

Dolphin Centre Football League Rules 2025

League Rules

1. Each team must complete the relevant paperwork before being allowed enter the League. The team sheet should list all players and a dedicated team manager who is responsible for paying on time and dealing with any misconduct with their players throughout the season.
2. On week 1 we will require 2 weeks payment (£50), which means you play a week in hand and will not have to pay for your final game.
3. One player from each team must take charge as team manager – all communications will go through them (payments, fines, game times etc). An email address and phone number must be provided.
It is the managers responsibility to:
 - Pay the game fee of £25.00 at reception 15 minutes before kick-off (last game must pay at 9.15pm, reception till closes at 9.20pm). **NO PAYMENT means a 1 point deduction.**
 - Inform the league if you are unable to fulfil a fixture (contact 01325 406000) a minimum of 24 hours' notice is required.
 - Check fixture times and inform their team - Fixtures will be circulated at the start of the season and every week on Facebook.
4. If a team fails to fulfil a fixture for any reason, they will be required to pay their missed game fee in addition to the following weeks game fee (£50.00).
4a. If you fail to fulfil a fixture for 2 weeks in a row you will be removed from the league (unless the Committee agree to exceptional circumstances).
If you cancel your fixture within 24 hours your team will be deducted 1 point.
5. Fines for yellow cards are £5.00, red card £15.00. Payment is required within 2 weeks of the booking; the player cannot play until the fine is resolved.
 - If the player doesn't pay it will fall to the team manager to pay. **NO PAYMENT within 2 week allocated time slot incurs a 1 point deduction.**
6. Five yellows in a season will result in a 2 game ban.
7. Two yellows in one game for individual will result in minimum 1 game ban, a straight red will be a minimum 2 game ban.
8. The League Committee will review all red cards with statements from the referee and league coordinator and decide on the ban to be imposed. The Committee's decision is final.
9. If a player is banned due to red card, they cannot play until their team has played the respective games of the ban i.e. 2 game ban means the team must play 2 games (This does not include cancelled games).
10. Any misconduct / verbal abuse towards the Referee, League Coordinator or opposing players will not be tolerated at any time. Reports of this will be investigated, a player or team ban may be upheld by the Committee.
11. You cannot transfer teams once you have been listed for one unless your team has folded.
12. Alcohol consumption before playing in the league is strictly prohibited.
13. The League Coordinator is authorised to manage all decision relating to the League on a Wednesday evening.
14. All players must be 16 years of age or older.
15. Shinpads must be worn during games.

GAME RULES

1. No player aside from GK allowed into the box.
 - if the opposing team enter the box the game will restart with GK ball.
 - if a defending team enter the box the attacking team will be awarded a penalty.
2. If the GK handles the ball outside the box it will result in a penalty.
3. The GK can only roll the ball out on the ground.
4. Pass backs during normal play are allowed, however if a GK is in possession and passes to a player who then passes back to the keeper immediately will result in a freekick to the opposition from where the pass was made.
5. Teams may shoot straight from kick off.
6. All freekicks are direct – players must stand 2 yards away.
7. No overhead height, any overhead balls will result in the opposite team gaining a freekick from the position the pass took place. However, If the ball comes back of a GK save and is overhead height play continues. If the ball goes over the curtain possession will go to the opposite team.
8. No roll on/off subs allowed, once sub is made player cannot return.
9. Max 3 subs. per team per game.
10. Each game is 14 minutes each way.
 - 10.a. Teams who continually delay kick off maybe allocated later kick off times to avoid delays to the game day scheduling.
11. Last man tackles will be a minimum of a yellow card, with the referee's discretion to award a red if the tackle is deemed unsportsmanlike.
12. Please always respect the referee's decision.
13. Shin pads must be worn by all players.

CONTACT INFO

1. Teams manager can email healthydarlington@darlington.gov.uk or call 01325 406000 with any league queries– teams should not be contacting referees to sort out players, fines, game times etc.
2. League table and fixtures can be found on Facebook/[DolphinCentreFootballLeague](#)
3. Full fixture lists can be found on our website www.healthydarlington.co.uk