Fat 2 Fit FC

LOSE WEIGHT | IMPROVE FITNESS | BOOST MENTAL HEALTH

Contents

Mission	3
Values	4
Membership	5
Eligibility for Fat 2 Fit FC	6
Teams	7
Player Safety	8
Playing Kit	8
WhatsApp and Social Media Guidelines	10
Equipment Responsibilities	11
Weight Loss Rules	12

Rulebook

The Playing Area	15
Duration of the game	17
The Ball	18
The Referee	19
Starting and Restarting Play	21
Ball Out of Play	23
Scoring a goal	24
Match Duration	25
Free Kicks	26
Fouls	28
Penalty Kicks	29
Laws of the Game Adaptation	31
Determining The Winner	32

Our mission

At **Fat** 2 Fit FC, we help men aged 18 and over tackle their weight challenges, improve their fitness, and boost their mental health through regular, fun, and friendly football.

Our sessions are about far more than the scoreline — they're a supportive space where all abilities are welcome, confidence is built, and progress is made at your own pace.

Whether you're returning to football after years away or stepping onto the pitch for the first time, you can expect encouragement, laughter, and a team environment that values effort, wellbeing, and showing up for yourself as much as winning games.

Our Values

At Fat 2 Fit FC, football is about more than just the scoreline. We're a community that supports each other to improve fitness, lose weight, and enjoy the game together.

Community
We support and encourage each other both on and off the pitch. Everyone's progress matters.

Inclusivity
Players of all abilities are welcome. Many members are returning to football after years away, and everyone is encouraged to take part and improve at their own pace.

Respect
Friendly banter is part of football, but respect for teammates, opponents, and organisers always comes first.

Effort
You don't need to be the best player on the pitch. Effort, commitment, and showing up each week are what matter most.

Membership

The cost of membership is £20 per month, which covers access to our regular sessions, use of facilities, and the delivery of a safe, welcoming, and well-organised club environment.

To take part in any **Fat** 2 Fit FC session, members must be up to date with their membership payments. This ensures the club can continue to operate sustainably and provide consistent, high-quality sessions for all participants. If a member is experiencing financial difficulty, we encourage them to speak to a club organiser in confidence so support options can be discussed where possible.

Eligability for Fat 2 Fit FC

Weigh and play sessions

- Over 18 years old
- Male
- BMI over 27
- Ensure correct equipment is used this includes:
  - Shinpads
  - Suitable footwear for outdoor artificial pitches or grass pitches.
  - Anything that could be considered dangerous (ie jewlery) cannot be worn during the match.

11-a-side fixtures

- Male over 18 years old
- A member of the **Fat** 2 Fit FC weigh and play sessions **or** not playing regularly in a FA league.
- Ensuring correct equipment is used as instructed above

Teams

- The teams are decided before the season begins by the coaches.
- Teams may be balanced before the start of a match or adjusted during play if team numbers become uneven or if circumstances affect competitive balance.
- Goalkeeper changes may only be made during a stopage in play.
- The number of players per team is flexible and players may swap to balance the teams to promote enjoyment, fairness, and full participation for all players.
- The Lead Coach holds final authority regarding team numbers and any decisions related to balancing teams.
- All players and teams are expected to respect, accept, and comply with the Lead Coach's decisions at all times.

Player Safety

The safety of all participants is a priority at **Fat** 2 Fit FC. Players must not wear or use anything that could pose a risk to themselves or others during play. This includes all forms of jewellery such as rings, necklaces, bracelets, earrings, bands, or similar items. Jewellery must be removed entirely — covering items with tape is not permitted.

The Lead Coach or match official has the final say on whether any item of clothing or equipment is considered unsafe. Protective equipment made from soft, lightweight materials — such as padded headgear, facemasks, knee or arm protectors — is allowed. Goalkeepers may also wear caps, and sports-specific eyewear is permitted.

All player need to have completed the Emergency Contact and Safety form before playing.

Playing kit

- Players are expected to wear appropriate football clothing, including: a football shirt or jersey, shorts or tracksuit bottoms, socks, shin pads
- Shin pads are compulsory for all players, including goalkeepers.
- Shin pads must be fully covered by socks and made from a suitable protective material.
- Matches are played on outdoor artificial surfaces (3G or 4G), so appropriate footwear is required.
- Acceptable footwear includes, astro-turf boots, or moulded studs. Metal studs are not permitted.

WhatApp & Social Media Guidelines

At **Fat** 2 Fit FC, our WhatsApp group and social media channels are an extension of the supportive community we've built on the pitch. They are there to help us organise sessions, celebrate progress, and keep everyone connected.

To make sure the group stays friendly, welcoming and inclusive for everyone, please keep the following in mind:

Keep it inclusive
Fat 2 Fit FC is a supportive environment for people of all backgrounds, abilities and experiences. Discriminatory language, jokes that may cause offense, or comments relating to race, gender, sexuality, religion, disability or appearance will not be tolerated.

