



Lucozade

**POWER
LEAGUE[®]**

**LEAGUE
HANDBOOK**

The Lucozade logo, featuring the brand name in a stylized, italicized font with a blue and yellow color scheme.The POWER LEAGUE logo, with 'POWER' and 'LEAGUE' stacked vertically in a bold, white, sans-serif font on a green background.

THE CHAMPIONS OF 5-A-SIDE

LEAGUE HANDBOOK

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INTRODUCTION

Congratulations on joining the Lucozade Powerleague leagues and becoming part of the world's largest 5-a-side community.

5-a-side is played by more people than the 11-a-side version of the beautiful game making it the most popular participation sport in Britain today. Here at Lucozade Powerleague, we have more centres and more players at our centres than anyone, making us the largest 5-a-side operator in the world.

This handbook will explain everything you'll need to know about our leagues and help your team to get stuck in, playing and enjoying our league format alongside over 5,000 other teams across the UK.

CUSTOMER CARE CHARTER

We aim to provide our league teams with the UK's best 5-a-side league experience by delivering high quality facilities, outstanding customer care and an organised league structure.

We aim to:

- Offer you safe, well maintained and high quality facilities for your league matches.
- Provide you with a game every week.
- Ensure you are informed of your fixtures in advance every week.
- Provide you with FA Qualified Referees.
- Give teams protection by following a correct and proper disciplinary process.
- Publish your results and league tables online and around the centre.
- Provide a forum (through the "League Feedback Questionnaire") for league Captains to give us feedback so we can continually improve the service we provide.

If for whatever reason you do not feel we are meeting your expectations, we invite you to contact the centre General Manager in the first instance and we will endeavour to get your problems resolved.

JOINING A LEAGUE

LEAGUE TEAM INDUCTION

To ensure that you are fully aware of how our leagues operate, we will provide all new teams with an induction. This induction is necessary so that you understand exactly what you can expect from us and what we expect from you in return. During the induction the following will be covered:

- A tour of the centre, letting you know where all the facilities are and what is available to you at your Lucozade Powerleague centre.
- A run through of the key 5-a-side rules and the centre terms and conditions.
- Go through the questions that we frequently get asked and also an opportunity for you to ask questions of your own.
- The filling in of the "League Registration Form" which we require as part of our affiliation to the FA.

HOW THE LEAGUES WORK

- Typically our leagues feature divisions of 6, 8 or 10 teams.
- Your team will play every week across a season and will play the other teams in the division twice. Therefore a typical league season for a 6 team division will last 10 weeks, 14 weeks for a 8 team division and 18 for 10 teams.
- Game times vary across the centres but will be anything from 30 minutes to 50 minutes in length.
- At the end of the season, the top two teams will win prizes and (where applicable) be promoted while the bottom two teams will be relegated (where applicable) to a lower division.
- However in the event of teams not re-registering, withdrawing (or being withdrawn) from the league, Lucozade Powerleague reserves the right to promote, relegate or otherwise alter the fixtures of any team, within reason at any time.



JOINING A LEAGUE

REGISTERING PLAYERS

Teams are required to register their players at the start of the season. Being FA affiliated, we are committed to getting this information so that we can register the teams with the FA. It is important to have a list of players at our centre on any given night for security and for teams' protection should any disciplinary issues arise. Registration rules are as follows:

- Teams can register up to 15 players across a season.
- Only 8 players from the squad can be used for any league match.
- Each week, a team sheet must be filled in and any new additions to the squad must be highlighted to the centre staff.
- A team must pay for their game prior to the match kicking off and the match referee will not commence a game until he/she has received both teams match receipts and team sheets.

REGISTRATION FEES

Lucozade Powerleague's leagues are affiliated to the FA and teams are required to pay a registration fee to become part of our league programme. By registering in our affiliated leagues your team will enjoy the benefits of quality assurance on facilities, qualified referees and protection through the FA's disciplinary process which promotes fair play and punishes inappropriate conduct.

ISSUING FIXTURES

Lucozade Powerleague will endeavour to provide teams with a fixture list at the start of the season. While we do our best to keep changes to the scheduled fixtures to a minimum, occasionally we may have to change scheduled kick off times in order to ensure games are able to go ahead.

