Intra Mural 7-A-Side Rules

1. A player can not be transferred to another team once he has played for his original team. Team lists must be supplied to the organiser before the first game of the competition. Players must be staff or students at the University (unless agreed with the competition organiser).

2. Each team will play two games per evening. The games will last a maximum of 30 minutes.

3. There will be a maximum of eight teams in the competition. The league will be played on a Round Robin / ‘home’ and ‘away’ basis. Over seven weeks each team will play each other twice. Week eight will be play offs/finals.

4. Each team will supply a referee for the other teams’ matches. Details will be included in the schedule. Failure to supply a referee without prior warning to the organiser will result in a deduction of one point.

5. Referees must report back to the organisers with the result and goal scorers immediately after the game. Three points will be awarded for a win and one point for a draw. If you fail to inform the organiser who has scored your goals that week the goals will not be awarded to any players in the following weeks.

6. The schedule of matches will not be changed (unless decided by organisers). A team will be awarded a 3–0 victory should their opponents fail to turn up for the match.

7. A disciplinary hearing will be held following the end of matches to determine the punishment for players sent off in the competition. The minimum punishment is a two match ban which has immediate effect following the sending off. The panel will consist of the organiser, referee and two neutral team captains. The decision of the Disciplinary Committee is final there will be no appeals procedure.

8. Individuals will not be ‘health screened’ prior to play and are advised to contact their GP if suffering from injury or illness that may be affected through participation.

9. All players will be provided with personal accident insurance cover, details may be obtained from the Manager of the Treforest Sport Centre

10. Please note, team captains are responsible for ensuring that all players representing their team are made fully aware of regulations before playing.

11. To start the game the referee will drop the ball between two players. The game will re-start from the goalkeeper after a goal is scored.

12. The ball is not allowed over the height of the crossbar (except if it is the result of a save from the goal keeper).

13. There will be no half time or change of ends. All games will start and finish on the whistle.

14. If the ball goes over the side line the game will re-start with a kick in on the line.

15. Only the goalkeeper is allowed in the goal area. No passing back to the goalkeeper. If a player passes back to the goalkeeper or deliberately kicks the ball into his own area and over the goal line – penalty.

16. There is to be no slide tackling. An intentional slide tackle will lead to an automatic red card (referees decision is final).

17. Corners will only be awarded should the ball cross the goal line between the edge of the area and the corner flag. If the ball goes out between the post and the edge of the area – goal kick.

18. Subs can be made at any point during the match. A player must leave/enter the pitch at halfway.

19. If a defender intentionally goes in the penalty area – penalty. If the goalkeeper comes outside the penalty area – penalty.

20. If the goalkeeper deliberately causes the ball to go above head height – direct free kick on the edge of the area (ie 2m from point that ball left area). Otherwise in the case of a save the match shall continue.

21. The normal rules of football will apply including the red and yellow card systems except:

* All free kicks are direct
* Once handled a Goalkeeper must roll the ball out – Penalty
* Ball must be below the height of the crossbar
* No off sides
* No Heading

22. In the event of the final whistle blowing; if a penalty has already been awarded then it shall be allowed to be taken.