



INTRODUCTION

The LUSL Sport Specific Regulations outline the format of specific LUSL programmes. Where a sport or regulation is not covered here, please refer to the BUCS Sport Specific Regulations in the first instance and the relevant National or International Governing Body regulations thereafter.

Any breach of the regulations laid out in this document may be grounds for appeal by the opposition and sanctions, as laid out in the LUSL General Regulations and the LUSL Sanction Guidelines (Appendix D), may be imposed.

If these regulations contradict the LUSL or BUCS General Regulations, these sport specific regulations will supersede, unless specifically stated otherwise.

If these regulations contradict the BUCS Sport Specific Regulations, these sport specific regulations will supersede, unless specifically stated otherwise.

If these regulations contradict those of the relevant National or International Governing Body, these sport specific regulations will supersede, unless specifically stated otherwise.

For guidance on the officials required for each sport, please refer to Appendix B ('LUSL Match Officials Requirements').

Rules and regulations for individual tournaments shall be laid out in the event-specific information.

Any significant updates to the regulations for the 2021-22 season are highlighted in **GREEN**.

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BADMINTON

LBAD 1 All LUSL league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the rules and regulations of [Badminton England](#).

LBAD 2 Match format and order of play

LBAD 2.1 Fixtures will consist of all mixed pairs playing all opposition mixed pairs (3 mixed pairs per team). Teams may complete these rubbers in any order they wish.

LBAD 2.2 Fixtures will be scheduled for Sundays in all instances.

LBAD 3 Fixture administration and arrangements

LBAD 3.1 Court bookings The minimum court time required is 7 hours total, for example 2 courts for 3.5 hours each, or 3 courts for 2.5 hours each.

LBAD 3.2 Failure to book the minimum prescribed above will result in the home team forfeiting any rubbers not completed should the match not be finished.

LBAD 3.3 The court specifications are specified by the BWF (Badminton World Federation) Laws of Badminton as well as the design guidelines published by Sport England and Badminton England.

LBAD 4 Players

LBAD 4.1 Teams shall consist of six players, competing as three mixed gender pairings. Teams can consist of three males and three females only.

LBAD 4.1.1 Teams unable to field enough players to fulfil at least six rubbers, must concede a walkover. Teams fielding at least this minimum requirement, but not a full team, shall concede the rubbers they are unable to fulfil.

LBAD 4.1.2 Where an institution/Playing Entity has multiple teams playing on the same day, the fixtures of the higher team(s) within a tier must be prioritised from the top down when fulfilling teams. E.g. An institution/Playing Entity cannot send only four players for their 1st team, whilst also putting out a full 2nd team.

LBAD 5 Scoring system

LBAD 5.1 The BWF (Badminton World Federation) Laws of Badminton shall be used including the Rally Point Scoring System, except as stated below:

LBAD 5.1.1 Each match shall be the best of three games of 15 points except that if the score reaches 14-14 the winner is then the pair with two clear points or whose score reaches 21 first.

LBAD 5.1.2 Play shall be continuous from the first service until the end of the match. There shall be NO intervals when a side reaches 8 points in a game, NOR between the first and second games, NOR between the second and third games.

LBAD 5.1.3 Only when the shuttle is not in play, shall a player be permitted to receive advice during a match.

LBAD 5.2 The team winning the majority of rubbers shall be the match winner.

LBAD 5.3 League points will be awarded as follows; three for a win, one for a draw and zero for a loss.

LBAD 6 Incomplete fixtures

LBAD 6.1 In the event of a fixture being incomplete due to a late start, with a team at fault, their opposition may claim any rubbers not completed or unplayed.

LBAD 6.2 In the event of a fixture being incomplete due to an institution/Playing Entity booking insufficient court time, their opposition may claim any rubbers not completed or unplayed.

LBAD 6.3 In the event of a fixture being incomplete through no fault of either team, a result may be taken from the rubbers that have been completed, so long as a minimum of six rubbers have been played. In this instance a drawn match is permitted.

LBAD 7 Shuttle cocks An appropriate number of new feathered shuttlecocks (with speed optional) are to be provided by the home team.

BASKETBALL

LBAS 1 Rules of the game All LUSL league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [FIBA \(Federation Internationale de Basketball\)](#) Official Basketball Rules as interpreted by Basketball England.

LBAS 2 Preferred fixture day

The preferred fixture day for men's basketball is Saturday. The preferred fixture day for women's basketball is Sunday. Fixtures have been scheduled as such on BUCS Play.

LBAS 3 Court time booking

At least 2 hours are recommended on a court as specified in LBAS 4.

LBAS 4 Facility requirements Facilities should meet the Club level requirements of [Basketball England/Sport England's Basketball Data Sheet](#).

LBAS 5 Minimum number of players for a fixture to start The minimum number of players required for a fixture to start will be five.

LBAS 6 Team uniforms and equipment Articles 4.3 and 4.4 of the FIBA Official Basketball Rules shall apply with the following exceptions:

LBAS 6.1 Socks are not required to be of the same dominant colour for all team members, but are required to be visible.

LBAS 6.2 LUSL 7.4 shall apply in the place of Article 4.3.3

LBAS 6.3 Players are permitted to wear a hijab.

LBAS 6.4 All players on the team who wear arm and leg compression sleeves, headgear, wristbands and headbands and tapings, do not need these to be of the same solid colour.

LBAS 6.5 Any other equipment not specifically mentioned in LBAS 6.1 – LBAS 6.4 or Article 4.4 must be the approved by Basketball England.

LBAS 7 Balls

LBAS 7.1 For all Men's fixtures the ball shall not be less than 74.9cm and not more than 78cm in circumference (size 7). It shall not weigh less than 567g and not more than 650g.

LBAS 7.2 For all Women's fixtures the ball shall not be less than 72.4cm and not more than 73.7cm in circumference (size 6). It shall not weigh less than 510g and not more than 567g

LBAS 8 Results

LBAS 8.1 There shall be no drawn result in a basketball match as per FIBA Official Basketball Rules. Should the teams be tied at the end of normal time, then a period of five minutes extra time will be played. If the teams are still tied at the end of this extra period of five minutes, additional periods of five minutes extra time shall be played until a winner is determined.

LBAS 9 Scoresheets All LUSL fixtures should be fully recorded on an official scoresheet.

LBAS 9.1 It is the responsibility of the home team to keep a copy of the match scoresheet until the end of the season. In the case of a match appeal or dispute regarding a result, the home team must be able to produce the official scoresheet (white copy only) to BUCS when requested.

CRICKET

LCRI i The LUSL Cricket Championships shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [MCC Laws of Cricket](#) (2017 Code, 2nd Edition – 2019), together with any permanent or experimental conditions approved by the England and Wales Cricket Board (ECB) for the recreational game.

LCRI ii In the event that these regulations contradict the LUSL general regulations, these LUSL sport specific regulations will supersede, unless specifically stated otherwise.

LCRI iii In the event that these regulations contradict those of the [MCC Laws of Cricket](#) (2017 Code, 2nd Edition – 2019) or any permanent or experimental conditions approved by the England and Wales Cricket Board (ECB) for the recreational game, these LUSL sport specific regulations will supersede, unless specifically stated otherwise.

LCRI 1 There shall be separate Team Championships for Men and Women.

