



Digs League Rules 2017-18

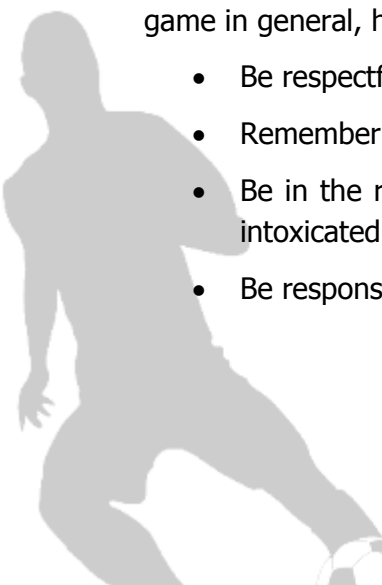
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Social Media Advice

When used correctly, social media can be instrumental in raising the profile of your club and the game in general, however, please consider the following advice:

- Be respectful and positive, treating others as they would wish to be treated
- Remember that the internet is permanent and information travels fast and easily online
- Be in the right state of mind when writing a post and not when you're angry or upset (or intoxicated!)
- Be responsible for what is written and uphold the positive image of the game



Statement of Equality

The Students Union and the Digs League are multi-cultural, multi-racial and multi-ethnic communities. The League prides itself on being able to serve its main purpose to provide association football to all its teams, regardless of race, colour, creed or sexuality.

The League, therefore, looks to all its teams to ensure that no persons are racially or ethnically biased or insulting. The League will charge any player, manager or official who may pass such remarks and, if proven, will be dealt with extreme severity.

THE FOOTBALL ASSOCIATION EQUALITY POLICY

The Association is responsible for setting the standards and values to apply throughout football at every level. Football is for everyone; it belongs to, and should be enjoyed by, anyone who wants to participate in it.

The aim of this Policy is to ensure that everyone is treated fairly and with respect and that The Association is equally accessible to all.

All Participants should abide and adhere to this Policy and to the requirements of the Equality Act 2010.

The Association's commitment is to promote inclusion and to confront and eliminate discrimination whether by reason of age, gender, gender reassignment, sexual orientation, marital status or civil partnership, race, nationality, ethnic origin, colour, religion or belief, ability or disability, pregnancy and maternity and to encourage equal opportunities.

This Policy is fully supported by the Board of The Association and the Director of Football Regulation and Administration is responsible for the implementation of this Policy.

The Association will ensure that it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part in, and enjoy, its activities.

The Association will not tolerate harassment, including sexual harassment, bullying, abuse or victimisation of a Participant, which for the purposes of this Policy and the actions and sanction applicable is regarded as discrimination, whether physical or verbal. The Association will work to ensure that such behaviour is met with appropriate action in whatever context it occurs.

The Association commits itself to the immediate investigation of any allegation, when it is brought to their attention, of discrimination and where such is found to be the case, The Association will require that the practice stop and impose sanctions as appropriate.

The Association is committed to inclusion and anti-discrimination and raising awareness and educating, investigating concerns and applying relevant and proportionate sanctions, campaigning, achieving independently verified equality standards, widening diversity and representation and promoting diverse role models are all key actions to promote inclusion and eradicate discrimination within football.

July 2016

Contacting the Digs League

1. Contact made to the Digs League should be via the Digs League's official Facebook Page. Each member of the Digs Committee has access to this, and it will ensure your query or concern is dealt with in the *quickest manner possible* as it is actively monitored. Contacting a Digs Officer directly is **not** deemed official contact, and will lead to delays in your query being dealt with. The link to the official Facebook page is: www.facebook.com/aberdigs

