

REGULATIONS FOR THE WOMEN`S BALTIC LEAGUE 2024

Preamble

- A) The present regulations govern the rights, duties, and responsibilities of all parties participating and involved in the preparation and organization of the Baltic League.
- B) The Baltic League will not change the system of the Lithuanian, Estonian, and Latvian Championships or Lithuanian, Estonian and Latvian clubs' qualification system for the UEFA club competitions.
- C) Where the masculine form is used for functions such as player, coach, referee, assistant referee, delegate, team official, supporter, etc., the feminine form also applies, and vice versa.

1. Entries and Duties

- 1.1. The Baltic Women`s Football League (hereinafter - the Competition) will be arranged every year.
- 1.2. The two best clubs from Lithuania, Estonia and Latvia according to the results of the domestic women`s top championships can enter the Baltic League the next year. If one of these clubs does not want or cannot enter the competition, the replacement will be done under the sportive principles.
- 1.3. By entering the Competition, participating clubs and their respective national associations undertake, in particular:
 - 1.3.1. to comply with Baltic League`s statutes, regulations, and its decisions;
 - 1.3.2. to stage all matches in the Competition following the present regulations, and to field their strongest teams;
 - 1.3.3. to observe the principles of fair play;
 - 1.3.4. to fulfill their commitments and responsibilities towards the international media;

2. Cup and Medals

- 2.1. A cup donated by the Baltic League organizers – the Lithuanian Football Federation is presented to the winning club.
- 2.2. 30 (thirty) gold medals are presented to the winning club, 30 (thirty) silver medals to the second place, and 30 (thirty) bronze medals to the third place team. Additional medals may not be produced.

3. Control and disciplinary committee

- 3.1. A Control and Disciplinary Committee (Organizing Committee) will be appointed before the start of the tournament and shall consist of one representative from each participating association. The member of the host association shall be the chairman.
- 3.2. The Organizing Committee is the highest operational management body. It is responsible for all decisions concerning the present regulations and those, that are not stipulated in the regulations.

- 3.3. The Organizing Committee shall be called when needed, either by the Chairman or any of the other members.
- 3.4. The Organizing Committee shall deal with protests, disciplinary measures, and other matters concerning the tournament, which are not mentioned in these regulations. A member of the Committee shall not take part in dealing with matters concerning his association.
- 3.5. During the meetings written notes shall be taken and distributed to all members.
- 3.6. Protests against the validity of a match shall be put verbally to a member of the Organizing Committee, not later than one hour after the match concerned and in writing until midnight (00:00) on the same day. Protests shall be dealt with as soon as possible and the Committee's decisions are final.

4. Responsibilities of the associations and clubs

- 4.1. The Baltic League 2024 is organized by the Lithuanian Football Federation.
- 4.2. The Baltic League manages the Competition according to these regulations.
- 4.3. The Organizing Committee and The Baltic League organizing Federation will create the best possible conditions for staging the Competition, covering, among other aspects, the promotion, coordination, and administration of the Competition, the entry procedure and authorization to take part, the match system, the Laws of the Game, refereeing, control, and disciplinary matters.
- 4.4. The Organizing Committee and The Baltic League organizing Federation ensure their area of responsibility, following the present regulations.
- 4.5. The clubs are responsible for the behavior of their players, officials, members, supporters, and any person carrying out a function at a match on their behalf.
- 4.6. The host club (or the host association) is responsible for order and security before, during, and after the game. The host club (or the host association) may be called to account for incidents of any kind and may be disciplined.
- 4.7. The host club in all cases exempts The Baltic League from any claims for damages or liability resulting from the staging of the matches, regardless of whether the matches in question take place or not.
- 4.8. Matches may be played either on the grounds of the host club or on another ground in the same or another city within the territory of its national association. If the match is being played on another ground in the same or another city or country, the venue is subject to the approval of the organizing country.
- 4.9. The host club must stage the relevant matches at the ground following the instructions of the Baltic League and in cooperation with the national association concerned. However, the club is considered solely accountable for all its obligations in this respect, unless the relevant body or bodies decide(s) otherwise.
- 4.10. Matches can be played on both surfaces (natural and artificial).