LCRI 1.1 Women playing in men's teams

LCRI 1.1.1 Women may play for either men's or women's teams, however once an individual is selected (listed on a team sheet) for a team in a specific Championships (Men's or Women's) they may not then compete for a team in the other Championships for the remainder of the season.

LCRI 1.1.2 Up to a maximum of four women are permitted in a team of 11.

LCRI 2 Minimum number of players for a fixture to start A match shall be able to commence if one or both sides nominate eight, nine or ten players. A match shall not commence if either team is unable to nominate at least eight players. If, during the match and for whatever reason, a side is reduced to fewer than the original number of nominated players, the match shall continue as long as it is possible to do so under these regulations and the MCC Laws of Cricket.

LCRI 3 Scorers Each side shall be responsible for supplying its own scorer.

LCRI 4 Balls The home team shall provide two new identical balls for all matches. The requirements of these balls are as follows: Grade A standard and English manufactured red balls shall be used, unless agreed with the opposition to use pink balls. BUCS recommends the Oxbridge Windsor Ball.

LCRI 5 Clothing Teams shall wear whites unless agreed in writing with the opposition to wear coloured clothing.

LCRI 6 Ground and pitch conditions Matches can be played on grass (turf) or artificial (non-turf) pitches. It is the responsibility of the first named (home) team when confirming the fixture to advise the opposition team and all match officials of the playing surface and on any footwear restrictions and the type of surface to be used.

LCRI 7 Adverse weather and COVID-19 situation for fixtures

LCRI 7.1 In the event that a match is called off up to and including the day of the match, before a ball is bowled, due to adverse weather conditions or one of the COVID-19 related reasons listed in LUSL 9.1.1, then institutions/Playing Entities should rearrange fixtures according to LUSL 10. If a match does not start, is not rearranged, and no walkover is claimed/conceded, then the match will be deemed void and both teams shall receive zero league points.

LCRI 7.2 In the event that a match which has started is abandoned due to adverse weather before the minimum number of overs (as per LCRI 17) are bowled to obtain a result using the Duckworth-Lewis-Stern method (DLS) (note LCRI 8 for the version to be used), and cannot be rearranged, then both teams shall be awarded one league point each.

LCRI 7.3 Matches which under LCRI 7.2 cannot be rearranged should be recorded on BUCS Play as 'Abandoned' and an email should be sent to appsupport@bucs.org.uk confirming why the fixture was 'Abandoned' and requesting the allocation of one league point to each team.

LCRI 8 Use of the Duckworth-Lewis-Stern method (DLS)

LCRI 8.1 The Standard Edition of the Duckworth-Lewis method (D/L) should be used and where applicable the G50 coefficient shall be 245. The Standard Edition of the Duckworth-Lewis method built in to the 'Result' section for each fixture on BUCS Play should be used. However, should this not be possible, then before the start of play the teams can agree on an alternative system to be used, such as Play-Cricket Scorer/PCS Pro, and inform the umpires of this and who will be

responsible for any calculations. The home team is responsible for having a working computer/tablet/phone available to use for this purpose should it become necessary.

LCRI 8.2 If a match is abandoned before the Close of Play and the minimum number of overs of the second innings (note LCRI 6) have been bowled then the result shall be decided using the Standard Edition of the Duckworth-Lewis method (D/L).

LCRI 8.3 If, due to suspension of play, the number of overs in the innings of either team had to be revised to a lesser number (note LCRI 17 for the minimum number of overs permitted) than that originally allotted, then a revised target score should be set for the number of overs which the team batting second will have the opportunity of facing. This target score shall be calculated using the Standard Edition of the Duckworth-Lewis method (D/L). An integral target will be set for the team batting second with one run less resulting in a Tie. If after the restart of play it is discovered that the wrong target has been set, the faulty target shall stand.

LCRI 9 League points

LCRI 9.1 Three points shall be awarded for a win, 1.5 points for a tie, one for an abandoned game (note LCRI 7) and no points for a loss.

LCRI 9.2 Where a walkover has been awarded/conceded (LUSL 7.8), three points shall be given to the non-offending team and three points deducted from the offending team.

LCRI 9.3 No points will be awarded to either team in the case of a void fixture.

LCRI 10 Calculating final league positions

LCRI 10.1 Final league positions will be primarily based on league points accumulated. However, should there be any ties on points within a league, they shall be split by the following sequential system:

LCRI 10.2 A team tied on points who has conceded at least one voluntary walkover shall automatically be placed below any other tied teams who have conceded fewer voluntary walkovers. If a tie still exists, then LCRI 10.3 or LCRI 10.4 shall be followed as applicable.

LCRI 10.3 Tie between two teams

LCRI 10.3.1 The result between the two teams will be the determining factor in placing one team above the other. Where this is not possible, e.g. That match was not played or was abandoned with no result able to be taken, then LCRI 10.3.2 shall be used.

LCRI 10.3.2 Where LCRI 10.3.1 cannot be used to separate the teams, for whatever position in the league, the final standings for these teams shall be determined on Net Run Rate (NRR). Where a tie on points has been effected by any walkovers conceded to them or any void fixtures, all the relevant results against the team(s) which conceded the walkover(s) or the team(s) involved in the void fixtures (i.e. all the results between the teams tied on points and the team(s) conceding the walkover(s)/void match(es)) will be removed from the NRR comparison calculation for the purpose of determining league positions.

LCRI 10.3.3 Where NRR is used, the higher placed team is the side with the higher net run rate as determined by the following formula:

$$\frac{\text{Total runs scored}}{\text{Total overs faced}} \quad \text{MINUS} \quad \frac{\text{Total runs conceded}}{\text{Total overs bowled}}$$

An exception to this is that where a team is all out in less than its allotted number of overs (either the original number or revised number) it shall be deemed to have received its full allocation rather than the number it actually received. Where fractions of overs are involved, each legitimate ball bowled shall count as one sixth of an over.

LCRI 10.4 Tie between three or more teams LCRI 10.3.2 and LCRI 10.3.3 shall be used.

LCRI 11 Duration All matches shall consist of one innings of 20 overs per side.

LCRI 12 Preferred fixture day The preferred fixture day for all Cricket is Saturday. Fixtures will be scheduled as such on the BUCS Play. Teams are welcome to rearrange these matches to other days of the week as long as it is agreed in writing.

LCRI 13 Hours of play and intervals

LCR 13.1 Matches may not begin earlier than 12:30 unless there is written consent of both institutions/Playing Entities and the Umpires are notified and should not be scheduled to finish later than 19:30. Tea: 15 minutes' duration, taken between innings. The total match time, including interval, should be no longer than 2 hours 45 minutes. Matches may have a different length of interval between innings via mutual consent. The closing time for any such matches and all other timings in these regulations shall be adjusted accordingly.

LCRI 13.2 In a delayed or interrupted match, the umpires shall have the discretion to alter the timing of or abandon the interval.

LCRI 14 Altering the number of overs The number of overs shall not be changed once a match has started, except in the event of an interruption in play during the first team to bat's innings. In such a circumstance, the object shall be to rearrange the overs so that, where possible, both sides have the opportunity to bat for the same number of overs. The calculation of overs to be bowled shall be based on one over for every full 3.75 minutes remaining before the scheduled close of play.

LCRI 17 Minimum number of overs and extension of play Play shall continue beyond the scheduled finish time if conditions permit and that is necessary in order to complete the number of overs allowed by LCRI 11 or LCRI 14. However, if the full number of overs cannot be bowled, the winner shall be calculated using the Duckworth-Lewis-Stern method (DLS) (note LCRI 8 for the version to be used), provided that at least 10 overs of the second innings have been bowled.

