



CUHK Inter-Collegiate 7-a-side Soccer Tournament

Rules and Regulations 2025-2026



(A)–Grouping System:

Depends on the number of participating teams. Please refer to the intercollegiate competition system of play announced by the Intra University Activities Sub-committee of Physical Education Unit.

(B) Laws of the Game:

Unless stated in the prospectus and the guidelines, all rules and regulations will be governed by the FIFA soccer rules and regulations.

(C) Off-side:

The “off-side” rule will be adopted in the competition.

(D) System of Play:

- 1) Each match will last 40 minutes, 20 minutes for the first half, and 20 minutes for the second half, with 5 minutes’ break in between.
- 2) Players must wear soccer shoes in match. Soccer shoes with metal studs, 8 studs or below, are prohibited.
- 3) Players must put on their shin guards and covered entirely by the stockings. Materials of shin guards should be appropriate (plastic, rubber etc.) to guarantee the protection.
- 4) The maximum registered players should be 14 persons. Not more than 5 players may be substituted during a match. Players who have been replaced will not be allowed to re-enter the match.
- 5) In all matches, a winning team must be identified for each match. If the match ends in a draw, each team shall assign 3 participants to take the “9 yards” shoot-out alternately. If the winner is still not identified, the “Sudden Death” rule will be adopted to determine the winner.

(E) Method of Scoring:

- 1) In all matches, the winner gains 3 points. If the match ends in a draw, each team will gain 1 point and take the “9 yards” shoot-out immediately. The loser gains no point. Team with abstain or disqualification is claimed lost 0:3, and gains no point.
- 2) If two teams score the same points, the winner will be the win side of a match between the teams involved. If the match ends in a draw, the team wins in the “9 yards” shoot-out will be placed in the higher position.
- 3) If three teams score the same points, the positions will be determined by the following

procedures:

- i. The team wins in the “9 yards” shoot-out will be placed in the higher position.
- ii. Determined by the goal difference of the teams involved in all matches (calculated by subtracting goals conceded from goals scored).
- iii. If the goal differences are equal, the team scoring more goals will be placed in the higher position.
- iv. The team with less Red Cards will be placed in the higher position.
- v. The team with less Yellow Cards will be placed in the higher position.
- vi. If the scores are still in a draw, the positions will be determined by lots drawing.

(F) Abstain:

Each participant/team shall turn up at the scheduled time for the match. Any team dispatches less than 5 participants during the match will be regarded as having withdrawn from the match.

(G) Penalty:

- 1) Yellow card -- two yellow cards will be suspended from next match automatically.
- 2) Red Card -- one red card will be suspended from next match automatically.
- 3) Suspension will be executed immediately, carried forward to the next game or competition season.

(H) Appeal:

The decisions of the referees on the spot will be final. Matters of any protest should be submitted to the appeal board in writing within 24 hours after the game. The judgment from the appeal board will be the final decision.

(I) Remarks:

If there is any inadequacy in these guidelines, the Convener reserves the right for appropriate amendments empowered by the Intra University Activities Sub-committee of Physical Education Unit.