MY TEAM

As part of our commitment to try and ensure organisation is as easy as possible for teams, Powerleague has developed a free online management system for Captains and team players. Features of My Team include the ability to:

- Manage and communicate with your team. We give you the ability to email out to players and post on your own team "wall".
- Create player profiles for your team members and decide on your weekly "man of the match".
- Study your rivals form and pick out their danger men.
- View results, fixtures and league tables.

To activate your free MyTeam page, you need to "claim your team". To do this, go to the Powerleague website at the following link: www.powerleague.co.uk/my-team



PLAYING IN THE LEAGUES

SIMPLE LEAGUE RULES

We're sure you are raring to get playing so find below a quick guide to our main league rules:

- 1.1** Teams may field four outfield players and a goalkeeper on the pitch at any one time.
- 1.2** Substitutes and spectators must stay outside the playing area when not involved.
- 1.3** Substitutions are unlimited but you must ask the ref first!
- 1.4** You must wear shin pads, you can't wear screw in studs or blades of any description.
- 1.5** Matches consist of two equal halves.
- 1.6** Only the defending goalkeeper is allowed to play the ball in the area.
- 1.7** If a player plays the ball in their own area, it's a penalty to the opposition!
- 1.8** If a player plays the ball in his opponent's area, it's a rollout to the defending goalkeeper.
- 1.9** If a goalkeeper plays the ball outside the area, it's a penalty against them.
- 1.10** The goalkeeper must return the ball to play using an underarm rollout or it's a free kick to the opposition two metres outside the area.

- 1.11** A player receiving the ball from the goalkeeper may not play it back without another player touching it. If you do it's a free kick or if the ref thinks you've gained an advantage, it'll be a penalty!
- 1.12** The ball must not be played above head height. If you do it's an indirect free kick.
- 1.13** No heading! A free kick will be awarded against you for this offence.
- 1.14** If the ball goes out of play off the goalkeeper, the same goalkeeper gets a rollout.
- 1.15** Goalkeepers may not score or take penalties (apart from in shootouts).
- 1.16** No slide tackles allowed or playing the ball on the ground. Free kick against if you do!
- 1.17** Serious offences (including abusing the referee) warrant a "Blue card" sin bin of 2 minutes.
- 1.18** The Red card can be issued to permanently send off players by the referee if he/she sees fit.

- 1.19** All free kicks are direct apart from over head height, which is indirect.
- 1.20** Opposition players are required to stand two metres away from where the free kick is taken. Free kicks near the penalty area will be moved two metres away from the line to allow this.
- 1.21** The goalkeeper must stay on the line when a penalty is taken.
- 1.22** Players may only take one step when taking a penalty.
- 1.23** The league rules may be added to or amended at any time.
- 1.24** The referee's decision is final. Disputing decisions may lead to further disciplinary action.
- 1.25** Teams with a complaint against a match official must put it in writing to the General Manager who if necessary will forward on to the Local County Football Association to deal with.

A full copy of the league rules is available on the league pages of the website.



PLAYING IN THE LEAGUES

GETTING YOU IN THE CORRECT DIVISION

Lucozade Powerleague understand that your weekly enjoyment depends heavily upon getting you in a division which is right for your standard. For this reason we take the following action to try and ensure that this is the case:

- Grading Games – If a league is full or you are unsure as to your standard, we may arrange a friendly “grading game” for your team. We will use the results of this game to determine your standard to get you in a division which is appropriate for you.
- Filling A Vacancy – Occasionally, leagues will have vacancies so it might be possible to get you playing straight away. In this instance you will take over the points total of the team you have replaced and will enter straight into league competition. Over the first few weeks we will monitor closely your results and if the league is not a suitable standard for you we will try and move you to a different division either at the end of the season or sooner if we have space available.

GAME CONFIRMATIONS

As standard, we will confirm your game time prior to the match in the following way:

- You will be contacted several days in advance to confirm the time of your fixture and who you are playing and then again on the day of the fixture.
- We require all teams to confirm their attendance so that we can allocate pitches and arrange referees.
- To avoid problems if the Captain is absent, we ask for a second contact and other squad player’s details so we are able to complete the confirmation process.

GAME POSTPONEMENT AND RE-ARRANGEMENT POLICY

Lucozade Powerleague operates a game postponement policy to accommodate teams on the odd occasion when it is not possible to fulfil a fixture.

