



Match Rules

These match rules have been formulated on the basis of the FA advice issued on 18th July 2020.

- Pre match handshakes/fist bumps/high fives are not permitted.
- Social distancing should be observed in team talks.
- When the ball goes out of play, it should **not** be retrieved by a parent or spectator, only a player, and they should do so using the feet rather than the hands where possible.
- Following each throw in, the ball should be wiped down in the next break of play.
- Players must not spit at anytime, this includes the spitting out of drinks.
- Players should avoid shouting or raising their voices when facing another player.
- Players must avoid set play where unnecessarily long set-up or close marking.
- Goal celebrations should be avoided due to the potential of unnecessary contact.
- At half time and at the end of the games all players should sanitise their hands immediately upon leaving the pitch.
- When not playing, players should maintain social distancing where possible – this includes breaks in play, warm-ups and cool down.
- If players feel unwell at any point in the match, they must make the referee or manager aware as soon as possible.
- If within 14 days of the match, the player develops COVID symptoms, they should report this via the NHS Test and Trace service.