5. Competition System

Approved by the decision of the Executive Committee of the Lithuanian Football Federation on 01-02-2024

- 5.1. The Competition will run as round round-robin tournament and final stage.
- 5.2. There will be two stages in the Competition. In round round-robin tournament, the clubs will play each other in 5 single-leg matches (each team will play 2 away matches).
- 5.3. After the group stage semi-finals for the top-ranked 4 teams will take place:
 - 5.3.1. 1st Team vs 4th Team, the host switched from the main round
 - 5.3.2. 2nd Team vs 3rd Team, the host switched from the main round
- 5.4. 5th place match will take place together with the semi-finals - 5th Team vs 6th Team, host switched from the main round
- 5.5. Final and 3rd place matches will take place:
 - 5.5.1. Winner 1st/4th Home – Winner 2nd/4th Away
 - 5.5.2. Lost Team 1st/4th Home – Lost Team 2nd/4th Away
- 5.6. Three points are awarded for a win, one point for a draw, and no points for a defeat. Extra time and penalty kicks are possible in semi-finals and matches for the place if the result is a draw.
- 5.7. In 2024 matches must be played according to the fixed schedule which will be approved by the clubs and submitted to the organizing country. Match round windows:
 - 5.7.1. Round I
 - 5.7.2. Round II
 - 5.7.3. Round III
 - 5.7.4. Round IV
 - 5.7.5. Round V
 - 5.7.6. Semi-finals + 5th place match June 11th
 - 5.7.7. Final + 3rd place match August 17th
- 5.8. If two or more teams are equal on points the following criteria are applied to determine the rankings:
 - 5.8.1. Result in matches played among teams in question (number of points, goal difference, number of goals scored).
 - 5.8.2. superior goal difference in all the matches.
 - 5.8.3. a higher number of goals scored in all the matches.
 - 5.8.4. minimum number of penalty points (red card – 3 points, yellow card – 1 point).
 - 5.8.5. drawing of lots.

6. Match Administration

- 6.1. Matches must be played according to the schedule fixed in paragraph IV
- 6.2. The schedule might change only upon confirmation from the Organizing Committee.
- 6.3. The venues of the matches will be fixed by the host clubs and announced to their opponents and all the participating associations. In case the venue of the upcoming match has changed, the host club should inform the visiting team and organizers 7 working days before the match.
- 6.4. The kick-off times must be announced to the opponents and all the participating associations.

- 6.5. The teams must arrive at least 90 minutes before the kick-off to the stadium.
- 6.6. The half-time interval lasts 15 minutes.

7. Stadiums and Match Organization

- 7.1. The Baltic League organizing country may refuse to permit matches to be played at stadiums that do not measure up to international standards. Stadiums must be in good condition in terms of both their playing surface and facilities and fully comply with the Laws of the Game. They must conform to the safety and security prescriptions of the competent civil authorities.
- 7.2. The changing and personal hygiene facilities for players and referees must meet current requirements, namely:
 - 7.2.1. separate, clean, and properly maintained shower facilities (at least five showers per team and a minimum of one shower for the referees);
 - 7.2.2. individual and separate (from those intended for supporters) seated toilets for the teams and referees;
 - 7.2.3. sufficiently large dressing rooms for the delegations (at least 25 seats and one massage table per delegation);
 - 7.2.4. a sufficiently large dressing room for the referees (at least four seats and a desk);
- 7.3. The clubs taking part in the Competition must ensure that the stadiums they use undergo a periodic safety check, including a determination of the capacity, by the competent authorities, or by a body recognized by the latter.
- 7.4. In the interests of the safety of players and match officials, participating clubs must provide access to the field of play that guarantees the safe entry and exit of these persons.
- 7.5. Following Law 1 of the *Laws of the Game*, matches may be played on artificial turf, provided that such artificial turf meets all of the following conditions:
 - 7.5.1. the artificial turf meets any of the applicable FIFA quality standards for artificial turf, currently corresponding to the "FIFA Quality", the "FIFA Quality Pro" following the "FIFA Quality Concept - Handbook of Test Methods and Requirements for Artificial Turf Football Surfaces" as well as all requirements under the applicable national laws and regulations;
- 7.6. The owner of the artificial turf and the host club must obtain sufficient warranties and/or guarantees related to the material and the installation from the manufacturer and the installer of the artificial turf.
- 7.7. The Baltic League cannot be held responsible for any damages to third parties resulting from the use of the artificial turf.
- 7.8. Matches may be played in daylight or under floodlights. For matches where floodlighting is required, the light average must correspond to Ev (lux) 500 towards the main camera(s) and Ev (lux) 300 towards areas of secondary interest.