- Each team will be afforded the opportunity to postpone a set number of games per season. The number of postponements varies from centre to centre and your local centre will advise you of the local policy.
- To postpone a game a team must express the wish to move the fixture a **minimum of 24 hours before the scheduled game**.
- Team must also have a valid reason for postponing and be flexible with dates for getting the game replayed. If the reason given or flexibility is not considered acceptable, the management team reserve the right to reject the requested postponement.
- If the postponement is accepted, the game will automatically be scheduled for the following week as a double fixture for both teams.
- In the case where pitch availability is limited, the team postponing will be offered alternative dates to play the fixture within a 2 week time frame. Once a date is agreed with the opposition they must be flexible to fulfil the fixture.
- If a postponed game is not played, the team postponing the game will lose the fixture 0-10 and be liable for a bill payment.
- To accommodate the inconvenience of playing a postponed game on a different night, or 2 games in one night, all postponed games are charged at a reduced rate per team.
- Occasionally it might be necessary for Lucozade Powerleague to re-arrange games, (e.g. during the Christmas period). In this case teams do not need to use one of their postponement allocation.

PLAYING IN THE LEAGUES

GAME CANCELLATION POLICY

- Due to the disruption of fixtures and for the good of all teams involved in a league season, **game cancellations are not allowed.**
- If you are struggling to raise a team on a particular night, please contact the centre who will attempt to find you stand in players to help you fulfil the fixture obligation.
- If your team cannot make a game then (subject to your local centre's terms and conditions) you can postpone the games, providing it is more than 24 hours away from the fixture.
- If you have already used all your allotted postponements and still cannot make the game you will lose the fixture 0-10 and be liable for a cancellation fee.
- If paid within 72 hours you will be charged at half your game fee. If not paid within 72 hours you will be liable for your full game fee. A minimum payment must be made before the next scheduled game and a repayment plan agreed to clear the bill within 3 weeks. If the repayment plan is not followed teams can be removed from the league.
- **Teams who simply don't turn up for their game will have 72 hours to pay your game fee and risk being removed from the league. Simply put, if you are struggling to make a fixture, let us know or face extra financial penalties!**

REASONS FOR THE BILLING PROCEDURE

Lucozade Powerleague would like to stress that the cancellations and billings procedures are in place for a number of reasons:

- Teams join leagues for a weekly game of football – teams cancelling or not showing up disrupts the entire division's fixtures and is a major inconvenience to opponents.
- The bills that are charged are intended to act as a deterrent to teams not showing up.
- The payment is used to compensate referees who attend expecting a fixture and partly recovers lost income which could have been made had we been able to sell the pitch space.
- Leagues with teams who consistently attend are more competitive and enjoyable for all teams who participate in them.



PLAYING IN THE LEAGUES

DISCIPLINARY PROCEDURES

Lucozade Powerleague follow the FA's 'Laws of Small Sided Football' and operate under the FA's disciplinary umbrella. This provides protection and peace of mind to teams playing in our leagues.

- As stated, all teams are required to register players on their team sheets.
- Lucozade Powerleague liaise with their local County FA to check players have not been suspended in any FA affiliated football. If they are serving a suspension, they will not be permitted to play in our league for the full duration of the ban.
- Lucozade Powerleague have their own "League Disciplinary Process" and with the backing of the FA will monitor and pass judgement on disciplinary incidents which carry a ban of less than 35 days.
- Lucozade Powerleague will ask referees to submit reports detailing red card offenses and these will be sent to the local County FA. For serious offenses which carry a ban of 35 days or more, the local County FA will adjudicate and we will abide by their recommendations.
- Serious offenses which will fall into this category include (but are not limited to):
 - Assault on any Referee or Lucozade Powerleague employee.
 - Any form of racial abuse or discrimination.
 - Threatening physical harm to a referee.
 - Violent conduct towards another player.
 - Foul and abusive language or gestures towards a referee.
 - Spitting at or unseemly behaviour towards a staff member, referee or player.
 - Serious foul play towards another player.
 - Foul and abusive or threatening language directed at another player.
- A copy of the "Lucozade Powerleague Disciplinary Policy" is available on request.

