



7-a-Side Football

YCA Cultural Project Tournament Rules

FORMAT

- The YCA Cultural Project tournament features 16 teams.
- There are two stages: the group stage followed by the knockout stage.
- In the group stage, teams compete within four groups of four teams each.
- The top two teams from each group advance to the knockout stage.
- In the group stages, three points will be awarded for a win, one for a draw and none for a loss.
- If two or more teams end up with the same number of points, tiebreakers are used: first is goal difference, then total goals scored, then head-to-head results, and finally drawing of lots (i.e., determining team positions at random).
- The knockout stage is a single-elimination tournament in which teams play each other in one-off matches, with extra time and penalty shootouts used to decide the winner if necessary.

GENERAL CONDUCT AND BEHAVIOUR

- When a team joins the 7-a-side tournament, they are committing to the duration of the entire competition.
- Players in the same team must wear **identical coloured shirts**
- Any team causing delay to the kick-off after the referees appointed time will have a point deducted from their group stages.
- Violent conduct, swearing, spitting, verbal or physical abuse of any player, official or spectator will result in instant dismissal from the game and could result to missing the whole tournament.

THERE SHOULD BE:

- NO Tackling from behind
- NO Deliberate violence (lashing out, elbows, kicking, spiting)
- NO Bullying and intimidating
- NO Physical contact on the referee
- NO Jewellery
- NO Inappropriate clothing (jeans, shoes etc)
- NO Smoking or use of illegal substances
- NO Racism

KICK OFF & HALFTIME

- From the Kick Off the ball can be passed forward or backward & you can also score direct from the Kick Off.
- The half time interval shall be a maximum of 1 minute duration
- The referee will designate the team to kick-off. The designated team will start the game by taking a kick-off from the centre spot.
- After a goal has been scored the game will restart by taking a kick-off from the centre spot.
- Group Stages, Quarter Finals and Semi Finals will be played over two halves of **5 minutes** each.
- The Final will be played over two halves of **10 minutes** each.

GOAL AREA

- If the goalkeeper touches the ball outside the area, a penalty kick shall be awarded.
- If a defender enters his own area and touches the ball a penalty shall also be awarded.

THROW INS AND CORNERS

- If a ball crosses the side line, a throw in is awarded to the opposing team. To return the ball into play the player must deliver the ball underarm.
- If a ball crosses the goal line by the opposition where it is not a goal, a corner kick shall be awarded.
- A corner kick is taken in accordance with the normal rules of the game.

OFFSIDE, FREE KICKS & PENALTIES

- There is no offside. Players may place themselves in any part of the playing area without any restriction.
- Free Kicks will be awarded for;
 - Time-wasting
 - Breaking rules regarding substitution
 - Goalkeeper holding onto the ball over time
 - Incorrect pass back to the keeper
 - Slide tackling
 - Obstruction
- Penalty kicks can only be taken from the edge of the penalty area in line with the penalty spot.
- The player taking the penalty kick may take only **one step** before striking the ball.
- A penalty kick is awarded to the opposing team if;
 - A goalkeeper deliberately leaves the goal area.
 - A defender gains advantage or interferes with the ball by deliberately entering the goal area.
 - Goalkeeper deliberately kicking the ball out

GOALKEEPER

- The goal keeper is not allowed out of his goal area
- The goalkeeper shall return the ball into play with a throw.
- The goalkeeper may be changed only once per game.
- When the goalkeeper throws the ball to one of his team, that player cannot return the ball straight back to him. If he does, a free kick shall be awarded two yards from the penalty area. During the course of the game, the ball may be played to the goalkeeper as often as the team wishes.

PLAYERS EQUIPMENT

- All players **MUST** wear shin pads. This is compulsory and failure to do so may result in that player being excluded from play.
- Footwear is restricted to astro turf boots or trainers. Blades, football studs or moulded studs are not permitted. Failure to wear the appropriate footwear may result in that player being excluded from play.

SUBSTITUTES

- The rules of the competition allow unlimited rolling substitutions.
- The condition for making a substitution is that the referee must be informed before a substitution can be made.
- Substitutes may be made at any time as long as the ball is dead, i.e. free kick, injury or goal.

YELLOW & RED CARDS

- A player receiving a second yellow card during the course of any one game will then be shown a red card and dismissed from the game and shall be suspended for 1 match.
- If a red card is awarded, the offending player shall not be allowed to take further part in the match and shall be suspended for 1 match.
- There are various red card offences which carry heavier suspensions from the Pitch.
- If 2 players are sent off from the same team, the match will be abandoned and the win awarded to the innocent team.

SCORING

- A goal may be scored from any point outside the goal area.
- Only the defending goalkeeper is allowed in the goal area.
- No other players may deliberately enter the goal area. Infringement of this rule will result in a penalty.

THE MATCH REFEREES DECISION IS FINAL

Please note that the YCA reserves the right to alter the rules at any time