- 7.9. Clocks in the stadium showing the amount of time played may run during the match, provided they are stopped at the end of normal time in each half, i.e. after 45 and 90 minutes respectively.
- 7.10. Transmissions of any images and/or messages on giant viewing screens inside and outside the stadium are allowed. However, transmissions, images, or messages should be approved by the Baltic League organizing country before the match.
- 7.11. At the matches, there must be an announcement in at least 2 languages, in local language and English.
- 7.12. For the matches at least 10 (ten) match balls and a minimum of 6 ballboys/girls must be provided by the host club.
- 7.13. To ensure the smooth running of matches, the host association must provide ballboys/girls for each match.
- 7.14. It is allowed to sell light alcoholic drinks, which concentration of defined in each separate municipality.
- 7.15. If the host club deems that the field of play will not be fit for play, it must notify the visiting team, the referees, and the official delegates before their departures. Otherwise, the host club is responsible for their travel, board, and lodging expenses. The Baltic League Committee must be notified at the same time. The Baltic League organizing country makes the necessary decision.
- 7.16. If any doubt arises as to the condition of the field of play after the visiting team departs from home, the referee will decide on the field of play itself whether or not it is fit for play.
- 7.17. If the referee declares that the match cannot commence because the field is not fit for play, or because of the weather conditions, the match must in principle be played the following day. Such re-arranged fixtures are subject to the approval of the Baltic League organizing country.
- 7.18. If a match is abandoned before the end of normal time, because the field is not fit for play, or because of the weather conditions, a 90-minute replay must in principle be played the following day. In consultation with the clubs concerned, the match may, however, be replayed on another date set by the Organizing Committee within two hours of the referee's decision to abandon the match. In case of dispute, the Baltic League organizing country shall fix the date and the kick-off time of the match. This decision will be final.
- 7.19. If the match cannot commence or is abandoned before the end of normal time or during any extra time for reasons beyond control, a 90-minute replay must in principle be played on a new date set by the Organizing Committee. This decision will be final.

8. Principles of protocol and organization

- 8.1. At all matches in this Competition, the players are invited to shake hands with their opponents and the referees after the line-up procedure as well as after the final whistle, as a gesture of fair play.