LCRI 18 Delayed start Should the start of the match be delayed, the number of overs to be played shall be determined by calculating the playing time remaining until the scheduled close of play and allowing one over for every 3.75 minutes, rounded down to allow an equal number of overs per side.

LCRI 18.1 Late arrival of a team Both teams should arrive at the ground in plenty of time to allow for warming up and a prompt start. Should the start of the match be delayed on account of one team's not being ready at the appointed time, that team shall be deemed to have lost the toss. Where a team arrives too late for the minimum number of overs to be bowled (note LCRI 17), then they shall concede a walkover. There are no extenuating circumstances for late arrival and the umpires' decision as to the team at fault shall be final.

LCRI 19 Penalty for slow over rate

LCRI 19.1 Men's In an uninterrupted match, all sides are expected to be in position to bowl the first ball of the last of their 20 overs within 1 hour 15 minutes playing time. In the event of them failing to do so, one fewer fielder shall be permitted outside of the fielding restriction area in LCRI 20.1 than would normally be the case in the over(s) in progress at the time. All penalties in this regard will be imposed immediately the ball first becomes dead after the scheduled or re-scheduled cessation time for the innings. The full quota of overs will be completed. The umpires shall make allowance for any delays beyond the control of the fielding side, and shall advise the fielding captain of the amount of time to be allowed for and at the time of each incident. In reduced or interrupted matches, a cessation time shall be calculated for each innings based on 3.75 minutes per over and that time shall be substituted for references to 3 hours 15 minutes above. In addition, one over's leeway shall be allowed in all shortened and/or interrupted matches.

LCRI 19.2 Women's In an uninterrupted match, all sides are expected to be in position to bowl the first ball of the last of their 20 overs within 1 hour 15 minutes playing time. In the event of a side failing to do so, they shall be penalised six runs for each over of their allocation that has not started within this time. All penalties in this regard will be imposed immediately the ball first becomes dead after the scheduled or re-scheduled cessation time for the innings. The full quota of overs will be completed. The umpires shall make allowance for any delays beyond the control of the

fielding side, and shall advise the fielding captain of the amount of time to be allowed for and at the time of each incident. In reduced or interrupted matches, a cessation time shall be calculated for each innings based on 3.75 minutes per over and that time shall be substituted for references to 1 hour 15 minutes above. In addition, one over's leeway shall be allowed in all shortened and/or interrupted matches.

LCRI 20 Fielding Restrictions

LCRI 20.1 Men's The following fielding restrictions shall apply:

LCRI 20.1.1 At the instant of delivery, there may not be more than five fielders on the leg side.

LCRI 20.1.2 For the first 6 overs of each innings (or, if the match or either innings is reduced, for the first 30% of each innings), at the instant of delivery no more than two fielders may be outside a fielding circle. This fielding circle shall comprise an area bounded by two semi-circles, one centred on each middle stump and each with a radius of 30 yards, joined by a parallel line on each side of the pitch. The fielding circle should be marked by painted white dots at five yard intervals, each dot to be covered by a white plastic or rubber (but not metal) disc measuring seven inches in diameter. For the remaining overs of each innings, a minimum of four fielders (plus the bowler and wicket-keeper) must be within the fielding circle.

LCRI 20.1.3 In the event of an infringement of any of the above fielding restrictions, the umpire at the striker's end shall call and signal 'No Ball'.

LCRI 20.2 Women's No fielding circle or fielding restrictions shall apply (other than provided by the Laws).

LCRI 21 Number of overs per bowler

LCRI 21.1 No bowler may bowl more than one-fifth of the amount of overs scheduled for the innings. However, in a delayed start, or interrupted match, where the overs are reduced for both sides, or for the side bowling second, no bowler may bowl more than one-fifth of the total overs allowed (unless such a number has been exceeded before the interruption), except that where the total overs are not divisible by five, an additional over shall be allowed to the minimum number of bowlers necessary to make up the balance. *Example: After 8 overs of a 20 over innings, rain interrupts play and the innings is reduced to 12 overs. Both opening bowlers have bowled 4 overs. Two bowlers can bowl 3 overs and three bowlers can bowl 2 overs. Bowlers 1 and 2 have already exceeded this limit. They count as the two bowlers who were allowed the extra over (4 as opposed to 3) and so any other bowlers are limited to 2 overs.*

LCRI 21.2 When an interruption occurs mid-over and on resumption the bowler has exceeded the new maximum allocation, they will be allowed to finish the incomplete over.

LCRI 21.3 In the event of a bowler breaking down and being unable to complete an over, another bowler will bowl the remaining balls. Such part of an over will count as a full over only in so far as each bowler's limit is concerned.

LCRI 21.4 The ECB Fast Bowling Directives will apply to all matches (irrespective of where played).

LCRI 22 No Ball

LCRI 22.1 The bowler shall be limited to one short-pitched ball per over. A short pitched ball is defined as one that passed or would have passed above shoulder height of the striker standing upright at the crease. The umpire at the bowler's end shall indicate clearly when such a short pitched ball is bowled. Should the one short-pitched ball be exceeded in any over, the umpire at the bowler's end shall call and signal No Ball and implement the procedures of Law 41.6.

LCRI 22.2 Law 41.7 (Bowling of dangerous and unfair non-pitching deliveries) shall apply.

LCRI 23 Wide bowling – Judging a wide Umpires are instructed to apply a very strict and consistent interpretation in regard to Law 22 in order to prevent negative bowling wide of the wicket. Any offside or legside delivery which in the opinion of the umpire does not give the batter a reasonable opportunity to

score shall be called a wide. For guidance purposes, a legside wide shall be called if, irrespective of where the ball pitches, it passes outside the line of the batter and the leg stump, despite their movement.

LCRI 24 Determining the winner The winner shall be the side scoring the higher number of runs, irrespective of the number of wickets lost. Should the teams score an equal number of runs, the match shall be tied, irrespective of the number of wickets lost.

FOOTBALL

LFOO 1 Rules of the game LUSL Football league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [IFAB \(International Football Association Board\)](#) Laws of the Game.

LFOO 2 Preferred fixture day LUSL runs men's football leagues on Wednesdays and Saturdays (as separate competitions) and women's leagues on Sundays.

LFOO 3 Affiliations All institutions, clubs and teams must affiliate to their respective County FA in order to compete in LUSL league and knockout fixtures. Failure to do so may prevent non-compliant teams from participating in fixtures until the affiliation is completed.

LFOO 4 Pitch time booking At least 2 hours for league fixtures, and 2.5 hours for knockout fixtures, are recommended on a full-size artificial or grass pitch. Home teams are responsible for informing the opposition and officials of the type of playing surface and any footwear restrictions in advance of the fixture taking place.

LFOO 5 Footballs All competitions shall be played with regulation size 5 balls – provided by the home team.

LFOO 6 Matchday requirements The home team is responsible for providing a set of corner flags, and pegs for securing goal nets. Failure to do so may render the team liable to a fine and in the event of the match not being played due to lack of corner flags or pegs, the home team will be deemed to have not fulfilled the fixture.

