Competition Rules

7-a-side Soccer

This competition prioritises fun and aims to cultivate a social environment. While a competitive spirit is welcome, it's essential to bear in mind that beginners require positive reinforcement, and an overly aggressive "win at all costs" mindset is not suitable. The Referee holds the authority to interpret all rules, and their decisions are final.

Clarification of Common Misinterpretations

Hand-ball – the ball touching the hand of a player will not necessarily constitute a free-kick. The Referee will call a handball if a player intentionally makes contact with the ball by a hand or arm (not shoulder or chest). Usually this is by moving the hand or arm towards the ball, but it could also be holding the arm stationary in position where contact would advantage the player's team.

Free Kicks – if a free kick is called, the team awarded the kick can take this kick straight away without the need for a whistle from the Referee, unless the Referee asks the kicking team to wait. The Referee will do this if they need to caution or discuss an issue with a player or move defensive players back the minimum distance of five (5) metres. Players should assume that all free kicks are direct free-kicks, unless the Referee holds one hand straight up above their head to signal an indirect free kick.

Dangerous Play – A Referee can award an indirect free kick against a player at any time if in the opinion of the Referee the player performs a dangerous act even if contact is not made with any other player. Examples of dangerous play include, but are not limited to, raising your foot above waist height to kick a ball, raising your studs at a player to challenge for the ball, and shoulder charging. Please also refer to the Conduct Breach – Sanction Guidelines in the Terms, Conditions and Competition Information document.

1. Responsibility of Players

All players are responsible for reading and understanding the rules contained in this document. Everyone participating should also understand and comply with the Terms, Conditions and Competition Information.

Players and their associated spectators are not to BYO alcohol to UQ Sport venue or have consumed any drugs or alcohol prior to playing. Condition of Entry are displayed at all facilities and must be adhered to.

If there are any rules that are not clear, please discuss these with the Referee or Convenor prior to the commencement of the game or at half time. Because of time constraints, the Referees may not discuss rules or rulings during the game.

Should any player be found to consistently damage equipment, venue apparatuses or other associated materials, they shall be suspended from the competition and be required to pay for damages incurred.

All players should be a minimum of 16 years of age. Team Contacts must be at least 18 years old. Players Under 18 will require a responsible adult to acknowledge their QR code sign in.

2. Responsibility of Officials

Referee

The Referee is directly responsible for the game and ensuring the described rules are adhered to. They are responsible for the safety of the players and the timing and conduct of the games. They have a duty to be respectful and considerate to teams, act in an unbiased manner and ensure the game remains social and enjoyable for everyone involved.

Convener

The Convener is responsible for the management of all the games, teams, venue, equipment and administration. They will be present at all games to ensure First Aid treatment is administered, Incident reporting is followed, competition information is provided and that all players and officials are conducting themselves in an appropriate manner. The Convener may observe the game and help the Referee to make the correct decision regarding the infringements or player behaviour during game play.

3. Conduct of Players

Please refer to the Terms, Conditions and Competition Information document for information regarding conduct of players, including sanctions guidelines for breaches to conduct.

4. Location

The location for Outdoor 7-a-Side Soccer is the UQ Sport Synthetic Fields precinct. Fields are above the P10 carpark, between the UQ Centre (Building 27A) and UQ Lakes busway station.

5. Game Commencement

(a) Teams should arrive ten (10) minutes prior to the commencement of their match to allow for smooth transition of games.

(b) Any teams that are not ready to commence play with a minimum of five (5) eligible players (see Rule 6) ten (10) minutes after the Referee has signalled the game can start will incur a 0-5 loss.

(c) A game may go ahead after ten (10) minutes; however the 0-5 loss will stand regardless of the actual score.

6. Number of Players & Substitutions

Discovery of an ineligible player on the field during finals will lead to an immediate forfeit for the respective team. It is the duty of individual players and Team Contact to ensure the eligibility of all their players for finals matches. Although efforts will be made by the Referee, Convenor, and Competitions Coordinator to address such situations through the QR Code system, the ultimate responsibility lies with the individual players and Team Contact.(a) A team is allowed a maximum of seven (7) registered/eligible players (including a goalkeeper) on the field. Five (5) registered/eligible players is the minimum number of players that a team can have without a forfeit resulting.

(b) A full team of seven (7) must have a minimum of two (2) and a maximum of five (5) members of either sex on the field at all times in the mixed competition. If only five (5) players are available, at least one of these players has to be from either sex. In the event where a player of a specific sex is injured, and they are the only player of that sex in their team, the team will play with one (1) less player.

(c) Teams are allowed unlimited substitutions, which may only be made once the ball is out of play. Substitutions may not be made when the ball is not out of play. The substitute player must enter the field from the same location as the substituted player exits.

(d) Teams may commence games with five (5) players provided rule 6(b) is satisfied.

(e) In the event that rule 6(a), (b) or (d) are broken, at any time the Referee notices an extra player on the field a red card will be applied to any chosen player. The team will continue to play with a player down for the rest of the game. It is the responsibility of individual players and team captains to ensure that they maintain the appropriate number of players on the field in accordance with Rule 6. It is NOT the responsibility of the Referee to monitor this.

