



Additional Rules for North Down & Ards SSG 2018-19

1. General Rules

- 1.1. Silent side-lines will be held on the first Saturday of every month for all age groups;
- 1.2. A first touch rule applies at all ages and yes, only the first touch! There are no marked limits for this, however, it is roughly a third of the pitch. If the ball has not been touched by the team in possession and it travels into the second third then the rule does not apply. For example, a player cannot let the ball run for 40 yards before touching it;
- 1.3. Goalkeepers are only allowed to kick from their hands at 9-a-side and are limited to 3 kicks from their hands per game half. Therefore, 2009, 2010 & 2011 goalkeepers cannot kick out of their hands at any time;
- 1.4. The club coach **MUST** ensure that nets are secured & safe before, during and after the teams' playing time - it is **NOT** the responsibility of the North Down & Ards SSG Programme;
- 1.5. No adult can be involved within NDA SSG unless they hold a minimum of Irish FA Grassroots Award or have registered with the Irish FA to complete it;
- 1.6. All players and coaches line up and shake hands before and after all games;
- 1.7. No player can play for two teams on the same day within NDA SSG, unless prior agreement has been obtained with Kyle Spiers; and
- 1.8. **NO** sports/energy or fizzy drinks are allowed within NDA SSG!

2. 5-a-side (2011)

Bangor Aurora 3G Mugga

- 2.1. Use the netting, where available, to divide the pitches;
- 2.2. 2011 teams are in fixture groups of three. When your team is not playing, the coach is still responsible for the players. You are encouraged to use this time to coach/talk to your players about the game that is being played. Please place yourself outside the fence during this time. If the weather is bad you will have time to take your team to the leisure centre cafe or changing rooms;
- 2.3. Balls do **NOT** leave the pitch area; and
- 2.4. Anyone other than a coach is **NOT** permitted to be in the pitch area. All spectators **MUST** watch from behind the fence. Please pass this on to your support staff, parents and spectators so no embarrassment is caused on the day.

3. 7-a-side (2010 & 2009)

2010 – Bangor Aurora 3G & Bangor Sportsplex3G

2009 – Londonderry Park 3G

- 3.1. The width of the pitches will be marked by cones;
- 3.2. Any dugouts are for coaches and players only - **NO** spectators!;

- 3.3. At these age groups, teams will only play on a 3G surface - can I remind you and the players to respect the rules of footwear where appropriate;
- 3.4. Balls do **NOT** leave the pitch area; and
- 3.5. Anyone other than a coach is **NOT** permitted to be in the pitch area. All spectators **MUST** watch from behind the fence. Please pass this on to your support staff, parents and spectators so no embarrassment is caused on the day.

4. 9-a-side (2008 & 2007)

2008 – Bangor Aurora Grass & Londonderry Park 3G

2007 – Bangor Aurora Grass

- 4.1. Nets must be lifted from the holding area by the first 8 teams (9am KO) and returned by the final 8 teams (11am KO). Coaches **MUST** check that anchors are secure before KO and throughout your game! These goals are aluminium and could cause serious injury if not properly secured (please also take care when lifting – players are **NOT** allowed to lift nets under any circumstance!);
- 4.2. When positioning the goals a small mark indicates the centre of the box;
- 4.3. Balls do **NOT** leave the pitch area;
- 4.4. Anyone other than a coach is **NOT** permitted to be in the pitch area. All spectators **MUST** watch from behind the 'Respect Barriers'. Please pass this on to your support staff, parents and spectators so no embarrassment is caused on the day; and
- 4.5. In the 2007 age group, referees will be provided, when available. This the best development pathway before your players move to 11-a-side. The referees will be working with the coach and player, therefore, three-way communications throughout the games is encouraged.

5. Footballs

- 5.1. All footballs **MUST** be handed back to an Irish FA coordinator after the last game (teams may be charged for missing balls).

6. Coordinators

- 6.1. The Irish FA coordinator/s will always have the final say on match days to help with smooth running .

Let Them Play