RULES

- Structure: Round robin

- 5-a-side Duration: Depends on number of teams. Ideally 30 mins, 5 mins break for half time and a longer break in the middle of the tournament. An update will be provided to all registered teams when the tournament comes closer.
  Allowance shall be made in either period for time lost through stoppages as decided by the referee.

- Penalty shoot-out if drawn after full time
- 3 takers each, then sudden death
- Defined Goal keeping areas

- Each team got 5 players, 3 substitutes max
  One of the 5 players needs to be female at all times. A team that fails to put a girl on the pitch will result in a free penalty for the opposite team at the start of each game.

- Players are dedicated to their teams, can't switch team during the match

- The basic compulsory equipment of a player is:
  - A jersey or shirt (provided by ISPE)
  - Shorts or track suit trousers
  - Socks
  - Footwear – no iron studs

- Goal keepers may use their hands in area

- Goal keepers can enter normal area of play

- Players can enter goal keeper area

- Fouls in the penalty area results in a penalty

- Penalties taken from penalty spot

- No offside rule

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- Ball is deemed in play when it hits the nets on the sides of the pitch & top. This is to facilitate fewer stoppages in play.

- It is only out of play when the ball goes behind the goal line / back of the goal-posts.

- GKs restart the play with a throw not with a kick.

- Players will be able to do a back-pass to their respective GKs.

- Changing Places with the Goalkeeper
  Any of the players or substitutes, may change places with the goalkeeper. The following conditions must be observed:
  - The referee must be informed before the change is made
  - The change may only be made during a stoppage in play

- Unlimited Rolling flying-substitutions throughout the play. Teams need to wait for stoppage in play and inform the referee.

Referee can show a yellow card to his own judgement, meaning the player will need to go off the pitch for 3 min to 'cool down'. In case of a red card, the player is expelled from the game but can play the next game. Two red cards will suspend him/her from the tournament.

!!Sliding tackles are only allowed if there's no threat of injury to another player!!

Keep in mind that this is not an 11-aside and players will not be wearing protection…

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