Subscriptions and Fines

2. Each team must have a minimum of 16 players in order to register to play in the Digs League. Each team will be expected to have a minimum of 18 players by the winter break.
3. Each team will, before commencing any matches, have signed the acceptance form and have made sure all players have **valid** Tîm Aber Insurance and have been properly registered with the Digs League.
4. Entry fees will be based upon the cost of ground and venue hire, referees' expenses, equipment (for example match balls, whistles, stop watches, flags), hosting of events, awards (including engraving), outsourced administration time and any further additional expenses.
5. Point deductions and fines are implemented to improve the accountability and professionalism of the league, its teams and its players. These will be enforced should any of the stated regulations be seen to have been broken. Any team or player fined by the League will have seven days in which to pay the fine or incur a further fine, to be paid online at the Students Union website.
6. All fines will be placed into the Digs account and be used to improve the league through investment in opportunities, partnerships, equipment, awards etc.
7. The Digs League team registration fee for the 2017-18 season will be £250.00 per team, payable on the Students Union website. Payment of this fee covers the team's entry into the league and its participation in competitions. This fee does not cover ground hire for friendlies or training; teams must make their own arrangements in regard to these.

Registration and Eligibility of Players

8. All players must be registered prior to playing any match and **must have valid Tîm Aber Insurance**. Players not registered at least **24 hours** prior to a match will be unable to participate in that particular fixture.
9. Any team found to have fielded an unregistered player or player not specifically registered to that team will forfeit the match. In exceptional circumstances, the Digs Committee may impose a fine and order the match to be replayed.
10. A team may register an unlimited amount of *Spar Mid Wales players* (which include University Football First Team players), but only **four** may play in any one fixture. A "Spar Mid Wales player" is any player who has appeared within the matchday squad, six time or more, for any team or combinations of teams competing the Spar Mid Wales League and above.
11. Players who have been fined or suspended by the Digs League are not permitted to play until the suspension has expired and any outstanding fines have been paid. Any team fielding a

suspended player will be deducted any points gained in matches involving the said player, and the player will serve an extended suspension of one match as well as a 6-0 reverse of the result. In exceptional circumstances, the Digs Committee may impose a fine and order the match to be replayed.

12. Any player may transfer once from one team to another and play in any competition match within the Digs League. **No player may transfer more than once during the season**, unless permission is granted by the Digs Committee. In order to transfer between teams, a player must raise interest to transfer with the Digs League and get the Managers of both the current team and the team they wish to join to confirm the transfer. The transfer will then be processed by the Digs Committee. Players not transferred at least **24 hours** prior to a match will be unable to participate in that particular fixture.
13. **Players cannot represent more than one team per cup competition.** If a player plays for one team and transfers to another, then they cannot represent that team in any cups which they have played in previously for their former team.
14. Players may only play in playoff matches if they have played a minimum of three matches for the team prior to that match.
15. Players registered after the player registration deadline **must** be registered with the Digs League. This will incur a **£10.00** late registration fee per player.

All players in the league must have a valid '@aber.ac.uk' email address.

Team Name, Team Kits and Equipment

16. Each team shall distinguish itself by playing in jerseys of similar colours. T-shirts of similar colours are acceptable. If any team is unable to purchase a set of jerseys, a set of bibs will suffice.
17. No team is to play in black (or dark colours) in order to distinguish between the Referee and players. A jersey which has an appreciable amount of black (or dark colours) on it **must** be checked and accepted by the Digs Committee prior to the season. All kits **must** be approved by the Digs Committee.
18. In the event of a colour clash, one team will change their shirts for an alternative strip – **it is strongly advised that all teams** encourage their players to purchase training shirts of a slightly different colour to their game shirts and bring them to all fixtures. Should neither side have an alternative strip available, the "away" team shall be asked to use a set of their own bibs. In the event of a dispute over a clash of colours, **the Referee's decision is final.**
19. The goalkeeper shall wear a jersey that distinguishes them from all other players on the pitch. Kit clashes with opposition players are at the discretion of the Referee.
20. **ALL players must wear shin guards in all games, friendly or competitive.** Failure to do so will result in any offending player being dismissed from the game until the correct equipment is worn.
21. Player's footwear or any other piece of equipment taken on to the field of play must not be a danger to them, or any other player, participating in the match. Footwear must be permitted

to be used on the surface – different surfaces permit different footwear and it is the responsibility of the player to ensure these rules are adhered to.

