



RULES & REGULATIONS

FOOTBALL (7-A-SIDE)

1

1. Tournament will be played on a 7-a-side basis.
2. Each region can register and submit multiple teams; however, the 1st Team of each region will be given priority and if there is space to accommodate for more teams then additional teams from the regions will be picked on a "first come, first serve" basis.
3. Each team is allowed to use a squad of 11 players per match with "roll on – roll off" substitutions.
4. Normal 11-a-side rules apply except:
 - i. There are no offside's
 - ii. There is no slide tackling, this will be enforced by the referees.
 - iii. Otherwise, the ball can go over head height, goalkeepers are permitted to come out of their area and likewise attackers are allowed into the area etc.
5. Throw-ins and corner kicks are taken as per standard 11-a-side rules. The "back pass" law to goalkeepers will be enforced.
The format is as follows: Group stages → Quarter Finals → Semi Finals → Final.
6. The duration of matches and format will be determined closer to the event.
7. In the event of a knockout fixture ending in a draw. A Penalty shoot-out will take place consisting of 3 penalties per team. If the teams are still level after the 3 penalty kicks each, the subsequent penalties will be decided on a sudden-death basis.
8. The opposing player(s) must stand 10 yards away from any free kicks being taken.
9. If teams are not ready to kick-off at the appointed time, the Sehat-e-Jismani team reserves the right to reduce the amount of time played in each match and award the opposition one goal for every reduction of three minutes playing time.



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2

10. A team must have a minimum of 5 players on the pitch at the start of the game to constitute a match. Any less than 5 players and the team risks forfeiture.
11. Any foul language used against the opposition or referee on the pitch will result in a red card and a TOURNAMENT BAN. No foul language of any sorts will be tolerated.
12. Any bad challenges will result in a bookable offence. A red card will lead to an automatic 1 match ban.
13. Bibs will be provided on the day.
14. Each team should ensure that they have a kit but if this is not feasible then the captain should ensure that the same colour tops are worn by all team members.
15. Each game will start with a toss of a coin to choose ends and kick off. After each goal is scored, the game will resume with a kick-off by the team who have conceded the goal.
16. No form of jewellery should be worn which is a danger to the player and others.
17. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.
18. The referee's decision is FINAL.



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