- 8.2. Seven (7) team officials and twelve (12) substitute players are allowed to sit on the substitutes' bench, i.e. a total of 19 persons. The names of all these persons and their functions must be listed on the match sheet.
- 8.3. If space so permits, up to five additional technical seats are allowed for club staff providing technical support to the team during the match (kit manager, assistant physiotherapist, etc.). Such seats must be outside the technical area, behind or to the side of the benches but with access to the dressing rooms. The names of all these persons and their functions must be listed on the match sheet.
- 8.4. Smoking is not allowed in the technical area during the match. Any violation of this rule will be reported to the Baltic League organizing country.
- 8.5. An adequate security staff must be present, to guarantee safety and security in the stadium.
- 8.6. The host club must ensure an appropriate medical service at matches.
- 8.7. No spectators are allowed in the area between the stands and the touch-line or goal line.
- 8.8. The host club grants a free entrance to the matches for media representatives.
- 8.9. The host club provides media representatives with adequate working conditions and information.
- 8.10. It is a common practice that players, coaches, and representatives of clubs are ready to communicate with the media and do not damage the image of the Baltic League in interviews given to the media.
- 8.11. Players, coaches, and representatives of clubs are not allowed to try to influence referees in interviews given to the media.
- 8.12. If the teams arrange to hold official training sessions in the stadium where the match will take place, they should, in principle, be open to the media. If the coach requires a degree of privacy, he may arrange for part of the training session to be closed but must allow media access for at least 15 minutes.
- 8.13. Interviews are not permitted before, during or after the match on the field of play itself or in its immediate vicinity. However, the host club may designate an area between the substitutes' benches and dressing rooms in which "flash" interviews can take place at half-time and at the end of the match. A "flash" interview during the half-time interval may only be conducted in the designated area with the coaches of the two teams involved in the match, or their assistants, subject to their prior consent. Players, including those on the substitutes' bench, may not be interviewed during the half-time interval. Interviews are also allowed with coaches and players upon their arrival at the stadium, on their way from the team bus to the dressing room area.
- 8.14. If the post-match press conference will take place at the venue, it must start no later than 15 minutes after the final whistle. The host club is responsible for providing the necessary infrastructure (interpreting and technical equipment). Both clubs are obliged to make their team manager/coach, and one or two players, available for this press conference.

- 8.15. The team dressing rooms are off-limits to representatives of the media before, during, and after the match.
- 8.16. No representatives of the written press or radio journalists are allowed in the playing area or the area between the boundaries of the field and the spectators.
- 8.17. In terms of the mass media, photographers, TV cameramen, and the personnel required to operate an electronic television camera of the host broadcaster – all equipped with special permits for the event – are allowed in the area between the boundaries of the field and the spectators, where they will carry out their work in the specific locations assigned to them.

9. Laws of the Game

- 9.1. Matches are played in conformity with the *Laws of the Game* promulgated by the International Football Association Board (IFAB) and published by FIFA.
- 9.2. Each team may use up to 9 (nine) substitutes during the match. However, no more than 3 (three) stoppages per team are allowed for substitutions during the 2nd (second) half. Substitutions made at halftime will not be counted as substitution pauses.
- 9.3. The use of preferably electronic substitution boards to indicate the substitution of players is compulsory. Substitution boards must be numbered on both sides.
- 9.4. During the game, substitute players are allowed to leave the technical area to warm up. The pre-match organizational meeting (participating referee and one of the team representatives) is held 90 minutes before the kick – off . The referee will determine exactly where they should warm up (behind the first assistant referee or behind the advertising boards behind the goal) and how many substitute players are allowed to warm up simultaneously and compared match kit. In principle, three substitutes and physio per team shall be allowed to warm up at the same time; exceptionally, if space permits, the referee can allow the seven substitutes of each team to warm up simultaneously in the determined area.
- 9.5. Each club shall participate with a maximum of 35 players. During the season Lithuania and Latvia participants use the COMET system and in matches with the Estonian team will use paper match sheets which will be later filled in the COMET system by the Competition organizer.
- 9.6. In case of a match with Estonia clubs:
 - 9.6.1. Before the match, each team will receive a match sheet on which the numbers and full names of the 23 players in the squad can be entered, together with the full names of the officials seated on the substitutes' bench and the additional technical seats. The match sheet must be properly completed in block capitals, and signed by the competent club official.
 - 9.6.2. The 11 players marked in column P must commence the match. Up to twelve players can marked in column S and they are designated as substitutes. The rest of the players must be marked as A and they will take no part in the match. The numbers on the players' shirts must

correspond with the numbers indicated on the match sheet. The goalkeepers and team captain must be identified.

