

Sports Together Program (2026-2027)

Football Rules and Regulation

Playing Time:

1. Playing time: Minutes (15 mins – 5 mins – 15 mins)
2. Break time 5 Minutes
3. Each game is scheduled for 30 minutes. Follow regular FIFA small-field soccer rules.
4. Match won results in 3 points, 1 point for a draw and no point for a loss.

Yellow-Red cards:

1. If a player receives a straight red card during a game or two yellow cards during a single game (resulting in a red card), s/he will be removed from that match and miss the next entire game.

Substitutions:

1. Unlimited substitutions at a "dead ball" (Goal Kick, Foul, Corner, Throw in, and Freekick) moment. Indicate the substitution to the referee at the sidelines.
2. Substitutes enter the match from the center line at the referee's invitation.

Roster:

1. Seven players, including the goalkeeper, play at one time.
2. If a team **cannot field the full number of players**, they must proceed with however many players they have.
3. The **minimum number** required to start or continue the match is **five players** (including a goalkeeper). If they have fewer than five, the match **cannot go ahead**.

4. If a team has **fewer than five players**, they must **forfeit** the match and are considered to have **lost 3–0**.

5. All players must arrive on the pitch 10 minutes earlier before the match.

Rules:

1. Offside: After kickoffs, there are no off-sides.
2. Kickoffs: Kickoffs are taken from inside the center circle following FIFA (Federation Internationale de Football Association) rules. Players must be on the side for kickoffs.
3. Free kicks: A defending player must be 6 meters from the ball.
4. A penalty kick is taken with the ball on the D-line.
5. The player taking the penalty may run up to take the penalty kick.
6. All players (except goalie and penalty taker) must be two meters behind the apex of the D, which extends to both sidelines when a penalty is taken.
7. The penalty kick is taken when the referee blows the whistle.
8. If a penalty kick is taken and scored before the whistle is blown, the kick is retaken.
9. If the kick is not scored, the attempt counts, and the penalty kick is not retaken.
10. Back pass will result as an indirect free-kick.
11. Any goal is disallowed that comes straight from a goal-kick, indirect free-kick and throw-in.
12. All players must wear full attire (Futsal Boots, Shin-guards, Jersey, Gloves). If not, they are not allowed to play.
13. Goalkeepers may only use their hands when playing inside the D. The line is considered part of the D. They are allowed to punt or throw any ball they legally gather into their hands. The FIFA back-pass rule applies.

14. Tie breaker: In all instances, direct head-to-head results serve as the first-round robin tie-breaker. If three teams are tied, and head-to-head results (they earned the same points against each other) are equally balanced, then head-to-head results are not used.

Once the three-way tie is broken, revert to a head-to-head tiebreaker. The tiebreaker determination, in order, is:

1-goal difference in the matches between the three teams. In a two-way tie, and if the number 1 tiebreaker does not break a three-team tie, then:

A-each team's goal difference in the whole round robin

B-most goals scored in the whole round robin

C- fewest goals allowed in the whole round robin (defensive record)

D-each team's goal difference against the highest seed in the tournament

12. Penalty Shoot-out in Final phase: In the event of a draw during the Final games, each team will take 3 penalties (to be mindful of the time). If the scores remain tied, penalties will be taken one at a time until a team misses a penalty kick. (3-1-1)