



Field Dimensions

32m x 19m

General Scheduling

- In case two or more teams from the same university are in the semifinals, they will play against each other to ensure a “mixed final”.

General Rules

- The ball does not go out of play.
- There are no height restrictions.
- There is no Offside.
- Each team consists of 5 players, including one Goalkeeper who is allowed to come out for open play but who is allowed to handle the ball only inside the penalty zone.

Substitutions

- Up to 10 players can be used in one match and there is no limit on how long a player must stay on or off the pitch (as long as there are only 5 players on the pitch). Players must leave and enter the field of play from the respective team’s side’s goal post only.

The Four Second Rule

- The goalkeeper is not allowed to control the ball for more than 4 seconds in his/ her own half (either with hand or feet).
- If the stated time has passed as seen fit by the referee, the possession has to be surrendered over to the opposition.

The Four Metre Rule

- Players are required to keep 4m from the player in possession of the ball on free kicks and goal clearances.

Goalkeepers

- Goalkeepers are allowed to come out of and players are allowed to go into the penalty area.
- Back passes are illegal (if picked up with the hand) and will be penalized with a free kick.
- An indirect free-kick will be awarded for an illegal back pass, which is to be taken from the centre of the edge of the penalty area. A maximum of 2 players are allowed to guard this free-kick consistent with the Four Metre Rule.

Yellow Cards

- Any foul deemed to be dangerous play and which needs a warning will be penalized with a yellow card.
- A foul will result in a free-kick. All players are allowed to guard a free-kick consistent with the Four Metre Rule.
- Referees may also show the yellow card depending on the situation (E.g. Time wasting)

Penalty Kick

- A foul inside the penalty box shall be punished with a penalty kick. The penalty spot is the centre of the edge of the penalty box.

Red Cards

- Any foul, which defeats the chance to directly score a goal, will be penalized with a red card.
- Two yellow card also amount to a red card.
- If a player is sent off, then the team to which the player belongs must remain with 4 players until either two minutes have passed, or the opposition have scored a goal. The two minutes shall start once the player red carded has left the field.
- The player red carded cannot play in the same game but is allowed to participate in the next. The team, however, can substitute a different player once either 2 minutes have passed or a goal has been scored by the opposition as stated above.

Duration

- Matches are played with a stop clock (real-time). The clock will not be stopped for fouls, free-kicks or substitutions.
- A Game consists of 15 minutes without any break.