COMPLAINTS PROCEDURE

Lucozade Powerleague are committed to providing excellent customer care and providing a first class service to its customers.

All league teams have the right to complain with regards all league matters, including; league set up, opposing teams, referee and management decisions. If you wish to do this, you must provide an accurate and factual written appeal (either by letter or email) is submitted. All appeals must be made to Lucozade Powerleague Management no later than 48 hours after the fixture.

All communication in relation to complaints or grievances will be exclusively between the team organiser and Lucozade Powerleague. All reports from third parties or other witnesses to the incident will be held in strictest confidence.

Lucozade Powerleague have no power to overrule any bans/and or fines issued by the relevant FA Association therefore all appeals on bans of over 35 days should be made directly to the FA.

PLAYING IN THE LEAGUES

THE FA RESPECT CODE OF CONDUCT

Lucozade Powerleague fully endorses the "FA Respect Campaign". Powerleague places particular emphasis on the role of team captains in working with the Referee to ensure that the games are played in the right spirit. The FA's Respect Code Of Conduct is detailed below:

"We all have a responsibility to promote high standards of behaviour in the game. Players tell us they want a referee for every match, yet thousands of match officials drop out because of the abuse and intimidation they receive on and off the pitch. Respect your referee today and you may just get one for every match this season. Play your part and observe The FA's Respect Code of Conduct for players at all times".

On and off the field, teams are expected to:

- Adhere to the Laws of The Game
- Display and promote high standards of behaviour
- Promote Fair Play
- Always respect the match officials' decisions
- Never engage in public criticism of the match officials
- Never engage in offensive, insulting or abusive language or behaviour
- Never engage in bullying, intimidation or harassment
- Speak to my team-mates, the opposition and my coach/manager with respect
- Remember we all make mistakes.
- Win or lose with dignity. Shake hands with the opposing team and the referee at the end of the game.



Respect

Who will you be today?



Show some Respect

Thousands of referees drop out of the game every season due to abuse.

PLAYING IN THE LEAGUES

HEALTH AND SAFETY POLICY

In the interests and safety of all our teams and players, Lucozade Powerleague have the following policies on health and safety and behaviour:

- In the event of a fire, players and guests should make their way calmly to the nearest clearly marked exit.
- Crockery and glass are not to be taken into changing areas or onto the pitches.
- Smoking is not permitted in the premises.
- Pets are not allowed on the premises or grounds (with the exception of guide dogs).
- Any player caught consuming alcohol prior to a league game or thought to be under the influence of drugs, prescription or otherwise will not be permitted to play.
- Lucozade Powerleague can prevent anyone entering the premises if they think their behaviour or appearance is unsuitable.
- Players must obey notices and signs on display in the premises and any children under 16 must be supervised at all times.

All teams will be responsible for the suitable behaviour of supporters of their team.

REFEREE'S CHARTER

Lucozade Powerleague use qualified referees wherever possible to officiate their league matches. The role of the referee within our league structure is to:

- Enforce the Laws of the Game.
- Allow play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at the time.
- Keep a record of the match and provides the appropriate authorities with a match report which includes information on any disciplinary action taken against and any other incidents which occur before, during or after the match.
- Act as a timekeeper.
- Stop, suspends or terminates matches for any infringement of the Laws or due to any kind of outside interference.
- Take disciplinary action against players guilty of cautionable or sending off offences.
- Take action against team officials or supporters who fail to conduct themselves in a responsible manner or if necessary abandon the game.
- Ensure that no unauthorised persons enter the pitch.
- Stops the match if, in his/her opinion, a player is seriously injured and ensures he/she is safely removed from the pitch.
- Ensures that any player bleeding from a wound leaves the playing area.
- Make use of timed suspensions to temporarily exclude players guilty of infringements of the laws.
- Makes excluded players aware of the end of their period of suspension.