LFOO 7 Shirt numbers Players shall wear on the back of their shirts numbers which shall not exceed the number 99. All numbers shall be no less than 8" (20cm) in height and shall contrast with the colour of the shirt. No two players in a team may wear the same number in a single match.

LFOO 8 Match officials Match officials should be appointed as per Appendix B ('LUSL Match Officials Requirements').

LFOO 8.1 Assistant referees shall report to the referee prior to commencement of the match and will be provided with standard flags by the home team.

LFOO 9 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be seven.

LFOO 10 Duration of play All matches shall consist of two periods of 45 minutes and a half-time interval of no more than 15 minutes. Teams shall change ends at half-time.

LFOO 10.1 Tie in knockout competition matches In the event of a tie after normal time, two periods of extra time (15 minutes each way) shall be played. If at the end of the normal playing period of extra time, the teams are still tying the winner shall be decided by the taking of kicks from the penalty spot as per the IFAB Laws of the Game.

LFOO 11 Substitutes A maximum of five substitutions will be allowed from a maximum of five named substitutes. Players who have been substituted will not be permitted to return to the match, i.e. rolling substitutions are not permitted.

LFOO 12 Discipline

LFOO 12.1 All matches are played under the auspices of the International Football Association Board (IFAB). However, the discipline regulations and processes followed shall be those of the Football Association (FA).

LFOO 12.2 Temporary dismissals (Sin Bins) Temporary Dismissals, otherwise known as Sin Bins, are mandatory for matters of dissent by players across all LUSL Football.

LFOO 12.2.1 Players will only go in the Sin Bin for dissent cautions. Dissent is the use of words or gestures questioning or undermining the referee's decision. Examples of dissent are: Shouting at the referee, questioning the referee's ability, slamming the ball into the ground, sarcastically clapping a decision.

LFOO 12.2.2 Sin Bins will be indicated by the referee showing a yellow card and clearly pointing with both arms to the side lines. In grounds where there are technical areas, the player in question must go to their team's technical area. Elsewhere, players must leave the pitch and watch from the touchline with other non-playing staff. A player in the Sin Bin is permitted to warm up.

LFOO 12.2.3 Sin Bins will only be administered to those players on the field of play – substitutes or substituted players will be cautioned for dissent as per the standard rules.

LFOO 12.2.4 For matches of 90 minutes, players spend 10 minutes in the Sin Bin. For matches of all other lengths, players spend 8 minutes in the Sin Bin. The Sin Bin period only commences when the referee restarts play, and the referee shall include in the Sin Bin period and time 'lost' for a stoppage for which 'additional time' will be allowed at the end of the half. If the Sin Bin period has not expired at the end of:

- The 1st half: Continues into the 2nd half;
- The 2nd half: Continues into extra time;
- Extra time: Player can participate in penalties

LFOO 12.2.5 The referee shall decide when a player can return to play.

LFOO 12.2.6 A player in the Sin Bin cannot be substituted until their suspension period expires and cannot be substituted if all substitutions have already been made.

LFOO 12.2.7 Whilst in the Sin Bin, if a player commits a yellow or red card offence, they cannot take any further part in the match and cannot be substituted.

LFOO 12.2.8 If a player commits a yellow card offence on the field of play in addition to a period in the Sin Bin, they will continue to play.

LFOO 12.2.9 If a player commits a second dissent caution and no other offences, they will receive a second Sin Bin after which they can't take any further part in the match but can be substituted if the team has substitutions remaining.

LFOO 12.2.10 If a player commits a second dissent caution and has already been booked, they will take no further part in the match and cannot be substituted.

LFOO 12.2.11 There's no limit on the number of players that can be in the Sin Bin at any one time. However, if a team is reduced to less than seven players due to Sin Bins, the match will be abandoned as covered under IFAB Laws of the Game.

LFOO 12.2.12 Sin Bin yellow cards shall count towards a player's seasonal tally of yellow cards.

LFOO 12.2.13 Use of foul and abusive language is still a red card offence.

LFOO 12.3 Suspensions No player, club or team official may participate in any LUSL Football fixture whilst serving a suspension imposed by any Association, if that ban applies to the type of football being played. E.g. A player serving a mid-week football ban will not be eligible for LUSL Wednesday fixtures. A player serving a weekend ban will not be eligible for LUSL Saturday fixtures. Any LUSL fixtures not played under this regulation do NOT count towards the number of matches the ban is imposed for.

HOCKEY

LHOC 1 Rules of the game All LUSL league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [FIH \(international Hockey Federation\)](#) Rules of Hockey.

LHOC 2 Preferred fixture day The preferred fixture day for all Hockey is Sunday.

LHOC 3 Pitch time booking A pitch booking of at least 1.5 hours is recommended on a full-size pitch that meets LHOC 4.

LHOC 4 Playing surface

LHOC 4.1 At the current time, England Hockey does not support the use of any long pile turf pitch for any competitive hockey unless that specific pitch and surface has been approved by the FIH. All LUSL Hockey competitions will also adhere to this policy.

LHOC 5 Duration of play A match shall consist of two periods of 35 minutes and a half-time interval of no more than 10 minutes. Teams shall change ends at half-time.

LHOC 6 Players

LHOC 6.1 Mixed leagues use a minimum gender requirement of men 5:5 women outfield players with the goalkeeper being of any gender. If in any circumstance a team resorts to utilising a 'kicking back', the gender ratio must be men 5:6 women for that team.

LHOC 6.1.1 In the event there are less than ten outfield players, minimum gender requirements should ensure the ratio remains in favour of females e.g. if 9 outfield players, men 4:5 women.

LHOC 6.2 The minimum number of players per team required for a fixture to start will be seven.

LHOC 7 Shirt numbers Players shall wear on the back of their shirts numbers which shall not exceed the number 999. All numbers shall be no less than 8" (20cm) in height and shall contrast with the colour of the shirt. Taped numbers may only be used in an emergency. No two players in a team may wear the same number in a single match.

LHOC 8 Substitutes Rolling substitutes may be used.

LHOC 9 Ties in knockout competition matches In the event of a tie after full-time, the outcome of the match shall be determined by a series of penalty strokes taken under the following conditions:

LHOC 9.1 The umpires shall together choose the goal to be used and the team captains shall toss a coin to decide which team shall take the first penalty stroke.

LHOC 9.2 Five different players from each of the teams, excluding any players who have been permanently suspended from the game (Red Card), shall take a penalty stroke alternately against one and the same goalkeeper of the other team. Only if that goalkeeper is, in the opinion of the umpires, incapacitated through injury, or is suspended, shall the team be permitted to substitute the goalkeeper during a particular series in the stroke competition.

LHOC 9.3 The team that has been awarded the higher number of goals shall be the winner.

LHOC 9.4 In the event of an equal number of goals having been awarded, another series of penalty strokes shall be taken under the above conditions and with the same five players (subject to any incapacitated player being replaced) but on a sudden death basis, that is the team having been awarded the most goals after an equal number of strokes have been taken shall be the winner. The sequence in which the players take the strokes for their team need not be the same as in the previous series. The team captain has freedom of choice at the time of each stroke as to which of the five nominated players will take the stroke although they must use all five nominated players per round.

LHOC 9.5 The team that has taken the first penalty stroke of a series shall not take the first penalty stroke of the following series (if any).

LACROSSE

LLAC 1 Rules of the game LUSL Lacrosse league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [WL \(World Lacrosse\)](#) Women's International Official Playing Rules 2020-2022.