Keep it positive
The group should be a place where we encourage each other. Celebrate progress, support teammates, and remember that everyone is on their own fitness and weight-loss journey.

Keep messages relevant
The WhatsApp group is mainly for:

- Session updates and announcements
- Match information
- Celebrating achievements and sharing photos
- General club chat

Please avoid excessive spam, chain messages, or unrelated promotions.

Respect privacy

Photos or videos taken during sessions may occasionally be shared within the group or on club social media. Please respect the privacy of others and avoid sharing images outside the group without permission.

No abuse or harassment

Any bullying, harassment, aggressive behaviour or personal attacks will not be tolerated.

Admin decisions

Group admins may remove messages or members if content goes against these guidelines. This is simply to protect the positive culture of the group.

Remember our goal

Fat 2 Fit FC exists to help people lose weight, improve fitness and boost mental health through football. Let's make sure our online spaces reflect the same supportive and encouraging atmosphere we have every Friday night.

Equipment Responsibilities

If a player is found to be wearing incorrect or unsafe equipment:

- They will be asked to leave the pitch to correct the issue.
- The player must report back to the match official before rejoining play.
- Re-entry is only allowed during a stoppage unless a second official has checked the equipment during play.

Players must raise any equipment concerns immediately, as retrospective action cannot be taken.

Any player attempting to play without shin pads will be removed from the pitch. If a player refuses to comply, the match may be abandoned, and further club action may follow.

Weight Loss Rules

All players and club officials, including coaches and support staff, are required to complete a weigh-in before taking part in any match or session.

Any player who participates without completing a weigh-in will score an 'own goal'.

If a player attempts to weigh in after their match has finished, the Lead Coach may allow this for the individual's personal awareness only; however, the weight will be logged as a no-show and will not count towards the player's individual progress or the team's overall results. This rule applies in all circumstances and no exceptions will be made.

Weight Loss Bonuses

Every player will be awarded bonus goals for losing weight.

For each player who loses weight that week, their team is awarded ½ a goal (rounded down where necessary)

For each player who loses weight for three weeks in a season, this is counted as a 'hat-trick' and a goal is added to the score for that week.

For each player who reaches a milestone percentage loss (5, 10, 15, etc percent) one goal will be added to their teams score for that week.

Each player who completes the food diary on the Fat 2 Fit app will recieve ½ a goal for their team.

Any player who has reached a BMI of 25 or below will no longer be eligible for weight loss bonuses. If they go back above a BMI of 25 will score an own goal each week they are above 25.

For any player who goes above their season starting weight (or initial weigh in when joining midway through the season) will score an own goal.

Cup Matches

For each player who loses weight in both cup semi final games and the final, one goal is awared for their team as a hattrick.

Fat 2 Fit FC Rulebook

LOSE WEIGHT | IMPROVE FITNESS | BOOST MENTAL HEALTH

The Playing Area

The Pitch

Fat 2 Fit FC matches may take place indoors or outdoors, with or without pitch barriers, depending on the venue being used.

Markings and Layout

- The pitch is marked using lines or clearly defined barriers.
- The longer sides of the pitch are known as touchlines, with the shorter sides referred to as goal lines.
- All pitch markings should be clearly visible and approximately 8cm wide.
- A halfway line divides the pitch into two equal halves.
- The centre of the pitch is marked with a centre spot, surrounded by a circle with a 3-metre radius.

Pitch sizes and markings may be adjusted where necessary to suit the facilities available, at the discretion of the club.

The Penalty Area

- A penalty area is marked at each end of the pitch.
- This is shown as a semi-circular area with a 6-metre radius, measured from the centre of the goal line. (Currently the red D at Truro College but other venues will differ slightly)
- The curve of the penalty area should reach the goal line, barriers, or walls where applicable.
- The penalty spot is positioned 6 metres directly in front of the goal, centred between the posts.

Goals

- Goals are positioned centrally on each goal line.
- Each goal consists of two vertical posts connected by a crossbar.
- The internal width of the goal must be between 3 and 5 metres.
- The height from the ground to the underside of the crossbar must be between 1.2 and 2 metres.
- Posts and crossbars must be uniform in thickness, with nets securely attached where possible.

Duration of the Game

Standard matches at Fat 2 Fit FC are scheduled to last 60 minutes in total and are normally played as three 20-minute periods, with a short 2-minute interval to allow teams to change ends.

Where appropriate, and to help sessions run smoothly, the Lead Coach and match official may agree for the game to be played as one continuous 28-minute period. Any such decision must be made before the season begins, applied consistently throughout that season, and clearly communicated to all members.

If a penalty kick is awarded just before the end of a half, the playing time may be extended to allow the kick to be taken.

