

6. **PLAYING TIME**

All players in the match day squad should have a minimum of 50% playing time when participating in matches. For example, at an under 14 match where the total playing duration is 70 minutes, all players within the squad should play a minimum of 35 minutes each. This is to ensure that all participants have adequate playing opportunities to experience the match day environment, develop their skills and ultimately have an enjoyable experience.

7. **SUBSTITUTIONS**

There is no limitation on the number of substitutions allowed during a match. Rolling substitutions are allowed throughout meaning players may re-enter the game after being substituted.

8. **POSITIVE MATCH DAY CULTURE**

The FAW want to improve the match day culture and off-pitch behaviour of parents, coaches and guardians. As part of the campaign, the following practices must be introduced:

- 8.1 Smoking and vaping is banned from the side-line.
- 8.2 Supportive side-lines where spectators are encouraged to applaud and praise both teams' efforts but not shout, call out in a negative way or coach.
- 8.3 Coaches may support players through questions that prompt them to think for themselves but must not continually shout instructions during matches.
- 8.4 Behind the Line, Behind the Team'. Leagues/clubs must:
 - Create a 'Buffer zone' that runs parallel to the pitch, ideally 2 metres from both touchlines, a smaller buffer zone can be used where space doesn't allow 2 metres.
 - Buffer zone should be marked by portable crowd barriers, cones or an additional marked line.
 - Only players, designated coaches and 1st Aider are allowed within the zone.
 - All other spectators must watch from behind the buffer zone lines.
 - NO spectators are allowed to stand on the goal line or behind the goal.

9. **Concussion**

Concussion symptoms may vary and can include dizziness, headache, or unsteadiness. Please refer to the UK Concussion Guidelines for Non-Elite (Grassroots) Sport that will help you identify, manage and prevent concussion affecting players in grassroots football:

[UK Concussion Guidelines for Non-Elite \(Grassroots\) Sport](#)

[FAW Heading Guidelines](#)

A player can only return to football activities (not before day 21) as long as they are symptom free at rest for 14 days.

10. **IFAB Laws of the game**

Expect for the regulations detailed above, the '[IFAB Laws of the Game document](#)' must be followed.