- 9.6.3. Both clubs must hand their match sheets to the referee at least 60 minutes before kick-off.
- 9.7. In case of a match with Lithuania and Latvia clubs:
 - 9.7.1. The registration of the players and the officials seated on the substitutes' bench and on the additional technical seats of the match is carried out in the COMET system by filling out the Match sheet.
 - 9.7.2. The registration of the participants of the match must be completed at least 60 minutes before kick-off.
- 9.8. If the match sheet is not completed in time, the matter will be submitted to the Disciplinary Committee.
- 9.9. Nine (9) of the substitutes listed on the match sheet may take part in the match. A player who has been substituted may take no further part in the match.
- 9.10. Before the start of the match, the Match sheet completed and approved of both Teams can be changed in the COMET system or Paper Match sheet only in compliance with the following requirements:
 - 9.10.1. If any of the starting line-up (11) registered players are not able to start the match for any reason, they may be replaced by any of the nine substitutes. Such replacements will reduce the quota of substitute players accordingly. During the match, **nine** players may still be replaced.
 - 9.10.2. If any of the nine substitutes listed on the match sheet are not able to be fielded due to physical incapacity, she may be replaced by a player listed in the column A on the match sheet.
 - 9.10.3. If none of the goalkeepers listed on the match sheet can be fielded due to physical incapacity, they may be replaced by registered goalkeepers listed in column A on the match sheet.

10. Player Eligibility

- 10.1. A player is eligible to play in the Competition if she is eligible to play for his club in the domestic Premier League. A player must be age of 16 (sixteen) by the end of the calendar year when the match is played.
- 10.2. Each player taking part in the Competition must have a valid passport or identity card, containing a photograph and giving full particulars of his date of birth (day, month, year). If a player does not have a valid passport or identity card, she will not be allowed to take part in the Competition.
- 10.3. For identification 60' before the match the fourth official referee will arrange a visual check of each player participating in a match and all players on the match sheet must have a valid passport or identity card.
- 10.4. All players must undergo a medical examination.
- 10.5. Each team must send the list of 35 (thirty-five) eligible players two days before each match to all the participating national associations and to Competition organizer by e-mail to: lmfa@lff.lt and this must be signed by person responsible for women`s football within the national association.

- 10.6. The list of players - maximum 35 (thirty-five) players may contain exactly so many players as its national association allows them to have in Premier League. The player must be registered in a national federation.
- 10.7. All registered players must wear set numbers between 1 and 99. No number may be used by more than one player.
- 10.8. When submitting player registration lists, the national association and club concerned must vouch for the content and are responsible for ensuring that the aforementioned provisions are respected.
- 10.9. The Organizing Committee decides on questions of player eligibility. Challenged decisions are dealt with by the Disciplinary Committee.

11. Team kits

- 11.1. The *UEFA Kit Regulations* apply to any kit (sports equipment) used in the stadium during the entire Competition.
- 11.2. The teams will wear their first kits to the matches. If both teams' shirts and/or socks are same coloured, the visiting team will change the shirts and/or socks.
- 11.3. The Baltic League organizing federation declines all responsibility and authority in the event of conflicts arising from contracts between a club and its sponsors and/or a club and a manufacturer on account of the provisions of the *UEFA Kit Regulations* regarding the sponsor advertising and/or the manufacturer identification.

12. Match officials

- 12.1. The home club's national association appoints referees, two assistant referees, fourth official and the delegate/referee observer. Preferably referees with women FIFA category, following by Men National or 1st category. All of the persons' names mentioned must be informed to all the national associations and the clubs concerned with the match at least two days before the match.
- 12.2. Directly after the match, the referee completes an official report in COMET system. If in the match was used paper match sheets, signed and completed official report shall be submitted within 3 (three) hours to his/her national association and to Competition organizer by e-mail to lmfa@lff.lt who is obliged to upload to a shared server. In addition, the originals must be sent by post within 48 (forty eight) hours of the end of the match to his/her national association. The referee must always keep a copy of his report and both match sheets.
- 12.3. On the report, the referee reports in as much detail as possible on any incidents before, during, or after the match, such as:
 - 12.3.1. misconduct of players, leading to caution or expulsion;
 - 12.3.2. unsporting behavior by officials, members, supporters, or anyone carrying out a function at a match on behalf of an association or club;
 - 12.3.3. any other incidents.