Half-time breaks must be kept brief and should not cause delays that interfere with subsequent games or exceed the booked pitch time, as judged by the match official.

The Ball

All sessions and matches at Fat 2 Fit FC will use the footballs supplied by the club or approved by the coaching team.

The match ball must:

- Be round in shape
- Be made from leather or another suitable material
- Be inflated in line with the manufacturer's guidelines
- Be a size 5 football

If the ball becomes damaged or unplayable during a match, play will be halted and restarted using a replacement ball. The restart will take place from the position where the original ball became defective.

If the ball is found to be defective while play is already stopped, the game will restart in line with the appropriate restart method.

The Referee

Each match is overseen by a referee who holds full responsibility for managing the game. Their authority applies from the moment they arrive at the venue until they leave the playing area after the match.

The referee's role includes, but is not limited to, the following duties:

- Applying the Laws of the Game in line with the values and ethos of Fat 2 Fit FC
- Using advantage where appropriate and penalising the original offence if no benefit results
- Recording match details and reporting scores and incidents at the end of the session
- Acting as the official timekeeper
- Pausing, suspending, or ending a match where rules are broken or external factors affect play
- Issuing cautions, temporary removals, or dismissals when required
- Addressing inappropriate behaviour from players or team officials and removing them from the playing area if necessary
- Preventing unauthorised individuals from entering the pitch
- Stopping play when a player is seriously injured and ensuring they leave the field safely
- Requiring any player who is bleeding to leave the pitch until it is safe for them to return

- Allowing play to continue in cases of minor injury until the next natural stoppage
- Checking that the match ball meets the required standards
- Using temporary suspensions where applicable and managing the return of players to the game
- Informing suspended players when their exclusion period has ended if no assistant official is present
- Completing incident reports for any misconduct, including relevant details such as player names, actions, and language used

All decisions made by the referee in relation to match play are final and must be respected by all participants.

Starting and Restarting Play

Kick-off

A kick-off is used to begin a match and to restart play at the start of the second period. A goal cannot be scored directly from a kick-off.

When a kick-off is taken:

- All players must be in their own half of the pitch
- The opposing team must be at least 3 metres away from the ball
- The ball must be placed still on the centre spot
- Play begins only once the referee or match official signals
- The ball is live as soon as it is kicked and clearly moves
- The player taking the kick-off may not touch the ball again until another player has played it

Following a goal, play restarts from the centre spot.

If the player taking the kick-off touches the ball again before it has been played by another player, the opposing team is awarded an indirect free kick from the point of the offence. Any other kick-off error will result in the kick-off being retaken.

Drop Ball

A drop ball is used to restart play after a temporary stoppage where no other restart applies.

The drop ball will be retaken if:

- A player touches the ball before it reaches the ground
- The ball leaves the pitch after hitting the ground without being touched

To restart play:

- The referee drops the ball at the location where play was stopped
- If the ball was in the goalkeeper's possession at the time, the goalkeeper will restart play by throwing or kicking (but not directly from the hands) the ball.
- Play resumes as soon as the ball makes contact with the ground.

Goalkeepers

When the ball is in the possession of the goalkeeper, he may not kick it from out of his hands directly without it touching the floor first. If the player kicks it directly from their hands, a penalty is awarded to the other team.

Additionally, when including the goalkeeper in a passage of play the following rules must apply

- A pass from a goalkeeper to an outfield player of the same team must touch another player before returning to the goalkeeper
- And pass from an outfield player to the goalkeeper must touch another players before returning to the initial player

Ball Out of Play

The ball is considered out of play when:

- It completely crosses either the touchline or goal line, whether along the ground or in the air
- The referee or match official stops the game

At all other times, the ball remains live, including when:

- It rebounds back into the playing area from the goalposts, crossbar, or pitch barriers
- It deflects off the referee while remaining on the field of play

Kick-ins

When the ball has wholly crosses the touchline and the referee stops the game, the game can be restarted by:

- Taking a throw in while facing the field of play, having part of each foot on the touchline or on the ground outside the touchline and throwing the ball with both hands from behind and over the head from the point where it left the field of play
- Taking a kick-in with the ball stationary behind the touchline from the point where it left the field of play

Scoring a Goal

A goal is awarded when the entire ball crosses the goal line between the posts and beneath the crossbar, provided it has not been handled, carried, or thrown by an attacking player, including the goalkeeper.

Points

Throughout the season, the winner of each match is awarded;

Win – 3 Points
Draw – 1 Point
Loss – 0 Points

The team with the most goals combined from the team's pitch and scales efforts, wins. If both teams score an equal number of goals or if no goals are scored, the result is a draw (+1 Point).

Match Duration

Standard matches at Fat 2 Fit FC are scheduled to last 60 minutes in total and are normally played as three 20-minute periods, with a short 2-minute interval to allow teams to change ends.

