Son Rise Cup

Competition Rules for 7-a-side competitions

1. All matches will consist of 7 players, one of whom must be the goalkeeper.
2. The match will not kick off if a team has fewer than 5 players.
3. Substitutions shall be roll on/roll off and no limit as to their number.
4. All non playing members of the team will stand behind their own teams goal. This includes substitutes and club officials.
5. The player being substituted must leave via the goal line behind their teams own goal and the player replacing him/her must not enter the playing area until the player has left the playing area. Teams do not need the permission of the referee to make a substitution.
6. Matches will be 8 minutes, one way. There will be no half time break.
7. The team named first on the referee’s match card will kick off first.
8. In the event of both teams wearing the same colour, the team named second on the referee’s match card will wear bibs.
9. All matches will kick off at the appointed time, if a team is unable to kick off then the match will be awarded to their opponents.
10. The match will be start from a kick off, the ball may be played forwards or backwards. A goal can be scored directly from a kick off.
11. After a goal is scored the match will restart from a kick off.
12. Throw ins will be replaced by kick ins, placing the ball on the floor on or behind the touchline. A goal cannot be scored directly from a kick in.
13. Corner kicks will be taken as per normal football rules. A goal can be scored from a Corner kick.
14. All free kicks will be direct.
15. Opposing players must stand a minimum of 3 meters from any restart of play.
16. Penalty kicks will be taken from the penalty mark. If a penalty mark does not exist then the ball will be placed immediately outside of the penalty area in line with the middle of the goal. The goalkeeper must remain on his/her goal line when facing a penalty kick. The player who has been identified as taking the penalty kick can take a maximum of one step towards the ball before striking the ball forwards. All other players will stand a minimum of 3m away from the ball and behind the ball at the taking of a penalty kick.
17. At all times, goal kicks and open play, the goalkeeper will deliver the ball back into play using his/her hands only.
18. There is no head height restriction.
19. Only the defending goalkeeper is allowed inside the penalty area. If the goalkeeper leaves the penalty area or a member of the defending team enters the penalty area then the referee will award a penalty kick to their opponents unless advantage can be applied. If a member of the attacking team enters the penalty area then the referee will award a free kick to the opposing team unless advantage can be applied. There will be no exception to this rule, out is out and in is in.
20. For all offences committed by the attacking team inside their opponents penalty area the free kick will be taken 3m outside of the penalty area.
21. For all offences committed by the defending team within 3m of the penalty area the free kick will be taken 3m outside of the penalty area.
22. Players are not permitted to play the ball on the floor. This means that players cannot slide tackle, slide to intercept a pass or slide in the act of making a shot.
23. Referees will use blue and red cards during the event. The table of punishment for offences is listed below;
    1. Player receives a Blue Card
       * Player receives a temporary 2 minutes suspension, ‘sin bin’.
    2. Player receives a Red Card
       * Player is sent off and will receive the following suspension;
         1. Violent Conduct – suspended for the rest of the tournament
         2. Serious Foul Play – a further 3 match suspension
         3. Denial of a Goal Scoring Opportunity – a further 1 match suspension
         4. Spitting at someone – suspended for the rest of the tournament
         5. Offensive, foul and Abusive Language - a further 2 match suspension
         6. 2 Blue cards in the same game – a further 1 match suspension
    3. Player /Substitute/Team Official is reported for misconduct
       * The tournament disciplinary committee, Teresa Collins, Di Thomas & Jason Haywood/Richard Mason will impose a suitable suspension on the individual(s) after considering the referees report and evidence offered by the individual(s) themselves.
24. In all cases of Blue cards the decision of the referee is final and cannot be challenged.
25. If a club/individual wishes to appeal against a Red Card then the appeal must be made immediately after the game by the team manager and player concerned to the control tent. The decision made by the tournament controller whether to uphold the appeal or not will be final and not open to challenge.
26. Teams will be awarded 3 points for a win and 1 point for a draw.
27. If teams finish level on points then the teams will be ranked in the following way;
    1. Goal difference
    2. Goals scored
    3. Result between the two teams
28. If the two teams still cannot be separated then the teams will partake in a penalty shootout.
29. Should scores be level at the end of normal time in the knockout stages then there will no extra time and the result will be decided by a penalty shootout.
30. For all penalty shootouts the referee will decide at which end to take the penalty kicks. The tea taking the first penalty kick will be decided by the toss of a coin. Teams will each take 3 penalty kicks and if the scores are still level then one additional penalty kick will be taken by each team until a result is reached.