13. Disciplinary Law and Procedures

- 13.1. As a rule, a player who is sent off the field of play is suspended for the next match in the Competition. The organizing country is entitled to augment this punishment.

- 13.2. A player is suspended for the next match automatically after her third yellow card. Every participating association keeps the table of all of the yellow and red cards. Cautions that have not resulted in a suspension expire on completion of the group stage. They are not carried forward to the semi-finals.

14. Matches abandoned, disqualified and unregistered players

- 14.1. Participating clubs are obliged to show up to the stadium at the designated time. The team that does not show up to the match will be counted with the technical loss 0:3. The kick-off of the match cannot be delayed over 45 (forty-five) minutes.
- 14.2. If the player who does not have the right to participate in the match (not registered with the National Association, LFF, suspended, etc.) is included in the match protocol, the result will be annulled and the team will be counted with the technical loss 0:3. All the cautions and expulsions will remain.
- 14.3. If in the match in which the technical loss is counted, the Team, that breached article 13.2 of these regulations, actually lost by a margin of more than 3 (three) goals, the actual result shall be counted.

15. Protests

- 15.1. Participating associations and their clubs are entitled to protest. The party protested against and the disciplinary inspector have party status.
- 15.2. Protests must reach the organizing country by e-mail to: lmfa@lff.lt in writing, stating the reasons, within 24 (twenty-four) hours of the match and it must be noted down to the match report.
- 15.3. This 24 (twenty-four) hours time limit cannot be extended.
- 15.4. A protest is directed against the validity of a match result. It is based on a player's eligibility to play, a decisive breach of the regulations by the referee, or other incidents influencing the match.
- 15.5. Protests concerning the state of the field of play must be submitted to the referee by the relevant officials before the match. If the state of the field of play becomes questionable in the course of the match, the team captain must inform the referee in the presence of the captain of the opposing team, orally without delay.
- 15.6. Protests cannot be lodged against factual decisions taken by the referee.
- 15.7. A protest against a caution or expulsion from the field of play after two cautions is admissible only if the referee's error was to mistake the identity of the player.

16. Financial Provisions

- 16.1. For all matches in this Competition, the national association of the host club, on behalf of the Baltic League, assumes the costs of referee, two assistant referees and fourth official, transport of referee, two assistant referees and fourth official as well as broadcasting costs. National Association assigned as Baltic league organizers for particular year arranges and assumes the costs of marketing and branding materials.
- 16.2. For all matches in this Competition clubs assumes the costs of accommodation, food and transport themselves.

17. Marketing Rights

- 17.1. All marketing rights concerning The Baltic League belong to the Football Associations of Lithuania, Estonia and Latvia.
- 17.2. Match Home team Association media officer must send match broadcast link at least 24 (twenty-four) hours before the start of the match to all parties.

18. Intellectual Property Rights

- 18.1. The Baltic League is the exclusive owner of all intellectual property rights of the Competition, including but not limited to any current or future rights of the Baltic League's names, logos, brands, medals and trophies. Any use of the aforementioned rights requires the prior written consent of the Baltic League and must always conform to Baltic League's instructions and guidelines on correct usage.
- 18.2. All rights to the fixture list, as well as any data and statistics in relation to the matches in the Competition, are the sole and exclusive property of the Baltic League.

19. Court of Arbitration for Sport (CAS)

- 19.1. In case of litigation resulting from or in relation to these regulations, the provisions regarding the Court of Arbitration for Sport (CAS) laid down in the UEFA Statutes apply.