PLAYING IN THE LEAGUES

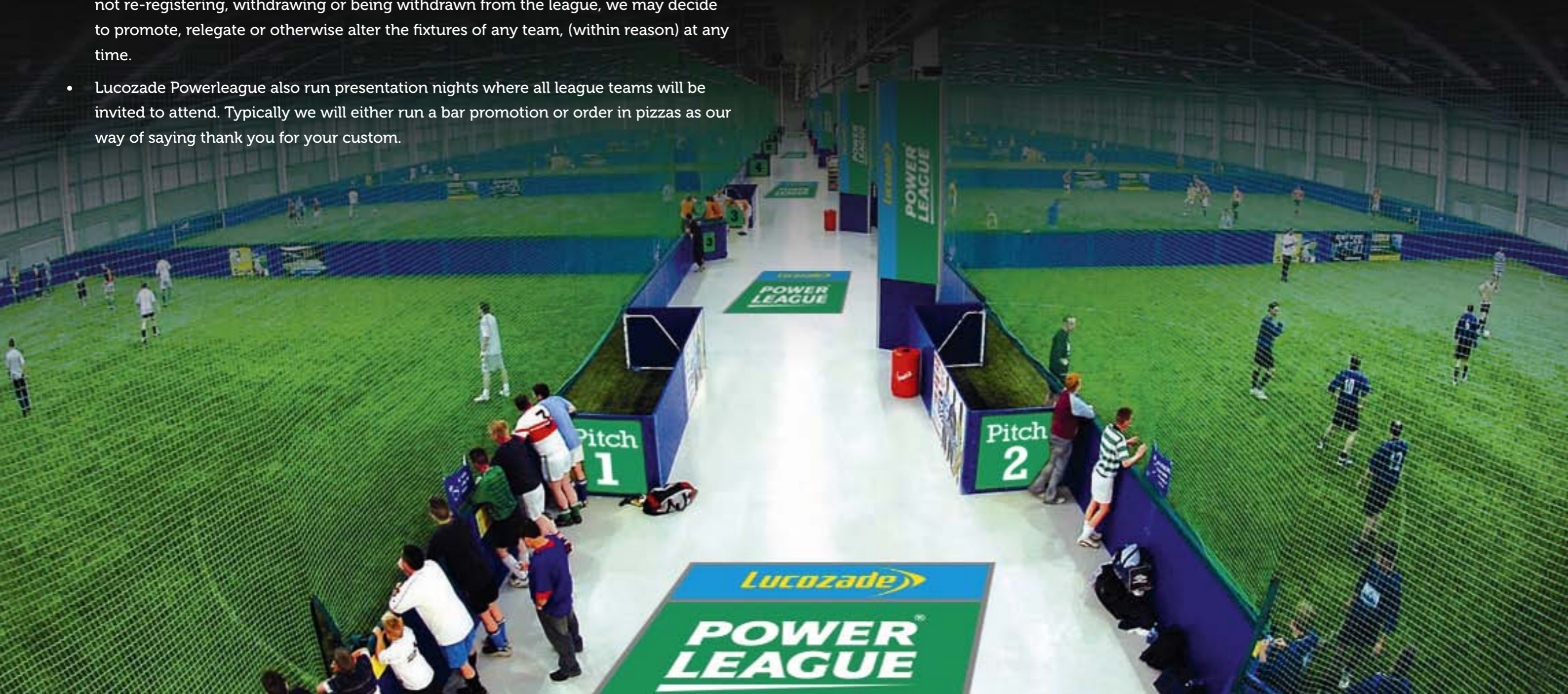
END OF SEASON

At the end of the season, Lucozade Powerleague will provide prizes to the top two placed teams in the division. The process for end of season is as follows:

- League position shall be decided by: a) Total points b) Goal difference c) Goals scored
- Lucozade Powerleague policy is that 2 teams are promoted and two teams are relegated from each division at the end of the season. However in the event of teams not re-registering, withdrawing or being withdrawn from the league, we may decide to promote, relegate or otherwise alter the fixtures of any team, (within reason) at any time.
- Lucozade Powerleague also run presentation nights where all league teams will be invited to attend. Typically we will either run a bar promotion or order in pizzas as our way of saying thank you for your custom.

CUSTOMER FEEDBACK QUESTIONNAIRE

Lucozade Powerleague are continually striving to improve the service we provide and the quality of our league offering. We need your help in doing this which is why we will issue a customer feedback questionnaire to Captains to get your views on our leagues.



