

ActiveSG Cup Football Competition Nov – Dec 2022 U10/U12/U14 Boys & Girls

RULES & REGULATIONS

1. CATEGORIES

1.1. All participants shall compete in their respective age groups as follows:

Category	Birth Year Classification	
Under 10	1 Jan 2012 - 31 Dec 2013	1 Jan 2012 - 31 Dec 2013
Under 12	1 Jan 2010 - 31 Dec 2011	1 Jan 2010 - 31 Dec 2011
Under 14	1 Jan 2008 - 31 Dec 2009	1 Jan 2008 - 31 Dec 2009

1.2. Each participant is only allowed to play for one (1) team.

2. REGISTRATION

2.1. Registration fees apply as follows:

Category	Registration Fee/Team
Under 10	\$10
Under 12	
Under 14	

2.2. Payment upon registering on ActiveSG Website.

2.3. No changes can be made to the team's composition once the Team Managers Meeting is concluded.

2.4. Registration constitutes representation, that is, once a participant is registered to play for a team, he or she is deemed to have represented his or her team. Hence, the player is not allowed to represent another team in the same competition.

2.5. Organizers reserve the rights to reject the registration of any player(s) and or any team(s) at their own discretion.

2.6. When a player is injured during the match, the match will continue unless the team (with the injured player) indicates that they do not wish to continue.

2.7. If a player is **injured** during the competition period and is unable to participate in subsequent matches, a replacement player (1 time replacement only) can be inserted based on all the conditions below:

- i must not be from another team which is participating in the event
- ii must be within the tournament age
- iii No substitute player registered during submission of entry form

2.8. The replacement player must provide the following on match day:

- i Student ID Card/ Student EZ-link Card with photo
- ii A completed indemnity form and/or consent form, with parent's endorsement (for ages below 18)

3. **COMPETITION VENUE & SCHEDULE**

3.1. Schedule and Venues

	U10	U12	U14
Team Manager's Meeting	Nov 18		
Preliminary Round & Knock-Out Stages	Nov 26, 27 Dec 3	Nov 26, 27	Nov 26, 27 Dec 3
Back-Up	Dec 10	Dec 3, 4	Dec 4
Semi-Final & Final	Dec 4	Dec 10	Dec 10
Venue	St Wilfred Stadium	Jurong East Stadium	St Wilfred Stadium Jurong East Stadium (Semi-Final & Final)

*Subject to changes

3.2. All teams are to report 30 minutes before the scheduled timing for registration.

4. **COMPETITION FORMAT**

4.1. Age-Appropriate Formats

U10	U12	U14
5v5	7v7	8v8

4.2. The competition will be conducted in the following methods:

- Round Robin in Preliminary Round
- Cup / Plate Single Knockout Round:

- Teams will be allocated to two different pools after the Round Robin Stage. The allocation is based on their final standings in the previous round.

4.3. Trained referees will be appointed for all matches.

4.4. The presiding Competition Manager in consultation with the Competition Director will act as the final on-site authority for interpretation of applicable tournament rules and regulations, and for all matters arising that require immediate resolution.

5. FORMAT OF PLAY

5.1 Law 1 – The Field of Play

Field Markings

The field of play must be rectangular and marked with artificial playing surface material (flat markers) on the field. These lines belong to the areas of which they are boundaries.

Only the lines indicated in Law 1 are to be marked on the field of play. Where artificial surfaces are used, other lines are permitted provided they are a different colour and clearly distinguishable from the football lines.

The two longer boundary lines are touchlines. The two shorter lines are goal-lines.

The field of play is divided into two halves with the centre halfway line marked, which joins the midpoint of the two touchlines.

Dimensions

The touchline must be longer than the goal-line.

Length (touchline):

Under 10 – 30m

Under 12 – 35m

Under 14 – 40m

Length (goal-line):

Under 10 – 20m

Under 12 – 25m

Under 14 – 30m

Goal Size

- U10 - The distance between the posts is 3m and the distance between the lower edge of the cross bar and the ground is 2m.
- U12 & U14 - The distance between the posts is 5m and the distance between the lower edge of the cross bar and the ground is 2m.

5.2 Law 2 – The Ball

All balls must be:

- spherical

- made of suitable material

Size

Under 10 & 12 – Size 4

Under 14 – Size 5

5.3 Law 3 – Number of Players Per Team

Age Group	Minimum No. of Players	Maximum No. of players
U10	5	8
U12	7	10
U14	8	11

5.4 Law 4 – Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/dangerous equipment or jewellery the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again will not be permitted to play.

Players with long fingernails will not be permitted to play.