20. Closing Provisions

- 20.1. The Organizing Committee will decide on any matters not provided for in these regulations, as well as in cases of force majeure. Such decisions are final.
- 20.2. Any unforeseen matters not mentioned in the regulations such as but not limited to: protests, disputes, unsporting behaviour will be reviewed by Control and Disciplinary Committee (Organizing Committee).
- 20.3. All annexes form an integral part of these regulations.
- 20.4. These regulations apply for the 2024 season.

21. Annex - Stadiums

- 21.1. Stadiums must be in good condition in terms of both their playing surface and facilities and fully comply with the Laws of the Game. They must conform to the safety and security directives of the competent civil authorities.
- 21.2. In addition to the provisions stipulated in the Competition regulations (Article 7), the following requirements must be met:
 - 21.2.1. The playing fields should be freshly mowed.
 - 21.2.2. Pitches should in principle measure 105 x 68 m.
 - 21.2.3. One replacement goal must be available in the stadium.
 - 21.2.4. The stadiums must be equipped with two covered benches at pitch level each providing seating room for 13 people in total. These benches must be positioned at least four metres from the touchline and must not present a risk for the safety of the players. If possible, covered seats for two persons must also be provided between the substitutes' benches.

- 21.2.5. Each stadium must provide adequate public first aid and fire-fighting equipment as well as sanitary facilities for both sexes and must meet Baltic League's requirements for the safety and security of spectators.
- 21.2.6. Each stadium must be equipped with a public address system.
- 21.2.7. At least one massage table must be provided in each dressing room.
- 21.2.8. The teams and the referees must be provided with the necessary facilities in order to enable them to take a hot shower after the match.

22. Annex - Match organisation

- 22.1. The following principles for match organisation apply:
 - 22.1.1. Please refer to Article 5 of the Competition system.
 - 22.1.2. A minimum of six ball girls/boys should be provided for each match.
 - 22.1.3. 10 match balls should be made available per match.
- 22.2. The following principles for pre-match procedure apply:
 - 22.2.1. Arrival at the stadium: - 90' Teams, referees, official match delegate or referee observer[
 - 22.2.2. Match sheet to be completed by - 60' Both teams
 - 22.2.3. Match timetable:
 - 22.2.3.1. - 60' to -15' Warm-up on the pitch
 - 22.2.3.2. - 6' Stud check in the corridor
 - 22.2.3.3. - 4' Teams come onto the field and stand in line facing the VIP box
 - 22.2.3.4. - 3' Hand-shaking procedure and team photos
 - 22.2.3.5. - 1' Coin toss
 - 22.2.3.6. - 0' Kick-off
 - 22.2.4. This timetable may be adapted to take account of the distance between the dressing rooms and the playing field.
 - 22.2.5. Half-time interval: 15'
 - 22.2.6. After the final whistle both teams, referee and assistant referees gather in the centre circle, shake hands with each other and wave goodbye to the spectators.

26. Fair play

- 22.3. The idea of playing a game fairly and treating an opponent in a sporting manner is one of the finest elements to be found in any sport. In fact, it was sport that gave birth to the now widely used expression and concept of fair play. It remains as vital an ingredient of our sport today as it ever did, and most spectators would agree that only a fair match can be an entertaining one.
- 22.4. The concept of fair play can be broken down into the following principles, which apply as much to the players as to other individuals connected with the game:
 - 22.4.1. The Laws of the Game and the regulations of the various competitions must be respected.
 - 22.4.2. Every effort should be made to behave in a sporting manner towards opponents, referees and any other persons involved in matches, such

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as spectators, officials of other clubs and associations, and representatives of the media.

22.4.3. Anyone else involved in matches should be encouraged to behave in the manner outlined above before, during and after a match, irrespective of the result of the match and the decisions taken by the match officials.

These Regulations are approved by the LFF Executive Committee in 2024 February 1st decision.

These Regulations enter into force from 2024. ____ month __d.

LFF president: Edgaras Stankevičius

General Secretary of LFF: Rita Bagdonienė