



Managers' Handbook (v1.0)

FOR

SEASON 2025/26

FA STANDARD CODE OF RULES FOR YOUTH COMPETITIONS

The MYSL adopts the FA Statutory Code of Rules (FA SCOR (Y)) for Youth Football for Season 2025/26. These rules will be approved and adopted at the AGM on Monday 21st July 2025.

MYSL BY LAWS

For Season 2025/26 the following By Laws will be observed by all participating Member Clubs/Teams and will be split into the following headings:

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MYSL 2025-26 CALENDAR

The league will start on the weekend of Saturday 6th/Sunday 7th September 2025 and the league fixtures will finish on the weekend of Saturday 18th/Sunday 19th April 2026.

2025-2026 season				
Week	Saturday	Sunday		
1	06/09/2025	07/09/2025		
2	13/09/2025	14/09/2025		
3	20/09/2025	21/09/2025		
4	27/09/2025	28/09/2025		Registration Deadline - Tuesday 30th September 2025 - 6pm
5	04/10/2025	05/10/2025		Christmas cup starts
6	11/10/2025	12/10/2025		
7	18/10/2025	19/10/2025		
8	25/10/2025	26/10/2025		
9	01/11/2025	02/11/2025		
10	08/11/2025	09/11/2025		
11	15/11/2025	16/11/2025		
12	22/11/2025	23/11/2025		
13	29/11/2025	30/11/2025		
14	06/12/2025	07/12/2025	Christmas Finals	
15	13/12/2025	14/12/2025	Christmas Finals	
	20/12/2025	21/12/2025		
	27/12/2025	28/12/2025	Christmas Break	
	03/01/2026	04/01/2026		
16	10/01/2026	11/01/2026		
17	17/01/2026	18/01/2026		
18	24/01/2026	25/01/2026		
19	31/01/2026	01/02/2026		Registration Deadline - Monday 2nd February 2026 - 6pm
20	07/02/2026	08/02/2026		
21	14/02/2026	15/02/2026		
22	21/02/2026	22/02/2026		
23	28/02/2026	01/03/2026		End of season Sup starts
24	07/03/2026	08/03/2026		
25	14/03/2026	15/03/2026		
26	21/03/2026	22/03/2026		
27	28/03/2026	29/03/2026		
	04/04/2026	05/04/2026	Easter Break	
28	11/04/2026	12/04/2026		
29	18/04/2026	19/04/2026		
30	finals	finals		DATES TBC

TRANSFER DEADLINE DAY

The league will operate two registration deadline days for the two cup competitions:

- Christmas Cup – Tuesday 30th September 2025 – 6pm deadline!
- Champions Cup – Monday 2nd February 2026 – 6pm deadline!

Teams **MUST** have a print out or PDF document on their mobile device of their squad and coaches for the opposition coach to review before a cup game kicks off. (Squad sheets are required for ALL u12 and above games for inspection, if asked)

New players can be registered to teams after Tuesday 30th September 2025 if they are knocked out of the cup competitions.

No new players can be added to ANY team after 2nd February 2026 unless in exceptional circumstances. This will be referred to the league committee to review.

CHRISTMAS CUP



The Christmas cup starts on the weekend of Saturday 4th/Sunday 5th October 2025.

The finals will take place on week 14/15. All fixtures will be uploaded to the Tournify app.

CHAMPIONS CUP



The Champions Cup starts on or after week 23 of the league schedule. Start dates will be communicated to all coaches via the Whatsapp groups and social media.

The finals will take place in May/June 2026. More information on dates/venues to follow as and when known. Dates will be communicated a lot than what we have done in previous years

WhatsApp Groups

Please join the admin WhatsApp group below (scan the code) for the day your team plays on. We will keep you updated on policies and other important information via this communication tool.

Saturday



Sunday



RULES OF PLAY

U7's.	5 a-side,	17 minutes' x 3 thirds,	size 3 ball
U8's.	6 a-side	17 minutes' x 3 thirds,	size 3 ball
U9's.	7 a-side,	27 minutes' x 2 halves,	size 3 ball
U10's	7 a-side,	27 minutes' x 2 halves,	size 3 ball
U11's	9 v 9	30 minutes each way,	size 4 ball
U12's	9 v 9	30 minutes each way,	size 4 ball
U13's	11 v 11	35 minutes each way,	size 4 ball
U14's	11 v 11	35 minutes each way,	size 4 ball

At all age groups substitutes will be roll on roll off at the referee's discretion, any player substituted then becomes a substitute themselves.