22. The wearing of all jewellery, regardless of type or material, including wrist wear (including festival and event wristbands) and neckwear is forbidden.
23. Safety glasses or contact lenses must be worn by players who wish to wear glasses during games.
24. **The Referee's decision on all the above matters is final.** The league regulations regarding player's kit and equipment are in line with Law 4 of FIFA's Laws of the Game.
25. **One match ball** will be given to each team at the start of the season. Teams will be responsible for their match ball, and must bring it to all official fixtures. The match ball must be clearly marked by each team so it is identifiable in the event of any disputes. In the event that a team loses their match ball, that team will be responsible for replacing the ball with a like-for-like replacement.

Playing Season and Rearrangement of Fixtures

26. The playing season will commence as indicated and cease at the conclusion of all Digs fixtures. Matches will, as often as possible, be played on Wednesday at 2pm and Sunday at 10am, by decision of the Sports Centre. Fixtures will be confirmed at the start of each term.
27. The Digs Committee retain the right to schedule fixtures at times and days other than those stated above if they are required, such as in periods of bad weather. The Digs Committee will ensure that managers are notified within a reasonable time before the fixture.
28. Matches counting towards deciding any official result may only be played between teams when scheduled by the Digs League. Games may only be played on Blaendolau Playing Fields or the Artificial Pitch unless otherwise stated, such as in periods of bad weather, where "regular bookings" at other venues will be utilised.
29. **Any team unable to fulfil a fixture *must* communicate with the opposition team and other teams in the Digs League at the earliest opportunity in order to pursue a fixture change.** The *Digs Managers & Captains* Facebook group provides a forum for these discussions. Managers are encouraged to treat other Managers and teams as they would like to be treated in this scenario, and where humanely possible, help accommodate teams trying to rearrange their fixtures. Fixture rearrangements are only confirmed once the involved team's Managers are in agreement, and they have all notified the Digs Committee accordingly. If fixtures rearrangements have not been confirmed **at least** 7 days before a fixture is due to be played then those fixtures will go ahead as planned.
30. In the event that both teams cannot fulfil a fixture the Digs Committee may deem necessary to postpone the fixture. Teams must prove beyond reasonable doubt that they have made every effort to rearrange and fulfil the fixture. Postponements past this allocated time is at the Digs Committee's discretion.
31. If a team cannot fulfil a fixture due to unforeseen exceptional circumstances, the Digs Committee will take appropriate action.
32. Any postponed fixtures will be rescheduled within the rest of the Digs season schedule.

Conditions of Play, Kick-Off Times and Substitutes

33. Matches will be 45 minutes each way in duration. This may be reduced to 35 minutes each way if both Managers and the Referee are in agreement - in times of poor weather or light for example. Should less than 75% of a match be played due to circumstances beyond either team's control, the match will be replayed. Should more than 75% but less than 100% of a match be played due to circumstances beyond either team's control, the result will stand.
34. On the morning of each match day, Managers should make sure they are available for contact for the result of the "pitch inspection" that is performed by the ground staff at Blaendolau Playing Fields. If a pitch is passed as "unfit" for play, Managers will be informed about the cancellation of the game as soon as possible. Should the pitches be passed fit, Managers will **not** be contacted and therefore should assume games are on. **Managers should not under any circumstances contact Blaendolau or the Sports Centre themselves** - if a professional groundsman has deemed a pitch unfit for play, it has been done so with all players' safety in mind.
35. Teams may make unlimited substitutions during a match. Any player already substituted may play again. Due to the nature of unlimited substitutions, if the Referee feels a manager is making repeated substitutions to deliberately delay the game then the Referee may take action. All substitutions are to be made during a stoppage and with the referee's permission. Failure to comply will be penalised as in the Laws of the Game.
36. Any team causing a match to kick off late (after the stated kick off time) will be warned by the Digs Committee. Any team that causes a match to kick off late twice or more are liable to punishment at the Digs Committee's discretion.
37. Any team causing a match to kick off late by more than 15 minutes will forfeit the match with the points awarded to the opposing team. In exceptional circumstances, the Digs Committee may impose a fine and order the match to be replayed.
38. Any team failing to turn up to a match without good cause will lead to their opposition being awarded the points and may be expelled from the competition. This will result in a 6-0 win being handed to the team present also. In exceptional circumstances, the Digs Committee may order the match to be replayed at a later date. **In this case, the Digs League will pursue matchday costs against the offending team, via a League Fine of a minimum of £30.**
39. Should either or both teams cause the match to be abandoned, the Digs Committee shall liaise with both Managers and the Referee to discover why the match was abandoned, and will take appropriate action.