Compulsory equipment

The compulsory equipment of a player comprises the following separate items:

- a shirt with sleeves (two sets – one light and one dark in colour)
- shorts
- socks (up to knee level)
- shin guards – these must be made of a suitable material to provide reasonable protection and covered by the socks
- appropriate footwear
- Bare-footed players will not be allowed to play the game

Goalkeepers may wear tracksuit bottoms.

A player whose footwear or shin guard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.

5.5 Law 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws for Football in connection with the match to which they have been appointed.

Furthermore, referees should also recognise their role is to facilitate learning of the players, for example, allow young children to take a second attempt at a throw-in if the first is not within the Laws.

5.6 Law 6 – The Other Match Officials

The other match officials are not required.

5.7 Law 7 – Duration of the Game

Periods of play

U10	U12	U14
2 x 8 mins	2 x 15 mins	2 x 18 mins

Interval Period

Players are entitled to an interval between each period, not exceeding 3 minutes.

Substitution

Each team is allowed rolling substitutions.

- a) To replace a player with substitute, the following conditions must be observed:
 - i. the referee must be informed before any substitution is made
 - ii. the player being substituted
 - iii. receives the referee's permission to leave the field of play, unless already off the field, and must leave by the nearest point on the boundary line unless the referee indicates that the player may leave directly and immediately at the halfway line or another point (e.g. for safety/security or injury)
 - iv. must go immediately out of the field of play
 - v. if a player who is to be substituted refuses to leave, play continues
- b) The substitute only enters:
 - i. During a stoppage in play
 - ii. at the halfway point
 - iii. after the player being replaced has left
 - iv. after receiving a signal from the referee

The substitution is completed when a substitute enters the field of play; from that moment, the replaced players become a substituted player, and the substitute becomes a player and can take any restart. All substitutes are subject to the referee's authority.

- c) Changing the keeper. Any of the players may change places with the goalkeeper if:
 - i. the referee is informed before the change is made
 - ii. the change is made during a stoppage in play.

Penalty kick

If a penalty kick must be taken or retaken, the half is extended until the penalty kick is completed.

Abandoned match

An abandoned match is replayed unless the competition rules or organisers determine otherwise.

5.8 Law 8 – The Start and Restart of Play

A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored.

Opponents must be 5 metres away from the ball and in their own half of the field. The ball is in play once it is kicked and moved. A goal **cannot** be scored directly from a start or restart of play.

Dropped Ball

Procedure:

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent.
- All other players (of both teams) must remain at least 5m from the ball until it is in play

The ball is in play when it touches the ground.

The ball is dropped again if it:

- touches a player before it touches the ground
- leaves the field of play after it touches the ground, without touching a player

If a dropped ball enters the goal without touching at least two players play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

5.9 Law 9 – The Ball in and Out of Play

The goal line and touchlines are part of the field of play. The ball must be entirely over these lines to be out of play.

- a) If an attacker is the last player to touch the ball over the goal line, a goal kick is given.
- b) If a defender is the last player to touch the ball over the goal line, a corner kick is given.

- c) If a player touches the ball over the touchline, a throw in is given to the opposing team.
- d) A goal kick is awarded if the ball is kicked into the defending team's goal directly from a kick-in.

5.10. Law 10 – Method of Scoring

Goal scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal.

If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.

Winning team

The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn.

During the knockout stages, where a winning team is required after a drawn match, the winner is determined by a penalty shoot-out (a minimum of three (3) penalty kicks per team). After three (3) kicks, the first team to miss their penalty kick, with the opposing team scoring theirs, will lose.

Penalty shoot-out

Penalty shoot-outs are taken after the match has ended and unless otherwise stated, the relevant Laws of the Game apply. A player who has been sent off during the match is not permitted to take part; warnings and cautions issued during the match are not carried forward into kicks from the penalty mark.

5.11. Law 11 – Offside

There are **no offsides** in this tournament.

5.12. Law 12 – Fouls and Misconduct

Free kicks are awarded when a foul is committed. All free kicks are direct.

A free kick is awarded to the opposing team if the goalkeeper:

- a) Takes more than 6 seconds to release the ball from his/her hands
- b) Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player
- c) Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
- d) Touches the ball with his/her hands after he/she has received it directly from a throw in taken by a teammate

If this happens a free kick should be given on the penalty area line closest to where the incident occurs.

As with all other aspects of development football the children should be learning the

game. Coaches and referees on the day, should try to make sure the children understand all the above.

