Intra Mural 7-A-Side Rules

1. Once signed a player cannot be transferred to another 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 prior to the start of the competition).

2. Each team will play two games per evening. The games will last approximately 30 minutes.

3. There will be a maximum of eight teams in the competition. The league will be played in a ‘Round Robin’ format over seven weeks with each team playing 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 will result in a deduction of one point for their team.

5. Referees must report back to the organiser with the result and the names of the goal scorers immediately after the game. Three points will be awarded for a win and one point for a draw.

6. The schedule of matches will not be changed (unless decided by the organiser). 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 any players that have been sent off. 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. There will be no half time or change of ends. All games will start and finish on the whistle/hooter signalled by the organiser.

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

14. 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 goaline – penalty.

15. There is to be no slide tackling. An intentional slide tackle will lead to an automatic red card.

16. Corners will only be awarded should the ball cross the goaline between the edge of the area and the corner flag.

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

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

19. 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

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