Under 7's, 8's, 9's and 10's (10's new from 25/26)

All matches shall start with a kick off on the half way line, the ball can be passed forward or backwards and there must be at least two touches of the ball from the team taking the kick off before a goal can be scored.

After a goal is scored the match is restarted as above. All free kicks are direct, (except that of a deliberate header or pass back) opposing players must retreat 6 yards at all set pieces. The goalkeeper cannot handle the ball from a back pass, if he does a free kick shall be awarded on the edge of the penalty area nearest to where the offence took place All goal kicks shall be taken with the ball on the ground. The goalkeeper cannot score a goal from within the goal area, if the goalkeeper shoots and the only other player to touch the ball is the opposing goalkeeper the goal shall not stand and a goal kick shall be awarded to the defending team The Retreat Line rule will be applied at the above age groups. All opposing players must retreat to the halfway line. The referee will police this, NOT the coaches.

Deliberate Heading restart

- Deliberately (as deemed by the referee) heading the ball is an offence punishable by an indirect free kick
- The indirect free kick is taken at the point where the ball was deliberately headed, except:
- Where a player deliberately heads the ball within their own penalty area, the referee will stop the game and restart with an indirect free kick to the opposition from the nearest side line of the penalty area where the offence took place.

Touchline Restart:

- When the whole of the ball passes over the whole of the touchline, on the ground or in the air, instead of a throw-in, a pass-in/dribble-in is awarded
- The kicker that takes the pass-in/dribble-in may touch the ball again before it is touched by another player

Pass In

- At the moment of delivering the ball:
- The ball must be stationary on the touchline at the point where it left the pitch; only the kicker may be off the pitch
- All opponents must stand at least five yards from the point on the touchline where the pass-in or /dribble-in is to be taken from
- A goal cannot be scored directly from a pass-in
- The ball is in play when it is kicked and clearly moves

Dribble In

- At the moment of delivering the ball:
- The ball must be stationary on the touchline at the point where it left the pitch; only the kicker may be off the pitch
- All opponents must stand at least five yards from the point on the touchline where the pass-in or /dribble-in is to be taken from
- A goal can be scored directly from a dribble in by the player taking the dribble in
- The ball is in play when it is kicked and clearly moves
- The ball must not go above **waist height** from the kick in. This is to encourage the players to keep the ball on the ground throughout the matches.

U11's, U12's

As per 11 a-side rules including the off-side rule but with a size four ball and 16 x 7 goal posts.

U13's

Full FA - 11 a side rules will apply.

Trafford 5's - See separate sheet on appendix B

Player Eligibility

To be eligible to play in any sanctioned game a player must be registered to the team via WGS and must appear on an up to date squad sheet printed off or on a mobile device and must have been acquired not more than 3 days prior to the match via WGS, either paper copies or mobile devices must be made available to both the opposition or Referee throughout the game. A player is ineligible if he does not appear on said squad sheet. If a team play an ineligible player in a league match (one where points are awarded) the points will be awarded to the opponents. In a cup match the tie will be awarded to the opponents.

See transfer deadline dates above.

Game Cancellations (including cup matches)

Fixture cancellations must be sent via email to info@mysl.co.uk as soon as you know the fixture cannot go ahead. You must include the following information in the email:

Team name, age group, fixture date & time and opponents

If you're cancelling within 48 hours' notice of the fixture, you must notify the following:

Saturday – Ashley 07726 437 777

Sunday – Billy 07971 832 052.

If Ashley/Billy do not answer, leave a voicemail and also send a SMS/WhatsApp message.

You **MUST** also inform your divisional WhatsApp group to inform the opposition coach.

Failure to notify within 48 hours' notice **WILL** result in a fine of the game fee. This fine will be transferred to your opposition team as compensation. E.g. U7 is £22, U8 £24.50 and u9/U10 is £27 and U11/U12 is £40.