LLAC 2 Mixed Format Special attention should be given to the following rules in regards to mixed lacrosse;

No checking/tackling.

Limited time on the ball/individual in possession of the ball of 5 seconds maximum.

All players to use women's sticks.

LLAC 3 Preferred fixture day The preferred fixture day for Lacrosse is Sunday.

LLAC 4 Pitches Pitches must be marked to the minimum dimensions as outlined in rules of World Lacrosse. Unified pitch markings to be used if shared between both codes. It is the responsibility of the first named (home) team when confirming the fixture to advise the opposition team and all match officials of the playing surface and on any footwear restrictions and the type of surface to be used. This can be done in the 'notes' section for your venue on BUCS Play.

LLAC 5 Pitch time booking A pitch booking of at least 1.5 hours is recommended.

LLAC 6 Duration of play In a variation to the rules of World Lacrosse, there shall be no use of stopping clocks, only running clocks.

LLAC 7 Players

LLAC 7.1 The maximum squad size shall be 18 players.

LLAC 7.2 Mixed leagues use a minimum gender requirement of men 6:6 women players on field.

LLAC 7.2.1 In the event there are less than twelve players, minimum gender requirements should ensure the ratio remains in favour of females e.g. if 9 outfield players, men 4:5 women.

LLAC 8 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be eight.

LLAC 9 Substitutes Substitutes shall be used in accordance with the rules of World Lacrosse.

LLAC 10 Ties in knockout matches In the event of a tie at the end of regulation time, the overtime procedures of RULE 11.J of the World Lacrosse Women's International Official Playing Rules shall be followed.

NETBALL

LNET1 Rules of the game LUSL league and knockout shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [INF \(International Netball Federation\) Rules of Netball](#). [International Netball Federation rules](#).

LNET 2 Preferred fixture day The preferred fixture day for all Netball is Monday.

LNET 3 Facility and equipment requirements

LNET 3.1 Court bookings Playing facilities must be booked for an appropriate length of time to allow for the full conclusion of the match including a warm up. A minimum of two hours of court time should be booked for leagues matches and at least two and a half hours for knockout fixtures to allow for extra time to be played. Institutions/Playing Entities failing to book sufficient time will be considered to have defaulted on the match if for any reason there is insufficient time to bring the fixture to a conclusion.

LNET 3.2 Court requirements All matches shall be played on courts of regulation size, with regulation posts and rings. Wherever possible matches should be played on indoor courts. Where both indoor and outdoor courts are available the home team must stage the match on the indoor court. There is no minimum run-off requirement, but consideration should be made for officials courtside.

LNET 3.3 Scoring equipment A fully working and easily visible scoring system must be provided showing the match score. For all matches, a manual scoreboard is sufficient should electronic scoring not be available.

LNET 3.4 Match ball An INF regulation ball should be used for all fixtures where possible. Teams must supply at least two suitable match balls to the umpires in advance of the match.

LNET 4 Match officials Match officials should be appointed as per Appendix B ('LUSL Match Officials Requirements').

LNET 4.1 Scorers Each team should supply a scorer. (Ideally this is a non-player, but it is understood that for many matches the scorer will be a substitute). The scorers, under the direction of the umpires, should keep score and time throughout the match.

LNET 5 Pre-match procedures

LNET 5.1 Team start list Before the start of the match, the names of up to 12 players, one of whom shall be the captain, must be provided to the scorers.

LNET 5.2 Coin toss and pre-match checks The home team captain is responsible for ensuring the coin toss is carried out prior to the match commencing and informing the officials of the result. All teams must cooperate with the pre-match checks carried out by the officials.

LNET 5.3 Clothing Teams must carry an alternate set of playing bibs for use where a clash occurs. The home team is responsible for changing colour.

LNET 6 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be five.

LNET 7 Substitutions There shall be no limit to the number of substitutions which can be made in a match.

LNET 8 Duration of play All matches shall consist of four quarters of 15 minutes, an interval of four minutes between quarter one and two and between quarter three and quarter four, and a half-time interval of eight minutes. Teams shall change ends each quarter. For league fixtures tied matches are permitted.

LNET 8.1 Ties in knockout matches In the event of a tie after full-time:

- There shall be a four minute interval at the end of full-time;
- Extra time of two halves of seven minutes each shall be played, with an interval of one minute at half-time. Teams change ends at half time. The Centre Pass is taken by the team entitled to the next Centre Pass;
- During both of these intervals, substitutions and/or team changes may be made;
- In the event of a tie remaining at the end of extra time, a visual signal shall be used to indicate that play shall continue until one of the teams has a two goal advantage.*

*The home team is responsible for ensuring a visual indicator (such as a cone or flag) is supplied to the score bench prior to the start of the match.

RUGBY UNION

LRUU 1 Rules of the game LUSL Rugby Union league & knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [World Rugby](#) Laws of the Game.

LRUU 2 Preferred fixture day The preferred fixture day for Men's Rugby Union is Saturday. The preferred fixture day for Women's Rugby Union is Sunday.

LRUU 3 Playing surface and pitch bookings

LRUU 3.1 All matches should be played on grass or World Rugby approved artificial surface as per World Rugby Law 1.1 and World Rugby Regulation 22. It is the responsibility of the first named (home) team when confirming the fixture to advise the opposition team and all match officials of the playing surface and on any footwear restrictions and the type of surface to be used.

LRUU 3.2 A minimum of two hours of pitch time should be booked for all matches.

LRUU 4 Match officials Match officials should be appointed as per Appendix B ('LUSL Match Officials Requirements').

LRUU 5 Health and safety

RUU 5.1 Rules regarding players' protective clothing, studs etc. shall follow the rules as laid down by the RFU.

RUU 5.2 No underwired bras are to be worn for contact rugby.

RUU 5.3 All teams are expected to provide their own first aid kit, gloves, water spray bottles and sterile wipes for the treatment of blood injuries. The use of buckets and sponges is discouraged. Current RFU and World Rugby guidelines for treatment of blood injuries are to be adhered to.

RUU 5.4 The first named (home) team should ensure there is access to a telephone at all fixtures for emergencies.

LRUU 6 Duration of play All matches shall consist of two periods of 40 minutes and a half-time interval of no less than five minutes, with 10 minutes being the preferred duration. Teams shall change ends at half-time.

LRUU 7 Team selection

LRUU 7.1 [COMPETITIVE TIER ONLY] Front row players, except for full internationals, can move up or down one team from their starting selection to play in a front row position only. For example, a 2nd Team prop may play for the 1st Team, or the 3rd Team, in a front row position only.

LRUU 7.2 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be 10.

LRUU 7.3 Replacements, front row requirements, scrummage and player matching

LRUU 7.3.1 For all matches, all starting front row players AND replacements must be ticked as Front Row on the BUCS Play scorecard (or if hard copy team sheets are being used denoted by having '(FR)' written next to their names) as part of the team sheet completion and verification processes of LUSL 4.2. They must also be identified to the referee before that start of play.

LRUU 7.3.2 A maximum of seven replacements per team may be named and used. Rolling substitutions are used in these competitions, with unlimited interchanges allowed per match. Teams are permitted to field up to a full squad of 22 players without a qualified front row. However, the below penalties of LRUU 7.3.4 will apply.

LRUU 7.3.3 Priority must be given to the highest placed team from an institution downwards. Therefore, a higher placed team may not start a match with uncontested scrums whilst any lower teams are starting matches on the same day with contested scrums.