(f) During finals matches (quarter final, semi-final and grand final), each player on field must have signed in via the QR Code and played a minimum of two (2) games to be eligible. If it is found that a player is on field that is ineligible for finals, this will result in an immediate 5-0 forfeit by that particular team. It is the responsibility of individual players and Team Contact to ensure that all their players are eligible for finals matches. While the Referee, Convener, and Competitions Coordinator will try to prevent such situations via the QR Code form, the responsibility ultimately rests with the individual players and Team Contacts.

(g) Continually breaching these rules may result in the offending team receiving an official warning. Persistent infringement may involve further disciplinary actions applicable to each case.

(h) In the men's competition, female players are not allowed. All members of the teams must identify as male.

7. Playing Attire

Uniform

UQ Sport does not require teams to be in a specific uniform, however players in a team should wear the same colour t-shirt or singlet. Bibs will be available if two opposing teams have the same-coloured shirts.

If out-field players choose to wear a cap or hat during the game, it must be secured to their head and not fall off during play. The player also forfeits the right to head or challenge the ball in the air. An indirect free kick will be awarded for either of these infringements. If the goal-keeper leaves the goal area they are considered an outfield player.

It is HIGHLY RECOMMENDED that ALL player wear shin guards (covered by long socks) and mouth guards at all times, however if players do not wish to wear shin guards or mouth guards, they do so at their own risk.

Shoes

It is compulsory for all players to wear appropriate enclosed sports shoes. No bare feet permitted, No shoes with metal studs, hard plastic soles or blades foots are permitted.

Safety

No player can take the field with jewellery of any kind (medical bracelets are permitted). All jewellery (including watches) MUST be removed prior to the game. The Referee will ask any player breaking this rule to remove the piece of jewellery. Only prescription glasses will be allowed. Other types of glasses are not permitted.

8. Game Duration

Games consist of two (2) equal halves of no more than twenty (20) minutes with players entitled to a five (5) minute half time break. No clock stoppages will be made except under exceptional circumstances. Such circumstances will be at the sole discretion of the Referee or Convenor. No time outs are allowed. Intentionally delaying the restart of play will result in a caution (yellow card).

If a game commences late (and is not deemed a forfeit) then it still must finish at the scheduled time. If such a circumstance arises, the halves may be shortened. This is up to the discretion of the Referee. If a drink break is required, all players must stay on the field whilst quickly have a drink; the Referee will not delay the restart for players not returning to the field.

In the event of extreme weather, game format may be changed (eg. Game times reduced; quarters rather than halves etc).

9. Start & Restart of Play

To either start play, or restart play (after a goal) a kick-off is used. Note that a shot at goal cannot be taken directly at the kick-off.

The ball must be placed on the half-way line and is in play when it is kicked either forward or backwards and moves. The kicking player may not touch the ball again until it has been touched by a different player.

10. The Playing and Goal Areas

Players are permitted to touch the ball when it is in the goal area, and no offside rule is in play.

Goal Kicks

In the event that the ball is kicked over the goal line (line in which the goal is placed) by an attacking player a goal kick is awarded to the defending team. A player of the defending team must place the ball on the ground inside the goal area, and then kick it to a teammate. The player cannot "kick it to themselves" nor have a team-mate pass the ball back to the keeper to pick up (see rule 12).

If the player taking the goal kick touches the ball a second time before another player, the Referee will blow their whistle and instruct the player that they must kick it to another player before they can touch it again. The goal kick is then retaken. If this rule is broken again, an indirect free kick shall be awarded to the attacking team from where the player touched the ball a second time. A goal can be scored directly from a goal-kick.

Corner Kicks

In the event that the ball is kicked over the goal line (line in which the goal is placed) by a defending player. A corner kick will be awarded to the attacking team. A player of the attacking team must place the ball on the

ground in the corner of the field which the Referee indicates, where the goal line and the sideline intersect (the corner of the field), and then kick it to another player. This player cannot ‘kick it to themselves'.

If the player taking the corner kick touches the ball a second time before another player, the Referee will blow their whistle and instruct the player that they must kick it to another player before they can touch it again. The corner is then retaken. If this rule is broken again, an indirect free kick shall be awarded to the defending team from where the player touched the ball a second time. A goal can be scored directly from a corner kick.

Pass-Ins (a.k.a. Kick-in)

In the event that the ball is kicked over the sideline by a defending player a pass-in is awarded to the attacking team. If an attacking player kicks the ball over the sideline, the kick in is awarded to the defending team. A pass-in is taken by placing the ball on the sideline at the place where the ball was kicked out. A goal cannot be scored directly from a pass-in.

Players must be five (5) metres away from the ball when corners and side kick ins are taken.

The player taking the pass-in must kick it to another player before he/she can touch the ball again. If he/she touches the ball again before another player, the Referee will blow their whistle and instruct the player that another player must touch the ball after they have kicked it, before he/she can touch it again. If this rule is broken again, an indirect kick shall be awarded to the opposing team to be taken from where the infringement occurred.