Where appropriate, and to help sessions run smoothly, the Lead Coach and match official may agree for the game to be played with two 30 minute periods. Any such decision must be made before the season begins, applied consistently throughout that season, and clearly communicated to all members.

If a penalty kick is awarded just before the end of a half, the playing time may be extended to allow the kick to be taken.

Half-time breaks must be kept brief and should not cause delays that interfere with subsequent games or exceed the booked pitch time, as judged by the match official.

Free Kicks

In **Fat** 2 Fit FC matches, both direct and indirect free kicks are used. For all free kicks:

- The ball must be completely still before the kick is taken
- The player taking the kick may not play the ball again until it has been touched by another player

From an indirect free kick, a goal can only be scored if the ball touches another player before entering the goal.

When an indirect free kick is awarded:

- Opposing players must stand at least 3 metres away from the ball where they can
- The ball is considered in play once it has been clearly kicked or moved

The referee will indicate an indirect free kick by holding one arm raised above their head. The arm will remain raised until the ball has touched another player or goes out of play.

If a defending player is closer than the required distance when the free kick is taken, the kick will be retaken.

If the player taking the free kick touches the ball a second time before it has been played by another player, the opposing team will be awarded an indirect free kick from the point where the offence occurred.

No free kick can be awarded within 10 yards of the goal area. If an offence has been commited within 10 yards, the ball must be moved back to a minimum on 10 yards from the goals area.

Fouls

All fouls committed during a **Fat** 2 Fit FC session are dealt with in line with the Laws of the Game, include the additon of awarding a indirect free kick when another player attempts to play the ball when it is being played or attempted to be placed (slide tackle).

Decisions made by the referee or match official are to ensure safety, fairness, and respect for all players.

Where a yellow card is issued, the player will be temporarily removed from the pitch and required to complete one of the following at random:

- One full lap of the pitch
- 20 star jumps
- 20 burpees

Once completed, the player must wait for the permission from the referee to re-enter the field of play.

This approach reinforces accountability while keeping the focus on participation, fitness, and enjoyment rather than punishment.

Any foul that results in a red card will lead to the player being immediately removed from the field of play for the remainder of the match. The player will take no further part in that session. Following the game, the incident will be formally reviewed by the club, and the outcome of that review will determine whether a suspension is issued and, if so, the length of that suspension. All decisions will be made with fairness, safety, and the wellbeing of all participants in mind.

Taking A Penalty Kick

When taking a penalty kick:

- The ball must be placed correctly on the penalty spot
- The player taking the kick must be clearly identified to the referee

Before the kick is taken, the following positioning rules apply:

Goalkeeper

- The defending goalkeeper must remain on the goal line until the ball is struck
- The goalkeeper must face the penalty taker
- The goalkeeper must stay between the goalposts

All Other Players

- Must remain within the field of play
- Must stay outside the penalty area
- Must be positioned at least 3 metres behind the ball and either to the side of or behind the penalty spot

The referee will signal when the kick may be taken, and all players must comply with these positioning requirements.

Penalty Kick Infringements

If any rules are broken during the taking of a penalty kick, the following actions will apply:

Defending Team Offence

- If a defending player infringes the rules and a goal is not scored, the penalty kick will be retaken
- If a goal is scored despite the infringement, the goal will stand and the kick will not be retaken

Attacking Team Offence (Other Than the Kicker)

- If an attacking player other than the penalty taker infringes the rules and a goal is scored, the kick will be retaken
- If no goal is scored, play will restart without a retake

Penalty Taker Offence

- If the player taking the penalty breaks the rules after the ball is in play, the opposing team will be awarded an indirect free kick
- The free kick will be taken from the location of the offence, or from the nearest point on the edge of the penalty area if the infringement occurred inside the area

All decisions regarding infringements and restarts are at the discretion of the referee.

Laws Of The Game Adaptaions

All other rules that are used in The International Football Association Board Laws of The Game apply to **Fat** 2 Fit FC sessions with the following adaptations:

- A pass from a goalkeeper to an outfield player of the same team must touch another player before returning to the goalkeeper
- And pass from an outfield player to the goalkeeper must touch another players before returning to the initial player

Determining The Winner

The League

The league title is awarded to the team that finishes the season (10 matches) with the highest total of points.

If two or more teams end the season level on points, goal difference will be used to separate them.

If teams are still tied after goal difference, the deciding factor will be the total number of weight-loss goals achieved by each team.

The Cup

The cup competition is played as a knockout competition with as many round as required.

The team that finishes in 1st place will play 2nd place. 3rd place will play 4th place. This will continue in this order, no matter how many teams are entered.

If the teams are still tied after the two legs, the deciding factor will be the total numbers of weigh-loss goals achieved by each team over the two matches.

If the teams are still tied, then a penalty shoot-out will occur.