LRUU 7.3.4 In the event of a team being unable to field a suitably trained front row at the start of a match resulting in uncontested scrums being played, the result shall stand. However, teams that play 50% of matches or more with uncontested scrums will not be eligible for promotion. As per LRUU 7.3.1 all front row players should be indicated on team sheets. Teams will be required to validate their eligibility for promotion by submitting their team sheets to the BUCS Executive at the end of the season. Non-offending teams should

LRUU 7.3.5 If a match starts with contested scrums but during the match a team reaches a point where a front row cannot be replaced, then the match shall continue with uncontested scrums. World Rugby Law 3.17 shall not apply, therefore a player whose departure has caused the referee to order uncontested scrums can be replaced.

LRUU 7.3.6 All matches will be played according to World Rugby U19 scrummage regulations.

LRUU 7.3.7 Uncontested scrums An uncontested scrum is defined as the same as for normal scrummages except that:

LRUU 7.3.7.1 There is no contest for the ball.

LRUU 7.3.7.2 The team putting the ball in must win it.

LRUU 7.3.7.3 Neither team is permitted to push.

LRUU 7.3.7.4 Normal rules regarding offside and binding still apply.

LRUU 7.3.8 Player matching

LRUU 7.3.8.1 If a team informs their opposition in writing, at least 24 hours in advance of the advertised kick-off time, that they will be fielding less than 15 players (but at least a minimum of ten in accordance with LRUU 7.2) then their opposition shall be obliged to only field the same number of starting players, however they may still bring as many replacements as they wish up to a maximum squad size of 22. The team requiring player matching shall not be permitted to have any replacements – all players must start. Both teams must also inform the referee before the start of the match of the player matching arrangements.

LRUU 7.3.8.2 Where at least 24 hours' notice in advance of the advertised kick-off time is not given, if a team is fielding less than 15 players (but at least a minimum of ten in accordance with LRUU 7.2), then their opposition is not obliged to only field the same number of starting players, but they may still agree to do so, and this is encouraged. In this circumstance, the opposition team may name those players who will no longer be starting as additional replacements up to a maximum squad size of 22. The team requiring player matching shall not be permitted to have any replacements - all players must start. Both teams must also inform the referee before the start of the match of the player matching arrangements.

LRUU 7.3.8.3 Once a match has begun, should the number of players a team can field be reduced, their opposition shall not be obliged to match numbers, however they may agree to do so, and this is encouraged. In this circumstance, any player removed in order to match numbers shall become an additional replacement.

LRUU 7.3.8.4 In the event that a team drops below 10 players the match may continue unless the referee deems the match to be unsafe. In this instance the match must stop and the matter shall be referred to the BUCS Executive. A decision will then be made on whether to take the result as it stands or award a walkover to the non-offending team.

LRUU 8 Ties in knockout competition matches In the event of a tie after normal time, the outcome of the match shall be determined as follows:

LRUU 8.1 There shall be a five minute break. After this break, the teams will change ends and there shall be a period of extra time between the teams of 10 minutes each way, with a one minute interval. If the scores are then still equal;

LRUU 8.2 The team that has scored most tries shall be declared the winners. If this does not produce a result;

LRUU 8.3 The team that has scored the most goals from tries shall be declared the winners. If no result is achieved at this point, the result shall be decided as follows;

LRUU 8.3.1 Each team shall nominate one player from its number on the field of play at the final whistle to participate on its behalf in a place kicking competition;

LRUU 8.3.2 Starting with the kicker from the team that had the initial match kick-off, each kicker in turn shall attempt a place kick from the pre-determined positions indicated in RUU 6.3.4 until such time as, after an equal number of attempts, one kicker has kicked more goals than the other;

LRUU 8.3.3 These attempts will be made towards the goal posts nearest the players' entrance tunnel to the pitch or in the event of both sets of goal posts being of equal distance from the players' entrance tunnel the goal posts to the left of the said tunnel when emerging from it;

LRUU 8.3.4 The attempts will be taken from the following positions in turn, repeating the sequence until a winner is decided:

- The centre of the 22-metre line;
- The intersection of 22-metre and 15-metre lines to left of posts facing;
- The intersection of 22-metre and 5-metre lines to left of posts facing;
- The intersection of 22-metre and 15-metre lines to right of posts facing;
- The intersection of 22-metre and 5-metre lines to right of posts facing.

LRUU 9 League points

LRUU 9.1 Four points will be awarded for a win, two points for a draw and no points for a loss.

LRUU 9.2 A bonus point will be awarded to a team:

- On each occasion it scores four or more tries in a match
- On each occasion it loses a match by seven points or less

LRUU 9.3 Where a walkover has been awarded/conceded (REG 13), five points shall be given to the non-offending team and five points deducted from the offending team.

LRUU 9.4 No points will be awarded to either team in the case of a void fixture.

LRUU 10 Discipline

LRUU 10.1 All matches are played under the auspices of World Rugby. However the overarching jurisdiction for each game rests with the RFU.

LRUU 10.2 Sending offs A sending off report shall be initiated by the relevant match official in each case where a player is sent off (red card) and this should be forwarded to the RFU point of contact.

LRUU 10.3 Citings All citings should be forwarded to the RFU and the timescales pertinent are binding to those teams playing. The citing should contain:

- Details of teams participating.
- Location and date.
- Name of player(s).
- Details of allegation and which law contravened.
- Witness statements, match footage, injury photographs and medical report and prognosis if applicable.

LRUU 11 Affiliations All teams must belong to a club which holds membership of the Students' Rugby Football Union (SRFU) and Rugby Football Union (RFU) in order to compete in LUSL league and knockout fixtures. Failure to do so will prevent non-compliant teams from participating in fixtures until the affiliation is completed.

LRUU 12 Game On Principles The following 'Game On Principles' may be applied, subject to the agreement of both teams and notification to the referee prior to kick-off:

LRUU 12.1 Duration of play A match can be a minimum of 40 minutes in duration.

LRUU 12.2 Half Game rule Teams are encouraged to apply the half game rule to ensure each player in every match day squad plays at least half of the match.

LRUU 12.3 Line outs Team may agree not to contest or lift in the line out.

SQUASH

LSQU 1 Rules of the game LUSL league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [World Squash Federation](#) Rules of Squash. Home teams should try to provide markers but if not possible players from either side may take turns.

LSQU 2 Preferred fixture day The preferred fixture day for all Squash is Monday.

LSQU 3 Fixture administration and arrangements

LSQU 3.1 Court bookings Two courts should be booked for a total of 4.5 hours (first court for 2 hours, and the second court 2.5 hours)

LSQU 3.2 Order of play The order of play for all matches shall be as follows:

First court	String 5 then 4
Second court	3 then 1 then 2

LSQU 4 Team size and players

LSQU 4.1 Teams should consist of five players.

LSQU 4.2 A minimum of three players must play in order to constitute a fixture and avoid conceding a walkover.

LSQU 4.3 A team fielding enough players to fulfil the minimum number of players required, but not a full team, shall be permitted to play but shall concede the rubbers they are unable to fulfil. In such circumstances it is expected that the team would notify their opposition as soon as possible after it is known that they will not be fielding a full team of this, specifying how many players will be fielded. For the avoidance of doubt, if notice of being short of players is given to the opposition in advance of the fixture, the opposition team is only required to bring enough players to match the adjusted team size and the appropriate number of rubbers shall still be conceded. Teams found to be fielding less than a full team and conceding rubbers for multiple fixtures may face disciplinary action.