Submitting Results and Game Information

Team Sheets have been abolished for the 2017-18 season!

40. Referees are expected to comment the match results onto their appointment post in the Digs Referees Facebook Group. The Digs Committee will process the results onto the Digs website at their earliest opportunity.
41. Following the processing of match results, Managers will have a time window in which to submit their player statistics for the game onto the Digs website. Managers also need to submit a score **out of 10** for the performance of their referee, **with any score under 6 accompanied with a report**. Managers are expected to submit all information by the end of the match day on which their match took place.
42. The Digs Committee will review all match day submissions for accuracy before adding information such as bookings from the Referee and confirming the statistics as a true and accurate reflection of the game. The statistics will then become live on the Digs website.

Deciding the Digs League

43. The League will be split into a suitable league structure decided upon the number of teams entered and the performance of each team from the previous season through seeding points.
44. Points will be awarded for results as follows:
 - Win = 3 points
 - Draw = 1 point
 - Loss = 0 points
45. Should a match not be played and later rearranged due to neither team being in default, then the match will be left off the final league table. Should any match not be played due to one team being in default, then 3 points will be awarded: however, no goals will be recorded unless the Digs Committee decides otherwise. Every possible effort will be made to ensure all fixtures are fulfilled.
46. League positioning will be decided using the following, in order:
 - Number of points;
 - Goal difference;
 - Number of goals scored;
 - Result of the match between the teams in question;
 - Disciplinary record;
 - Play-off fixture
47. Following completion of the league fixtures, teams will be entered in a series of End-of-Season Playoffs to determine the overall Digs Champion (Champions Cup), Shield, Plate, Bowl and Wooden Spoon. Entry into these Playoffs will be decided upon the final league standings. The final structure of these Playoffs is dependent upon Teams entered into the league.

48. Should any team withdraw from the Digs League, all fines and fees are to be paid to clear outstanding debts. Failure to do so will be reported to the Students Union. Any team withdrawing from the League shall have their record expunged from the league records - affecting all teams they faced. If the team withdrawing is still competing within a cup competition, then the Digs Committee will take appropriate action.

League Referees

49. Referees will be appointed to all matches. Should no Referee be appointed, or the appointed Referee does not present himself, Managers should **immediately** contact the Digs League regarding the situation.

50. If the Referee agrees, both teams may appoint a "Linesmen" for that game if both Managers agree prior to kick-off. As in all laws, the Referee's decision is final.

51. Referees will be entitled to expenses at a rate of £15.00 per match (£20.00 for Qualified Referees) after all requirements are met (Requirements specified in Referee Declaration to be signed by each Referee). Referees will follow the Laws of Association Football at all times.

52. Referees will submit all results for matches refereed and report any misconduct to the League as soon as possible following the completion of a match. This includes:

- Cautions and Dismissals (with names, numbers and offences)
- Scorers (with names and numbers)
- A Player of the Match from each Manager (for the opposing team)
- Misconduct after the match has ended
- Misconduct by substitutes or other team members
- Misconduct by spectators

Referees may also make further comments to the Digs League where appropriate.

Disciplinary Procedures

53. The Digs League will not allow misconduct to go unpunished and will operate a disciplinary system. This will apply to individual players as well as teams. Punishments will include suspensions, fines and docking of points if deemed appropriate.

54. Offence Disciplinary Points:

- Caution - £5.00 fine
- Dismissal - £10.00 fine (total) and 1 match ban
- 2nd caution in the season (subsequent times) - £5.00 fine and 1 match ban

Fines can only be paid online on the Students Union website.

