

SCOTTISH ASSOCIATION OF YOUNG FARMERS' CLUBS

WEST REGION - FIELD SPORTS

RULES

Each team should have a distinguishable strip.

SEVEN-A-SIDE FOOTBALL - seven members, one substitute.

1. A maximum of two Associate Members are allowed in a team of seven.
2. Entries - 3 Teams per District
3. There will be one or two leagues depending on the number of entries with the draw being made on the
4. day.
5. Goal difference will be taken into consideration if teams are equal at the end of a league.
6. Offending players sent off by the referee will not be allowed to compete in any further games.
7. A substitute will be allowed at any time during a game provided the referee has been notified. Only
8. one substitute per game will be allowed.
9. Appropriate footwear to be worn.
10. Timing - At the discretion of the referees.
11. These rules are at the referees discretion.

SEVEN-A-SIDE NETBALL – Squad of 10 with a max of 3 gents.

Max of 2 gents on the court at any time. Gents can only play at Wing Attack, Wing Defence and Centre

1. Entries - 3 Teams per District
2. A maximum of three associate members are allowed in a squad of 10
3. There will be one or two leagues depending on the number of entries with the draw being made on the day.
4. Offending players sent off by the referee will not be allowed to compete in any further games.
5. A substitute will be allowed at any time during a game provided the referee has been notified. Only one substitute per game will be allowed. Substitution is only allowed during a game due to injury or during intervals i.e. half time.
6. Appropriate footwear to be worn.
7. Appropriate nail length will be enforced for all competitors. Umpires will check nails before the game, and players will be asked to cut them down if they are deemed too long.
8. Timing – At the discretion of the referees.
9. These rules are at the referees discretion.

MIXED VOLLEYBALL – six members, two substitutes.

1. A maximum of two Associate Members are allowed in a team of six.
2. Entries - 3 Teams per District
3. Three out of the six members on the court must be female.
4. There will be one or two leagues depending on the number of entries with the draw being made on the
5. day.
6. Substitutions can only be made between games.
7. The team that will serve to begin the match will be decided upon the toss of a coin.
8. The first team to 15 points, with two clear points ahead, wins. Teams winning their match will obtain
9. two points for the league. Teams losing their match will obtain zero points for the league.
10. Appropriate footwear to be worn.
11. Timing – At the discretion of the referees.
12. These rules are at the referees discretion.