

7 A-Side One Day Football Tournament Application Form

Introduction

- The following is a comprehensive list of rules and regulations relating to the playing of 7-A-Side Football.

Team Structure

- There will be a maximum of 7 players per team on the field at any one time
- Minimum age is 15yrs.
- Each team may field six outfield players and a goalkeeper on the pitch at any one time
- Each team can use a maximum of 14 players per game unless prior permission is given by the organisers

Substitutions

- Substitutions are unlimited during the game, can only be made when the ball is out of play and only with the Referees consent
 1. Outgoing substitutes must leave the field of play at the halfway line and before the replacement enters the playing area
 2. The oncoming players are active immediately and can receive the ball.
 3. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances
 4. Teams may change their goalkeeper more than once during the course of the game,
BUT
 1. A change of goalkeeper must be authorized by the referee
 2. No change will be allowed during a free kick or if a penalty is awarded

Game Structure

- The length of the match will be of 25 minutes
 1. The start and end of the game will be decided on the referees initial and final whistle
 2. Referees can extend time on the following
 1. Allow for a free kick or corner to be played
 2. When a team is in an attacking goal scoring position.
 3. When teams are deliberately time wasting.
 3. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre
 4. The ball may be kicked forward or backward from the kick-off (centre), however a goal cannot be scored directly from a kick-off

General Play

- Teams should arrive at the indicated premises not later than 15 minutes before the start of the match.
- Group placings will be decided by points gained, followed by goal difference (goals scored subtracted by goals against), followed by goals scored, followed by head to head, followed by a penalty shootout.
- Drawn games in the knockout stages will be decided by 5-penalty kicks to each team followed by sudden death. In the final, if the game ends in a tie, a 10 minute extension of extra time follow. If there is no winner after the extra time, the teams follow a 5-penalty kick procedure followed by sudden death.
- Regulation 11 a side rules apply with the following exceptions:
 1. There are no off-sides
 2. The Goal-keeper cannot punt or drop kick the ball out of their hands
 3. Limited Sliding

Re-Starting the game

- If the ball goes out of play over the side-line a Throw-in will be awarded depending on which team had the final touch
 1. A proper throw-in technique must be used
- If the ball goes out of play behind the end line, a corner kick or a goal kick will be awarded depending on which team had the final touch

Special Rules pertaining to goalkeeper distribution:

Goal Kicks

1. The goal kick must be taken from the ground
2. The ball can be placed anywhere inside the penalty area
3. They must either throw it or place the ball on the ground and play it with their feet.
4. However once they place the ball on the ground it is then deemed in play and they cannot pick it back up again

Free Kicks and Penalty Kicks

- All free kicks with the exception of the goalkeeper being penalised for incorrect distribution are as per FIFA rules
- 1. Opposition players must be at least Five meters from where any free-kick is taken
 1. If opposing players do not retreat the required Five (5) meters the kick may be moved forward one meter
 2. A penalty kick will be placed directly in the centre of the goal, eight (8) metres from the goal line
 3. The Goalkeeper must be on the goal line when a penalty is being taken.
- A penalty kick will be awarded for any infringement of the laws of the game inside the penalty area
- When games need to be decided by penalty kicks the last player in goals at the time of then of game siren or referees whistle will be the goal keeper.
 - Best of 3 penalty kicks and if no winner then sudden death (One player to score and one player to miss)

Player Safety - It must be stressed that player safety is of primary concern

The wearing of any form of jewellery (including watches) is not permitted during play.

1. Suitable footwear must be worn. Plastic moulded studs or turf specific shoes are a great option.
 1. Football boots with removable sprigs are **not allowed** as they cause damage to the artificial turf machinery
 2. Football boots with **metal studs** or **flat soled sneakers/ futsal** or **indoor shoes** may not be allowed at certain venues, so please don't wear them
 3. Please check with the venue if you are not 100% sure
2. **It is Strongly recommended that all players wear shin pads, but this is not compulsory**
 1. Kummissjoni Zghazagh Bajdisti will not take any responsibility for injuries caused to players not wearing shin pads as it is understood that this is the individual players own decision
3. Dangerous tackles will be punished with either a yellow or red card
4. Anyone instigating or retaliating with violent behaviour will be immediately shown a red card

Disciplinary

▪ Yellow Card & Red Cards

1. A player who receives a yellow card must leave the field of play for 4 minutes
2. A player who receives two yellow cards in one game must leave the field of play for the entire game
3. A player who receives a straight red card must leave the field of play immediately and for the entire game
4. A player who is yellow carded or sent off cannot be replaced by another player
5. If a player is given a red card whilst off the field of play (for unacceptable conduct on the side-line), the team must correspondingly reduce the number of players on the field.

▪ Suspension

1. A player who is sent off may receive a suspension of 1 game, depending on the player or teams history
2. In the case serious foul play or foul/abusive language the suspension will be extended to **2 Games** or longer should the organisers deem this necessary

3. Teams that continue to have poor player discipline may be removed from the competition
4. Players playing whilst suspended will have a further three match ban added to the end of their current suspension.

DISPUTES/DISCIPLINE

1. The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the field with him about any decision
2. The Referees jurisdiction on disciplinary matters will apply until players leave the pitch
3. Players repeatedly disputing decisions may have further disciplinary action taken against them
4. The organizers reserve the right to forfeit games or disqualify teams from the Competition as a whole in front of incidences of indiscipline, poor sportsmanship or behaviours threatening the continuation of the tournament from either players or supporters.