LSQU 4.4 If a team arrives with a full complement of players, and one or more of those players is found to be unable and/or unwilling to play a competitive match in their designated position prior to the fixture commencing, then they shall be removed from the team and the fulfilment of the highest rubbers shall be prioritised with any lower rubbers the team is not able to fulfil being conceded.

LSQU 4.5 If a team arrives with a full complement of players, and one or more of those players is found to be unable and/or unwilling to play a competitive match in their designated position after the fixture has commenced, then the team will concede that rubber and all rubbers below, regardless of whether they have already played/won any of these rubbers. The exception to this is that in knockout competitions both teams may agree to play best of three for a dead rubber.

LSQU 4.6 Conceded rubbers will be scored as a 3-0 win to the opposition (11-0, 11-0, 11-0). A winning team who has had games conceded to them will still be entitled to the applicable bonus points for the full team size. Bonus points for the match should still be calculated based on what the correct team size should have been.

LSQU 5 Format and scoring

LSQU 5.1 Player ranking shall be declared by both Captains prior to the start of the fixture, Rank 1 being the strongest player.

LSQU 5.2 The World Squash Federation Rules of Squash shall be used including the PAR 11 scoring system. Each player shall play the correspondingly ranked player of the opposing team, for the best of five games. The team winning the majority of rubbers shall be the match winners.

LSQU 6 Ties in knockout competition matches In the event of a draw in a knockout fixture, the winner shall be determined as follows:

LSQU 6.1 The team winning the highest number of games. If a tie still results;

LSQU 6.2 The team winning the highest number of points. If a tie still results;

LSQU 6.3 The team which won the first string match (i.e. 1v1).

LSQU 7 League points

LSQU 7.1 League points will be awarded to each team according to the number of games won. The winning team will also score 5 additional bonus points.

LSQU 7.2 Where a walkover has been awarded/conceded, the non-offending team will be given the maximum number of points available to them and the offending team will be deducted 10 points.

LSQU 7.3 No points will be awarded to either team in the case of a void fixture.

LSQU 8 Incomplete fixtures

LSQU 8.1 In the event of a fixture being incomplete due to a late start, with a team at fault, their opposition may claim any rubbers not completed or unplayed.

LSQU 8.2 In the event of a fixture being incomplete due to an institution/Playing Entity booking insufficient court time, their opposition may claim any rubbers not completed or unplayed.

LSQU 8.3 In the event of a fixture being incomplete due to no fault of either team, a result may be taken from the rubbers and games played so long as at least three rubbers have been completed in full.

LSQU 9 Match balls WSF approved balls or single yellow spot balls may be used. It is the responsibility of the home team to supply match balls.

TENNIS

LTEN 1 Rules of the Game LUSL Tennis league and knockout fixtures shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the Rules of [the LTA \(Lawn Tennis Association\)](#).

Also see BUCS Sport Specific Regulations for Tennis, as applicable to BUCS Tier 2 and below, with the amendments laid out below to allow for the mixed format.

LTEN 2 Preferred fixture day The preferred fixture day for all Tennis is Saturday.

LTEN 3 Fixture administration and arrangements

TEN 3.1 Court bookings

TEN 3.1.1 A minimum reservation of two courts for four hours each is required for LUSL fixtures. Failure to book the minimum prescribed above will result in the home team forfeiting any rubbers not completed should the match not be finished. For knockout fixtures, an additional 1 hour for one court should be booked in case of the need for a match tie-break. The additional hour is for the match tie-break only and the normal fixture should be completed within the standard 2 x 4 hours.

LTEN 3.1.1.1 The booking time above includes a 30-minute period for warm up.

LTEN 3.1.1.2 If a final set of a live match is due to start during the last 30 minutes of the court booking then a 10-point tie-break should take place instead of a standard set.

LTEN 3.1.2 Rubbers may only be moved onto different surfaces (or from indoors to outdoors, or vice versa) from that specified in the pre-fixture confirmation with the agreement of both captains.

LTEN 3.1.3 Where possible teams should ensure use of scoreboards on each court.

LTEN 4 Team size and match format

LTEN 4.1 Teams shall consist of a minimum of 2 women and 2 men, a maximum of 4 women and 4 men.

LTEN 4.2 Matches will be made up of the following 5 rubbers to constitute a fixture

- 1 women's and 1 men's singles match
- 1 mixed doubles match
- 2 same gender doubles (1 women's pair, 1 men's pair)

LTEN 4.3 Player nominations Players representing each team in the separate rubbers are to be nominated before the start of the match, no later than the completion of the 30 minute warm up time.

LTEN 4.4 All rubbers will be played to the best of 3 sets, with the third being played in a tie-breaker format. The team winning most rubbers will be the match winner.

LTEN 4.5 In the event a match is drawn due to an incomplete fixture, with no fault from either side (not all rubbers have been completed) the match will be decided based on countback of sets won. If no winner is evident then tally of games won will be used.

LTEN 5 Incomplete fixtures

LTEN 5.2 In the event of a fixture being incomplete due to a late start, with a team at fault, their opposition may claim any rubbers not completed or unplayed.

LTEN 5.3 In the event of a fixture being incomplete due to an institution booking insufficient court time, their opposition may claim any rubbers not completed or unplayed.

ULTIMATE (OUTDOOR)

LULT 1 Rules of the game The LUSL Ultimate leagues and knockouts shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [WFDF \(World Flying Disc Federation\)](#) Rules of Ultimate.

LULT 2 Format LUSL Ultimate follows an open, outdoor format.

LULT 3 Preferred fixture day The preferred fixture day for all Ultimate is Wednesday.

LULT 4 Playing surface The entire surface of the playing field must be either grass or artificial grass (3G or 4G) and should comply with WFDF (World Flying Disc Federation) requirements. Any alterations to playing facilities (size, markings, runoff space etc.) must be agreed with UKU.

LULT 5 Pitch bookings Home teams should provide a pitch booking for two hours per match, allowing for a 15 minute warm up on pitch, 70 minutes of normal game time and 35 minutes for the soft cap.

LULT 6 The game shall be played as a first to 15 points match. After 70 minutes of play the timekeeper will indicate the start of a one point soft cap. If after the next goal:

LULT 6.1 One team has scored 15 points, then that team wins.

LULT 6.2 The scores are level, then a sudden death point is played.

LULT 6.3 One team is ahead, then the target number of goals that need to be scored to win the game is reduced to the leading team's current score plus one.

LULT 7 Officials Ultimate is a self-refereed sport and as such requires no match official. To time games captains are expected to agree on a device to time games which should be placed in a position so that all players can view or access it. If captains agree, a non-playing individual can time the game, indicating game start, and the start of the soft cap.

LULT 8 Squad size and gender ratio The maximum squad size shall be 21 players for Outdoor Championship fixtures. The minimum number of players per team required for a fixture to start will be as per the WFDF (World Flying Disc Federation) Rules of Ultimate. The gender ratio of teams will be determined by WFDF's 'Ratio Rule B – end zone decides' ruling.

VOLLEYBALL

LVOL 1 Rules of the game The LUSL Volleyball leagues and knockouts shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [FIVB \(Fédération Internationale de Volleyball\)](#) Rules of the Game.