If deemed worthy after consultation between the Digs Committee, Students Union and Referee then serious misconduct may result in an extended ban. This applies to misconduct, including that of non-players, before and after the match.

55. Suspensions are **not** League and Cup specific. A suspended player will miss their team's following competitive fixture regardless of competition.
56. All offences will be effective immediately after the match is played. A player who receives a fine must pay it in full before they can compete in another fixture.
57. Players are not entitled to appeal against cautions except on the grounds of mistaken identity. If a player is sent off, however, they may appeal against the decision. An appeal deemed frivolous will not be entertained, and may result in an extended suspension. All appeals must be lodged with the League within 48 hours of the match and a deposit of £10.00 paid on the day of the appeal.
58. Appeals will be heard by the Digs Committee at the earliest opportunity. The appeal will bring about one of three outcomes:
- **Guilty:** the player is guilty of the offence as charged and loses their deposit. The player will then have to pay their fine.
 - **Not proven:** the offence was not proven and the dismissal will be expunged from the player's record and their deposit refunded with no fine payable.
 - **Mitigating circumstances:** the player is guilty of the offence as charged but mitigating circumstances mean the punishment will be amended and the player will be refunded their deposit with no fine payable.
59. In the event of an appeal being lodged, a player is eligible to participate in any competitive fixture until their appeal has been heard. It should be noted that if their team has only one fixture remaining in the relevant competition to their next fixture, an appeal will be heard at the earliest opportunity to prevent any manipulation of the appeals system.
60. Teams who amass a poor disciplinary record and / or a consistently low team conduct score will be punished accordingly.
61. Any accusation reported against a player, Manager or Referee for comments of an ethnic, racial or cultural nature will be treated very seriously – **whether in person or on social media**. The party in question will be suspended immediately from all Digs League Football until all allegations are either cleared or proven. Proven cases may mean the party not being able to participate in Digs League Football again during the season, or beyond that.
62. If the accusation is deemed of a serious nature by the Digs Committee, then the incident will be reported to the Students Union, and possibly the police.

Booking and Use of Facilities

63. Should any team wish to train or practice on University facilities then the Manager or Captain of that team must book the facilities through the Students Union either by visiting or contacting the Sports Centre. The fees for facility hire are available from the Sports Centre website.
64. Should any team wish to train or practice on other facilities, such as those at Park Avenue, then they must make their own arrangements to do so. **The Digs League are not responsible to pay for or facilitate any arrangements made by teams in the Digs League.**

65. Footwear and all other equipment rules, as in the ***Team Name, Team Kits and Equipment*** section, must be respected by all players. Please ensure you check the Facility's Terms and Conditions prior to use.

Miscellaneous

66. All teams must take responsibility for their own litter. Any team found to have left excessive litter at venues will be warned and may be deducted points should it occur again.

67. Teams are reminded that drinking alcohol or use of drugs on facilities is prohibited at all times.

68. Any additional agreements will be made in writing and formally signed between the Digs League and any involved parties.

69. Any situation not covered by these rules will be decided by the Digs Committee as it arises. The Digs Committee reserves the right to change, amend, add or erase any of the above rules. **Their decision will be final and binding.**



facebook.com/aberdigs



twitter.com/aberdigs

Acceptance

If in acceptance with the regulations set out above, one copy of these terms and conditions should be signed by you and returned to a Digs League Officer.

We accept the terms and conditions set out by the Digs League for the 2017-2018 season.

Managers Name (Print):

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The Manager will be the agreed main point of contact between your team and the Digs Committee.

Captains Name (Print):

.....
The Captain will be the agreed secondary point of contact between your team and the Digs Committee.

On behalf of:

Team Name (Print):

Managers Signature:

Date:

Signature on behalf of Digs League

I hereby accept the named team's acceptance of the terms and conditions set out by the Digs League for the 2017-2018 season.

Digs Officer (Print):

Digs Officer Signature:

Date:

