



## Match Rules

These match rules have been formulated on the basis of the FA advice issued on 24<sup>th</sup> March 2021

- Pre match handshakes/fist bumps/high fives are not permitted.
- Social distancing should be observed in team talks and during any breaks in play. This includes substitutes who must not sit together on benches unless they are able to socially distance 2 meters apart.
- 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, or the ball should be replaced.
- 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 10 days of the match, the player develops COVID symptoms, they should report this via the NHS Test and Trace service.