

**Stirling University Association Football Club**  
**Safety Regulations**



**1. The Ground**

- a) The ground should be reasonably flat and holes likely to cause loss of balance and consequent injury should be filled in. Stones, glass and other dangerous materials must be removed before play.
- b) There should be no dangerous obstructions close to the perimeter of the field. Fertilisers and materials used for pitch markings should be free from irritants, particularly lime or creosote.
- c) Weather conditions - keen frost and very heavy rain are likely to be the chief dangers. Frozen hard surfaces are very dangerous and play should not be allowed when the foothold is so insecure as to invite heavy falls bruising and broken limbs. Play on heavy grounds, covered by pools of water, is bad not only for the ground itself but because of the possibility of sliding tackles, a frequent cause of loss of tempers and rough play.

**2. Equipment**

- a) The ball should be spherical and made according to Football Association (F.A.) rules. Projecting knots in the lacing; loose laces; welted seams (as in netballs), metal valves, or any protuberance which might injure players when heading, must be avoided. Guard against over-inflation. In the absence of a pressure gauge, the inflated ball should always give way slightly to strong thumb pressure.
- b) Goalposts should be of wood or tubular metal. They must be of a rigid nature, stable in the ground, and with secure fixtures at the junctions of upright and crossbar. They should be painted white and kept so, not only for ease of sighting when shooting, but to avoid collisions with posts during play. Goalkeepers who seize the crossbar and pull it down are guilty of misconduct and, in extremity, can do damage to themselves and the crossbar. It must be ensured that nets with pegs are fully driven into the ground.
- c) Flag posts should be not less than 5 feet high and have a non-pointed top. Flag posts at the half-way line must not be less than one yard outside the touch-line.
- d) Clothing and footwear - a player may not wear anything which may constitute a danger to another player. This refers to articles other than boots (e.g. rings, belts). Any ear piercings must be taken out or covered with tape that will last the duration of the game. The referee may examine boots before the start of the game. Footwear and studs

must conform to F.A. standards. Boots worn must be appropriate to the surface that is being played on.

- e) Appropriate protective equipment such as shin guards must be worn. Before the beginning of a game socks must be covering shin guards.
- f) A substantial first aid kit must be kept at the side of the pitch. A mobile phone should also be on hand encase of any medical emergencies.

### 3. **Control of the Game**

- a) The occasion may arise, in the case of over-zealous students, for a referee, in the interests of safety, to take decisive action against persistent 'play-the-man' foul tactics. Such action should require an initial caution, followed by summary dismissal, if no improvement is forthcoming. The referee is, to a degree, the guardian of every player's safety, and can gain nothing but respect for strong action against persistent, deliberate offenders.
- b) A good referee will recognise that, in games involving physical contact, a reasonable amount of robust play and accidental mishap is inevitable, as a result of enthusiasm and honest endeavour. To misinterpret and, indeed, to attempt to limit such enthusiasm would be to deprive the game of much of its healthy attraction.
- c) Referees must be fully qualified through the Football Association