All ages - To avoid forfeiting a cup game, you must give at least 14 days' notice to request a postponement. Teams are allowed one postponement, per cup competition, if within the 14 days' notice period as noted above.

Kick off time requests

MYSL cannot guarantee any kick off times. If you have (for example) a team party on a certain day and at a certain time we can try and accommodate this. Please email fixtures@mysl.co.uk at least 6 weeks' in advance and we will try and accommodate your request.

Divisional Placements

The MYSL prides itself on its 'Levels' format. We aim to move teams up and down to enhance maximum enjoyment for all participants. Any movement is carried out at the end of each month (this may be earlier depending on results). If you feel this is needed sooner, please email info@mysl.co.uk or WhatsApp Ashley (Saturday) or Billy (Sunday) and we will look into your request. Please include your team name, age

group, division and day that you play in the email.

Points Awarded

In all competitive age groups (U12's to U14's) points will be awarded as follows: 3 points for a win, 1 point for a draw.

Deciding a Championship

Championships (u12 to u14) will be decided on points gained, if two or more teams finish on equal points, the league will be decided on goals difference. If two or more teams have the same goal difference, it will go down to goals scored. If two or more teams are still tied, head-to-head from the league games played will decide, if tied, the championship will be decided by playing a play-off game. (Venue/kick off time to be decided by MYSL)

Coach / Assistant Registration

All Coaches / Assistants must have in their possession a team sheet, via Club Portal, clearly showing photo id of who is permitted to be on the touchline. Failure to comply, for whatever reason, will result in the person being asked to leave the touchline. Only 2 Coaches / Assistants per team will be allowed on the touchline during matches. Coaches / Assistants should refrain from going onto the pitch unless invited to do so by the Referee. For 11 a-side matches, 3 Managers/Coaches will be allowed on the touchline during matches

Cup Competitions

All knockout cup matches will be concluded on the day, if the scores are level in regulation time a penalty shoot-out will decide the tie. U7's, 8's, 9's, 10's, 11's and 12's will take **three** penalties if the scores are still level then a sudden death penalty shoot-out will decide, 13's & 14's will take **five** penalties before sudden death.

All games U7 – U10 will be 2 x 25 mins (no extra time)

U11 – U12 will be 2 x 30 mins (no extra time)

U13 & U14 will be 2 x 35 mins (no extra time)

Any team/s trying to fix match results/cup draws will be withdrawn from the competition. This includes teams from the same club not wanting to play against each other. If you do not want to play against each other, please go to different leagues.

Referees

We aim to have ALL games covered but in the event of an emergency. We would expect a coach/assistant to a referee half the match each. The match result should be emailed over to info@mysl.co.uk or WhatsApp to Ashley (Saturday) or Billy (Sunday).

MYSL are fiercely protective of our referees and remind clubs that the majority of referees are children. However, feedback on referees objectively and fairly is

welcome, as we are committed to supporting referees' development. We also note that while referees are young, they are in a paid role and therefore that carries a level of responsibility. We expect our referees to:

- A) attend in suitable refereeing kit, with relevant equipment
- B) referee with enthusiasm in each match
- C) communicate throughout the game
- D) display understanding of the laws of the game for the format they referee

What we do not expect is referees to be flawless in their decision making, there will be mistakes all the time - just like by you as coaches and the children playing.

Any issues on the day, please speak with the co-ordinator at the venue or email welfare@mysl.co.uk with as much information as possible.

Venue Rules

- All car parking regulations must be adhered to at all times
- Each venue may have its own rules and regulation (non-smoking etc including vapes)
- No dogs or pets allowed at any venue apart from assistance dogs (on car parks only, venue permitting)
- All central venues operate a no smoking policy, smoking and vaping is only allowed in designated areas, if there is no designated area smoking and vaping will only be allowed on venue car parks
- Teams should arrive 15 minutes prior to kick off times
- Pitch allocations are available to view on Tournify
- Players/coaches should not enter the playing area until the previous match has finished.
- Coaches should always have their player Squad Sheets available for inspection
- Central venues – Both coaches **MUST** bring a match ball that is suitable for playing with. I.e. pumped up and the correct size for the game being played.
- 11v11 – Balls must be provided by the **HOME** team.
- All players should wear the appropriate footwear (no metal studs on 3G surfaces) and shin pads **MUST** be worn.

Central Venue Codes of Conduct

The FA Codes of Conduct for Players, Managers and Spectators must always be adhered to:

- Each match must be preceded by the Respect Handshake
- After the Respect Handshake the match will start immediately (no more team talks)
- No footballs, except the match ball, shall be used during periods of play

- All post-match debriefs must take place off the playing area
- All litter must be taken from the pitches and surrounding areas, particularly plastic bottles and bottle tops, no hot drinks or food to be taken onto pitches etc
- All parents and supporters to remain in the designated area's
- When teams have a colour clash - all teams must bring enough bibs for each outfield player in an alternate colour to the team shirts.

Safeguarding and Complaints

Any complaints regarding the safeguarding or welfare of players, children or adults, please email the League Welfare Officer (Stephen Howarth) welfare@mysl.co.uk

Complaints Procedure

Please email welfare@mysl.co.uk with any complaints and remember to include as much information as possible including your contact details.

Personal Hearing

In the event that a Club considers the complaint to be serious or not having been resolved by the MYSL, the Club can request a Personal Hearing. A sum of **£50.00** must be lodged with the League at which time a venue and time will be arranged for the hearing. A panel of three MYSL Committee Members will hear your complaint. The Club will be allowed to bring three Senior Club/Team Officials. The complaint will be heard and the Club will be informed of the MYSL decision either on the night or within seven days.

Parent and Spectator Behaviour

It is "The Clubs" responsibility to undertake Codes of Conduct for parents and spectators and to ensure these are adhered to, but where inappropriate behaviour is either reported to MYSL or witnessed by MYSL Coordinators, a zero tolerance approach to such behaviour will be enforced. Parents must remain in the designated areas and must never enter the field of play unless invited by the referee in the case of injury. Foul and abusive language aimed at either the referee or opposition will not be tolerated and may result in you being asked to leave a venue. Aggressive or violent conduct may result in a banning order being implemented or police involvement.

Finance Queries

Please email Amanda at finance@mysl.co.uk with any invoice queries. Invoices are generated on the 1st of each month from August until April. Invoices should be paid within 3 days. Registration fees of £50 per team will requested in June 2025 to secure league places.

APPENDIX A – TRAFFORD 5'S

Rules for Trafford 5's Manchester – U7/U8

- All games will be played at 5 v 5 (u7) and 6 v 6 (u8)

Calmer and Safer

- Silent Sidelines Rule – Spectators are encouraged to applaud both teams (e.g. clap when a goal is scored) but must not shout or call out
- All goalkeepers must be identifiable (i.e) use a bib if you do not have a goalkeeper shirt

More Skilful

- Retreat Line Rule – Opposition players only retreat on **goal kicks**.
- Pass Back Rule –Because goalkeepers need to practice their footwork, they cannot pick up the ball from an intentional pass back.
- No deliberate heading of the ball upto U10 (25/26) – see managers' handbook.

Faster Development

- Equal Playing Time Rule – All squad members must receive equal playing time with at least 50% per player per game

More Competitive

- Power Play Rule – If any team goes 5 goals ahead, the other team may field an extra player until the goal difference is reduced to 4 goals. If the team goes 8 goals ahead they can field an extra player until the goal difference is reduced to 7 goals.
- Equal Numbers Rule – If a team has too few players, the other team must help out by loaning subs or withdraw players to make numbers even (cup games are an exception and this is down to the individual coach/es to decide on the day)
- Keep it fair! Do not use higher ability players in lower ability teams if you cannot field a team. Make the other coach aware if you cannot field a team and you need to use a player from another team within your club
- Teams will forfeit points in cup games, if this happens. We want to keep games ON but keep it fair.

Pitch side

- All bags, drinks and coats must be placed on the netting behind the goal
- Corners/goals kicks will be awarded if the ball crosses the touchline. The referees do not have VAR to assist. The referee's decision is final.
- All coaches must be stood with subs against the boards at opposite ends of the pitch.
- Coaches must be stood at least **2 metres/grass carpet widths away from the goal**
- Maximum of two coaches per team allowed pitch side upto U12.
- Maximum of 4 sub players (wearing bibs) to be stood pitch side (additional players must be outside) No balls other than the match ball permitted at pitch side during play