

◆ Rules of Play

- **No Offsides.**
- **Slide Tackles:** Not allowed (except for goalkeepers).
- **Back-pass Rule:** Goalkeeper **cannot pick up** a back-pass.

◆ Discipline

- **Yellow Card:** 2-minute sin-bin (team plays with 4 players).

- **Red Card:** Immediate dismissal; team plays one player short for remainder of the game. Player is then suspended for following fixture (depending on severity).