When a foul is committed, **the referee at his / her own discretion** has the right to issue the player who committed the foul the following:

- a) Warning
- b) Yellow card (two of which will result in a red card)
- c) Red card (the player will be sent off and no longer can partake in the match)

The match will be stopped if a team has three (3) of their players sent off. The opposing team will be declared the winner with either a score line of three to zero (3 to 0) or the current score line (before the match was stopped) if the goal difference is 3 or more.

Cards **will not** be carried forward to the following match but any disorderly conduct by the player will subject him / her to further actions (immediately) if deemed necessary by the ActiveSG Cup Football Tournament Organising Committee.

5.13. Law 13 – Free Kicks

- a) For all free kicks defending players must be 5 metres from the ball.
- b) A goal is awarded if a direct free kick is kicked directly into the opponent's goal.
- c) A corner kick is awarded if a free kick is kicked directly into the team's own goal
- d) Offences and Sanctions:
 - i. If, or when, a free kick is taken, an attacking team player is less than 1m from a 'wall' formed by defending players, the free kick is retaken.

5.14. Law 14 – Penalty Kicks

All players except the defending goalkeeper and kicker must be outside the penalty area and at least 5 metres from the penalty mark.

Procedure:

- a) The ball must be stationary on the penalty mark and the goalposts, crossbar and goal net must not be moving.
- b) The player taking the penalty kick must be clearly identified.
- c) The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar, or goal net, until the ball has been kicked.
- d) The players other than the kicker and goalkeeper must be:
 - i. at least 9.15 m (10 yds) from the penalty mark
 - ii. behind the penalty mark
 - iii. inside the field of play
 - iv. outside the penalty area
- e) After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.
- f) The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.
- g) When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line.
- h) The ball is in play when it is kicked and clearly moves.
- i) The kicker must not play the ball again until it has touched another player.
- j) The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

- k) Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time. When additional time is allowed, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, or the referee stops play for an offence by the kicker or the kicker's team. If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.

5.15. Law 15 – Kick-in

Goals cannot be scored directly from a kick-in.

The role of the referee is to also allow young players to learn the game. This may involve letting players take kick-ins again if incorrect technique is used. The referee should ensure the same player attempts a second time, with guidance and help from the match official.

5.16. Law 16 – Goal Kick

- a) A goal kick is awarded when the whole of the ball crosses over the goal line, last played by the defending player and a goal was not scored. The opposing players must remain at least 5 metres from the ball until it is in play.
- b) A player of the defending team kicks the ball from any point within the penalty area.
- c) All opponents must be outside of the penalty area of the team taking the goal kick.
- d) The goal kick is retaken if the opponents do not comply with the above.
- e) A goal cannot be scored directly from a goal kick.

5.17. Law 17 – Corner Kick

- a) A corner kick is awarded when the whole of the ball crosses over the goal line, last played by the defending player and a goal was not scored. The opposing players must remain at least 5 metres from the ball until it is in play.
- b) The kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.

6. AWARD OF ROUND POINTS

6.1. The following scoring system shall apply:

- a) 3 points for a win or awarded a walk-over
- b) 1 point for a draw
- c) 0 point for a loss / conceding a walk-over

7. REPORTING

- 7.1. Participant(s) must bring along and produce either his/her valid Singapore pink or blue identity card, valid passport or student pass with NRIC number for verification at every match. Failing which, he/she may not be allowed to compete in match.
- 7.2. Participant(s) who are sixteen (16) years old and below are to submit the Parental Consent Form upon registration, before commencing their match.
- 7.3. Team managers, assistant team managers and coaches of the team shall undertake to submit their players' identifications and team line-up sheet to the presiding Tournament Official fifteen (15) minutes before the scheduled time of play.

8. STANDING OF TEAMS

- 8.1. The rankings of teams in each group shall be determined as follows:
 - a) Greater number of points obtained in all group matches.
- 8.2. If two or more teams are equal based on the above criterion, their place shall be determined as follows:
 - a) Goal difference resulting from the group matches between the teams concerned
 - b) Greater number of goals scored in the group matches between the teams concerned.
 - c) Head-to-Head results between the two teams concerned
 - d) If both teams are present, a 1v1 sudden-death penalty kick shoot-out.
- 8.3. In the event the scores are tied after end of regulation time during the knock-out rounds, the winner shall be determined by penalty kicks. Sudden death penalty kicks will commence when both teams are still tied after each team has taken 3 penalty kicks.

9. GRACE PERIOD

- 9.1. A three-minute (3 minutes) grace period is allowed. Teams must be responsible and report for their matches on time.

10. POSTPONEMENT

- 10.1. The Organisers are at its discretion to decide to postpone a match if it thinks that the venue is unfit for play, or for any other valid reasons for which it deems a postponement is in order. Teams must abide by the decision of the Organisers.