LVOL 2 Fixture administration and arrangements

LVOL 2.1 Court bookings and timings

LVOL 2.1.1 A minimum hall booking of two hours is required. This shall comprise at least 10 minutes general warm up and 10 minutes for hitting and serving, leaving at least one hour and 40 minutes for the match.

LVOL 2.1.2 The warm up start time (note LVOL 2.1.1) is the fixture start time and should be the time that is posted on BUCS Play.

LVOL 2.1.3 The match start time, in accordance with LVOL 2.1.1, must not be less than 20 minutes after the warm up start time.

LVOL 2.1.4 Teams must arrive at the venue in good time to allow the warm up to start at the appointed time.

LVOL 2.2 Facility requirements The following minimum standards are designed to ensure that students participating in LUSL Volleyball are able to do so in a safe and appropriate environment using suitable equipment. Matches will take place under the FIVB Rules of the Game, with the following additional provisions/amendments to facilitate and support LUSL competition:

LVOL 2.2.1 Court/Hall provision

LVOL 2.2.1.1 The court should be of standard size, 18m x 9m, surrounded by a free zone which is a minimum of 3m wide.

LVOL 2.2.1.2 The surface must be flat, horizontal and uniform and not present any danger or injury to the players.

LVOL 2.2.1.3 The roof height should be a minimum of 6m from the playing surface.

LVOL 2.2.1.4 Courts lines must be clearly marked and visible. A court centre line must also exist and be clearly visible.

LVOL 2.2.2 Posts and net

LVOL 2.2.2.1 All nets must include securely fastened antennae.

LVOL 2.2.2.2 Posts must be securely fixed to the ground without wires and there shall be no dangerous or obstructing devices. Nets fixed to walls are not acceptable for competition purposes.

LVOL 2.2.2.3 Net height The net height will be as per FIVB regulations for the women's game, unless mutually agreed otherwise prior to the match.

LVOL 2.2.3 Referee stand Courts must have a secure, stable, refereeing stand which will enable the 1st referee to control the game effectively.

LVOL 3 Match officials Match officials should be appointed as per Appendix B ('LUSL Match Officials Requirements').

LVOL 3.1 A designated scorer, or scorers, must be assigned for each fixture to conduct the completion of the FIVB scoresheet but do not require to be qualified.

LVOL 4 Players

LVOL 4.1 The maximum squad size shall be 12 players.

LVOL 4.2 The minimum number of players per team required to be on court for a fixture to start will be six.

LVOL 4.3 The minimum gender ratio for players on court shall be men 3:3 women.

LVOL 5 Match format All fixtures shall be best of five sets and played under FIVB rules whereby all sets are rally points. The first four sets shall be first to 25 points and by two clear points. A deciding fifth set shall be first to 15 points and again by two clear points.

LVOL 6 Late arrivals In the event of a team arriving late the following procedure shall apply:

LVOL 6.1 Where both team captains agree, and sufficient hall time is available, then the match shall be played in full.

LVOL 6.2 Where one team objects then the following procedure shall apply:

LVOL 6.2.1 If a team is not on court and ready to play at the intended match start time, they shall be allowed a maximum of 15 minutes leeway to appear. At 15 minutes after the intended match start time the team that is late shall lose the first set 25-0.

LVOL 6.2.2 They shall then lose a set for every subsequent 15 minutes that they are late until they are 45 minutes late at which point the match shall be awarded as a walkover.

LVOL 6.2.3 If the team that is late arrives during one of the 15 minute leeway periods then they shall be allowed the balance of the time remaining within that period to warm up and be ready to play at the next deadline point. Therefore, it is possible for a team to arrive late, fall behind on sets but still win the match on the court of play.

LVOL 7 Incomplete fixtures Draws are not permitted in volleyball. Where a fixture does not reach a conclusion:

LVOL 7.1 If LVOL 2.1.1 has been complied with and LVOL 6 does not apply, or VOL 6.1 has been applied, the fixture should be classed as abandoned and rearranged at the away team's venue.

LVOL 7.2 If LVOL 2.1.1 has been complied with and LVOL 6.2 has been applied:

LVOL 7.2.1 If the lateness of the team was caused through no fault of the team the fixture should be rearranged.

LVOL 7.2.2 Where the lateness was caused by the team, or one its members, that team shall concede a walkover.

LVOL 7.3 If LVOL 2.1.1 has not been complied with and LVOL 6 does not apply, the team that booked insufficient court time shall concede a walkover.

LVOL 7.4 If LVOL 2.1.1 has not been complied with and LVOL 6 does apply, the fixture should be classed as abandoned and rearranged at the away team's venue.

WATER POLO

LWAT 1 Rules of the game The LUSL Water Polo leagues and knockouts shall be conducted in accordance with the following LUSL sport specific regulations, the LUSL general regulations, and the [FINA \(Fédération Internationale De Natation\)](#) Water Polo Rules*.

*Please note that the following FINA Water Polo Rules are not currently being adopted by LUSL and will be reviewed for 2022-23:

- The use of a time-out button for team officials.
- The introduction of an ADDITIONAL Re-entry area between the goal line and the centre field line on the team's half of field of play (for flying substitution).
- The use of automatic visual effects, surrounding the penalty box. i.e. Signalling the last five seconds of the expiration of the exclusion time or the time when the excluded player is allowed to come back into the game.
- The use of video monitoring system to determine goal or no goal (WP 11 Video Assistant Referee).
- The use of audio equipment by the game referees.
- The use of the GVMS (Game Video Monitoring System) for identifying and sanctioning incidents of brutality or extreme violence that occurred but were not appropriately punished or identified during a game.

LWAT 2 Pool bookings BUCS recommends that at least 70 minutes of pool time are booked (longer for knockout fixtures). Institutions/Playing Entities failing to book sufficient time will be considered to have defaulted on the match if for any reason there is insufficient time to bring the fixture to a conclusion.

LWAT 3 Facility requirements All matches shall be played in pools which meet the dimensions of the FINA Water Polo Rules, with the exception of WP 1.8. In addition, the depth of the water shall be consistently not less than 1.50 metres.

LWAT 3.1 Shot clocks are not compulsory. Where a shot clock is not provided it is a requirement to have an audible whistle to signal the end of possession.

LWAT 4 Match officials Match officials should be appointed as per Appendix B ('LUSL Match Officials Requirements').

LWAT 5 Balls The home team is responsible for providing three regulation match balls. Should balls not be deemed suitable the away team may provide match balls. The referee will have the final decision.

LWAT 6 Players

LWAT 6.1 Squad size The maximum squad size shall be 13 players.

LWAT 6.2 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be six.

LWAT 6.3 Gender ratio The gender ratio of players in the pool must be as follows; a minimum of women 2:5 men.

LWAT 7 Match format The duration of matches and intervals shall be: 4 periods of 7 minutes with 2 minutes rest interval between each period. In the event of a tie after full-time in a knockout match, the

outcome of the match shall be determined by following the penalty shootout process of the FINA Water Polo Rules.

LWAT 8 League points

LWAT 8.1 Two points will be awarded for a win, one point for a draw and no points for a loss.

LWAT 8.2 Where a walkover has been awarded/conceded, two points shall be given to the non-offending team and two points deducted from the offending team.

LWAT 8.3 No points will be awarded to either team in the case of a void fixture.