

BUCS FOOTBALL REGULATIONS

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FOO i The BUCS Football Championships shall be conducted in accordance with the following BUCS sport specific regulations, the BUCS general regulations, and the International Football Association Board (IFAB) Laws of the Game.

FOO ii In the event that these regulations contradict the BUCS general regulations, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

FOO iii In the event that these regulations contradict the International Football Association Board (IFAB) Laws of the Game, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

FOO iv The gender eligibility criteria for the BUCS Football Championships will be determined as per [REG 4.3](#).

FOO 1 Affiliations All institutions/Playing Entities must affiliate to their respective Home Nation Football Association as per the requirements in the BUCS Sport Specific Affiliations Document by the deadline stated in the BUCS Sport Specific Affiliations Document. Failure to do so will lead to sanctions as outlined in the BUCS Sport Specific Affiliations Document and possibly further disciplinary action.

FOO 2 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be seven.

FOO 3 There shall be separate Team Championships for Men and Women. The programme for each Championships shall include leagues and knockout competitions as per BUCS general regulations, Appendix 1 ('BUCS Competition Offer and Associated BUCS Points') and Appendix 10 ('BUCS Promotion, Relegation and Knockout Information').

FOO 3.1 In the Men's Team Championships, for Tiers 4 and below, BUCS reserves the right to operate a maximum of four leagues per Tier in a Conference (as opposed to the standard two) should entry levels permit. In such an instance, REG 8.3.1.2 is amended so that a Playing Entity will be permitted to have a maximum of three teams in the tier, regardless of playing conference.

FOO 4 Duration of play All matches shall consist of two periods of 45 minutes and a half-time interval of no more than 15 minutes. Teams shall change ends at half-time.

FOO 4.1 Tie in knockout competition matches In the event of a tie after normal time, two periods of extra time (15 minutes each way) shall be played. If at the end of the normal playing period of extra time, the teams are still tying the winner shall be decided by the taking of kicks from the penalty spot as per the IFAB Laws of the Game.

FOO 4.1.1 If agreed between the two institutions in writing and the referee is informed before kick-off, the two periods of extra time can be eliminated and in the event of a tie after normal time, the winner shall be decided by the taking of kicks from the penalty spot.

FOO 5 Match officials Match officials should be appointed as per Appendix 5 ('BUCS Match Officials Requirements').

FOO 5.1 Assistant referees shall report to the referee prior to commencement of the match and will be provided with standard flags by the home team.

FOO 6 Facility requirements

FOO 6.1 Playing surface All matches should be played on grass or a FIFA or Home Nation Football Association approved artificial surface. It is the responsibility of the first named (home) team when confirming the fixture (note REG 9.5) to advise the opposition team and all match officials of the playing surface and on any footwear restrictions and the type of surface to be used (note REG 9.3.3).

FOO 6.2 The home team is responsible for providing a set of corner flags, and pegs for securing goal nets. Failure to do so may render the team liable to a fine and in the event of the match not being played due to lack of corner flags or pegs, the home team will be deemed to have not fulfilled the fixture.

FOO 6.3 Premier Tier/National Championship matches In relation to IFAB law 1.3, the length of the touchlines shall be a maximum of 110 metres (or 120 yards), and the length of the goal lines a maximum of 75 metres (or 80 yards). Pitches should, as a minimum, be roped or fenced off to prevent spectator encroachment. This can be down one length of the pitch provided all spectators watch the match from this side. In this instance all team substitutes and team officials must be on the opposite side to the spectators. It is recommended that run-offs should be a minimum of three metres (or three yards) all around the pitch. Where pitches neighbour others within a confined area, the minimum run-off between both pitches should ideally be six metres (or six yards).

FOO 7 Shirt numbers Players shall wear on the back of their shirts numbers which shall not exceed the number 99. All numbers shall be no less than 8" (20cm) in height and shall contrast with the colour of the shirt. No two players in a team may wear the same number in a single match.

FOO 8 Substitutes A maximum of five substitutions will be allowed from a maximum of five (seven for Premier Tier/National Championship matches) named substitutes. No additional substitutes can be used when a match goes into extra time. Players who have been substituted will not be permitted to return to the match, i.e. rolling substitutions are not permitted.

FOO 9 Discipline

FOO 9.1 The discipline regulations and processes followed shall be those of the relevant Home Nation Football Association(s).

FOO 9.1.1 For Scottish institutions/Playing Entities, the Scottish Student Football Disciplinary Guidelines issued by Scottish Student Sport (SSS) in consultation with the Scottish Amateur Football Association (SAFA) shall apply.

FOO 9.2 Temporary dismissals (sin bins) Temporary Dismissals – otherwise known as 'sin bins' – are mandatory for acts of dissent by players across all BUCS Football in accordance with the following regulations. Guidance on temporary dismissals/sin bins is available from [IFAB](#), [the FA](#) and [the FAW](#).

FOO 9.2.1 Players will only go into the sin bin for dissent cautions. Sin bins apply to all players (including goalkeepers) but not to cautionable (Yellow Card) offences committed by a substitute or substituted player. Dissent is the use of words or gestures

questioning or undermining the referee's decision. Examples of dissent are: Shouting at the referee, questioning the referee's ability, slamming the ball into the ground, sarcastically clapping a decision.

FOO 9.2.2 Duration of a sin bin For matches of 90 minutes, players spend 10 minutes in the sin bin. For matches of all other lengths, players spend 8 minutes in the sin bin. The Sin Bin period only commences when the referee restarts play, and the referee shall include in the Sin Bin period any time 'lost' for a stoppage for which 'additional time' will be allowed at the end of the half. If the sin bin period has not expired at the end of:

- The 1st half: It continues into the 2nd half;
- The 2nd half: It continues into extra time (where applicable);
- Extra time: Player can participate in penalty kicks (where applicable)

FOO 9.2.3 Match Day process

FOO 9.2.3.1 Sin bins will be indicated by the referee showing a yellow card and to the touchline where they player must go. In grounds where there are technical areas, the player in question must go to their team's technical area. Elsewhere, players must leave the pitch and watch from the touchline with their team's non-playing staff, unless 'warming up' (under the same conditions as a substitute).

FOO 9.2.3.2 Whilst in the sin bin, if a player commits a Yellow or Red Card offence (including dissent), they cannot take any further part in the match and cannot be substituted.

FOO 9.2.3.3 A player can only return to the field of play with the referee's permission at a stoppage in play.

FOO 9.2.3.4 If a player receives a second Yellow Card for any type of offence (including dissent), they will be shown a Red Card and dismissed from the field of play.

FOO 9.2.3.5 A player in the sin bin can only be substituted after the sin bin period has ended and only if their team has not used all its permitted substitutions.

FOO 9.2.3.6 There's no limit on the number of players that can be in the sin bin at any one time. However, if a team is reduced to less than seven players due to sin bins, the match will be abandoned as covered under the IFAB Laws of the Game.

FOO 9.2.4 Sin bin Yellow Cards are reported as per any other Yellow Cards, are subject to the same administration fees, and shall count towards a player's seasonal tally of Yellow Cards.

FOO 9.2.5 For clarity, using offensive, insulting or abusive language and/or actions is still a Red Card offence.

FOO 9.3 Suspensions No individual, team, or club may participate in any BUCS football fixture whilst serving a suspension imposed by the relevant Home National Football Association (or a delegated authority) that would apply to BUCS football. In cases of doubt as to whether a suspension would apply to BUCS football, institutions/Playing Entities should check with the body which issued the suspension.