11. WITHDRAWAL AND WALK-OVER

- 11.1. Any withdrawal or walk-over is considered contrary to the spirit of the game.
- 11.2. Teams participating in the competition should not withdraw or give walk-over.
- 11.3. For each withdrawal, it is non-refundable.
- 11.4. A match will only start in the following scenarios:

Category	Minimum number to start
U10 (5v5)	3 players
U12 (7v7)	5 players
U14 (8v8)	6 players

A team shall concede a walkover if they fail to register and be present on the field after three (3) minutes of waiting from schedule match time.

- 11.5. The team that concedes a walkover shall get zero (0) league points in the classification and the score shall be three to zero (3 to 0) to the opponent.
- 11.6. In the games for top placings to the next round, any walk-over will disqualify the team from placing.

12. **SUSPENSION**

- 12.1. A player suspended by any one of the following bodies is barred from participating in the competition for the period of suspension:
- i. the Singapore Sport Council

13. **PRIZES**

- 13.1. Medals and prizes will be awarded to the top three (3) winners (teams) of the *Cup* bracket of each age category.
- 13.2. Only medals will be awarded to the top three (3) winners (teams) of the *Plate* bracket of each age category.

14. **PROTEST**

- 14.1. A team that wishes to make a protest at the conclusion of the match should orally inform the officiating referee. While signing the score sheet, the team captain must write: "Wish to protest" and sign so that the protest will be made effective.
- 14.2. The team that wishes to make the protest is required to write a protest letter to the Competitions Director within 24 hours after the match. All protests should be forwarded with a deposit of **S\$100.00** cash. If the protest is rejected, the deposit will be forfeited.
- 14.3. The decision/s of the Tournament Committee is/are final.

15. **DISPUTE MEDIATION**

- 15.1. The referee/umpire's decision is final.
- 15.2. Players are not allowed to interfere with the final decision taken by the on points of laws / rules after clarification has been sought. If such interference results in the disruption of any match, the case will be referred to the Organisers for appropriate action.

15.3. The Organisers will have the final decision in all dispute matters.

16. DISQUALIFICATION

- 16.1. A team will be disqualified if it commits any of the following:
- i. fielding over/under aged player
 - ii. fielding unregistered player
 - iii. team/player which caused a game/match to be abandoned

All results involving the team which has been disqualified will be considered null and void.

16.2. Team Managers shall be responsible for the players and officials conduct.

16.3. The organisers reserve the rights to expel or eject any team(s)/participant(s) from the competition because of poor discipline, unruly behaviour, and undesirable sportsmanship actions.

17. PLAYERS ATTIRE

17.1. Players of same team shall wear jerseys of the same colour.

17.2. Each team shall have two sets of jerseys or bibs at all times. The Organiser will not be providing bibs for hygiene reasons. The team listed in front on the fixture shall change to a different colour jersey where necessary.

17.3. The team failing to comply with the above-mentioned rules shall be barred from playing the match unless the non-offending team agrees to proceed with the game.

17.4. The jersey number shall be one (1) to ninety-nine (99), single or double digit.

17.5. Players' jerseys must be tucked in.

17.6. Compression sleeves and stockings are permitted.

17.7. All players, team managers, assistant team managers and coaches must be appropriately attired (team uniform and covered shoes) for the matches and victory ceremony. No slippers and sandals are allowed.

18. FIXTURES

18.1. No change is allowed once the fixtures has been arranged.

19. AMENDMENTS

19.1. The Organisers shall have the right to delete, add or amend the rules and regulations laid down herein. The Organisers reserve the right to interpret or amend the rules and regulations of the competition at any time.

20. MATTERS NOT PROVIDED FOR

- 20.1. All matter not provided for in these Rules and Regulations shall be dealt with by the ActiveSG Cup Football Tournament Organising Committee.

21. TOURNAMENT JURISDICTION

- 21.1. The Organisers reserve the right to interpret or amend the rules and regulations of the tournament at any time. All participants are advised to visit the tournament website for any notices or updates to draws or fixtures.
- 21.2. In the event of any dispute arising over any participant, the match shall be played under protest and the Organisers shall determine the matter on receipt of the protest.
- 21.3. In the event of any questions or matters arising out of any point, which is not expressly provided for in any of the rules governing the competition, the decision of Organisers shall be final.
- 21.4. While reasonable precautions will be taken, the Organisers, their servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this tournament.

22. HEALTH AND SAFETY

- 22.1. Player(s) who are feeling unwell are advised to seek medical attention and not take part of the competition.
- 22.2. Players are not allowed to share
- i water from the same container
 - ii towels