OTHER LUCOZADE POWERLEAGUE PRODUCTS

HIRE A PITCH OR USE US FOR YOUR TEAM TRAINING

www.powerleague.co.uk/hire-a-pitch

All league players automatically get a free PL membership, allowing them to book pitches socially so if you want a pitch to use with friends, then Lucozade Powerleague is still the perfect venue. What's more if you want the same pitch at the same time each week we offer ten week block bookings for your convenience.

Our pitches are ideal for training. They play realistically, don't get cut up or water logged and are safer than old style astro turf. If your team (or 11-a-side club) is interested in using our facilities then get in touch!

TOURNAMENTS

www.powerleague.co.uk/tournaments

To enhance your enjoyment of our centres further, we offer the very best tournaments going! We partner with some of the biggest brands in Britain to offer you incredible sponsored tournaments with chances to play at other venues and win blockbuster prizes! The Champions league style, "multiple short games" format allows teams of all standards to get involved and compete for local centre bragging rights. Contact your local centre for the next Lucozade Powerleague Tournament!

CORPORATE EVENTS

www.powerleague.co.uk/corporate-events

The perfect way to team build or reward your staff is to let us run your company event. We arrange every detail and can tailor a tournament package specifically to your requirements.

FUNCTION ROOM HIRE

www.powerleague.co.uk/function-room-hire

Everyone loves a good party and at Lucozade Powerleague we are no different. We have a range of Function options and hiring the bar is either free or great value to hire. Our rooms have a great selection of beers and beverages and we'll help you arrange everything to make your evening go with a bang. Don't forget you can bring your own food to keep your costs down and services like DJ's and late licenses can be arranged. What's more, our bars make the perfect venues for Club presentation evenings and fundraisers. The best bit.... we even clear up at the end of the night!



OTHER LUCOZADE POWERLEAGUE PRODUCTS

KIDS COACHING & JUNIOR LEAGUES

www.powerleague.co.uk/kids-coaching-junior-leagues

Are you hoping your child will be the next Messi ? If so we can help by providing FA qualified coaching for your child and junior leagues for honing their skills and abilities. This means you can then bask in their reflected glory on the touchline and loudly announce that they take after their parents.

KIDS BIRTHDAY PARTIES

www.powerleague.co.uk/kids-birthday-parties

It's your child's big day and you'll want to give them a party to remember. Let us take the stress out of the occasion by running your party for you. We have a range of football packages designed to suit your budget. The only tears at this party will be when the kids have to leave.



Lucozade

**POWER
LEAGUE**

www.powerleague.co.uk

GET IN TOUCH

Contact your local centre using the details below or visit us at www.powerleague.co.uk/join-a-league

BARNET	0208 442 1000	MILLHILL	0208 201 1200
BARNSELY	01226 771 442	MILTON KEYNES	01908 302 990
BASINGSTOKE	01256 347080	NEWHAM	0208 591 0111
BIRMINGHAM	0121 328 4842	NORTH SHIELDS	0191 270 3190
BLACKBURN	01254 269 600	NOTTINGHAM	0115 986 7890
BOLTON	01204 525333	OLD STREET	0207 749 9630
CARDIFF	02920 629 970	PAISLEY	0141 848 1921
CATFORD	0208 690 1111	PETERBOROUGH	01733 893 666
COVENTRY	02476 856 870	PORTOBELLO	0131 669 2266
CROYDON	0208 686 1122	SHEFFIELD	0114 261 7000
DERBY	01332 866 410	SHREWSBURY	01743 239 050
DOCKLANDS	0207 537 6310	SIGHTHILL	0131 442 2000
FAIRLOP	0208 501 4567	SLOUGH	01753 824 422
GATESHEAD	0191 460 2600	STOCKPORT	0161 442 9988
GLASGOW	0141 553 1515	STOCKTON ON TEES	01642 606 666
HALESOWEN	01384 266 000	STOKE	01782 370 066
HAMILTON	01698 282 828	TOTTENHAM	0208 885 8400
KILMARNOCK	01563 557 070	TRAFFORD	0161 755 9720
LEEDS	0113 201 0470	WATFORD	01923 257 400
LIVERPOOL	0151 207 1122	WEMBLEY	0208 453 5300
LONDON CITY	0207 539 9490	WIGAN	01942 210 080
MANCHESTER CENTRAL	0161 2727 227	YARDLEY	0121 508 4400
MANCHESTER SOUTH	0161 881 8442		