11. Goals

Goals can be scored from anywhere on the field. A shot at goal cannot be taken at the kick off or a kick-in, without another player touching it first.

12. Goalkeeper

The goalkeeper is the only player who can touch the ball with their hands. If the goal-keeper distributes the ball to an outfield player and the ball is passed back to the goalkeeper who picks the ball up in the goal area without the ball going to at least another team-mate OR being touched by an opponent an indirect free kick to the opposition team will be awarded where the goal keeper touches the ball with his hands.

In all instances, when in the goal area, the keeper must distribute (get rid of) the ball within five (5) seconds of gaining control of it or an indirect free kick to the opposition team will be awarded.

When substitutions occur, the player coming onto the field may assume any position on the field including the goal keeper position. If an outfield player or substitute assumes the goalkeeper position, then the player who was goalkeeper must either immediately remove themselves from the field (if they are the player being substituted off) or immediately assume another position on the field (if another outfield player is being substituted off). Changing the goal keeper may only be done when the ball is out of play, and the Referee must be notified of this change.

The goalkeeper is still not permitted to slide tackle. Any tackles made with the feet leading will be an automatic yellow card and may be subject to the Sanction Guidelines.

13. Free Kicks, Kick-Offs, etc.

Players must be five (5) metres from the ball for all free kicks, kick-offs, pass-ins etc.

For a direct six (6) metre penalty, the keeper and all players are to adhere to Futsal rules: the kicker is to aim at goal, with the intention of scoring. All players must be out of the penalty area, and the players of the opposing team must also be at least five (5) metres from the penalty spot.

All players must be behind the ball.

14. Slide Tackles

Due to safety concerns, NO slide tackles will be tolerated. If a player loses their footing in order to make a tackle and as a result ends up with even part of their body on the ground, an automatic yellow card and 5-minute sin bin will be enforced. When a player is sent to the sin bin, they will have to substitute for 5-minutes, allowing their team to still have 7 players on the field. If the player commits a slide tackle after receiving the yellow card, they shall be immediately sent from the field without a replacement. Players may also be referred to the Competitions Coordinator and subject to further sanctions in line with the Sanction Guidelines.

15. The Sin Bin & Conduct Breaches – Sanction Guidelines

The Code of Conduct sets standards for respectful, fair, and safe sporting environments. In the event these standards are not upheld, UQ Sport may implement the following sanctions for breaches in conduct. The table below encompasses standards set by the National Integrity Framework by Sport Integrity Australia,

Offence

	Examples	Minimum Sanction Guideline	Maximum Sanction Guideline
Undirected Physical or Verbal Misconduct	Mistake with an absence of intent to harm. Aggressive tone, swearing (not directed at a specific person), unintended overly physical contact (not involving sexual misconduct); overly competitive behaviour.	Warning (verbal or written)	Warning (verbal or written)
Directed Verbal Misconduct	Use of offensive, insulting or abusive language and/or gestures directed at a team/individual. Use of discriminatory language and/or gestures, including racist, homophobic, religious, ethnic or sexist remarks. May be towards other participants, Officials, or spectators.	Warning (verbal or written)	Suspension for remainder of competition season
Directed Physical Misconduct Against a Match Official	Conduct that intends to cause or causes significant harm.	Suspension for remainder of competition season	Life

	Eg. pushing, striking, kicking, elbowing, headbutting; spitting; intimidation.		
Physical Misconduct	Excessive force when challenging for the ball when it is in play. eg: tackle from behind that endangers the safety of an opponent; pushing; shoving; striking; kicking; elbowing; spitting. Excludes gender based violence/sexual misconduct.	2 matches	Suspension for remainder of competition season
Serious Physical Misconduct	Excessive force or brutality when NOT challenging for the ball, including but not limited to striking, kicking, elbowing, headbutting. This may occur either on the field of play or outside its boundaries; whether the ball is in play or not; against an opponent, team-mate or any other person; or before/after fixture has occurred. Violent conduct of the most serious nature that intends to cause or causes significant harm to any person. Involvement in a brawl (but not if person has tried to prevent a fight, shield others or separate those involved in a brawl).	Suspension for remainder of competition season	Life

Further to the above:

- Acts of violence or harassment may also be referred to UQ under the National Code, the Police, Human Rights Commission or to Sport Integrity Australia for advice or follow up.
- UQ Sport may determine that the actions of a team member or spectator were of such a nature that it warranted a sanction greater than the maximum guideline. Repeat offences may be taken into consideration.
- Deduction of competition points, suspension from attending UQ Sport venues and facilities, or a recommendation for further education may also apply for conduct breaches.
- If a team member plays in multiple teams or across multiple social sport competitions, the sanction applies to their participation in all UQ Sport social sport competitions.
- Suspension from matches includes participation and spectating.

16. Finals

To qualify for participation in the finals (quarterfinal, semifinal, and grand final), players are required to both sign in and play a minimum of two (2) games during the regular season. Utilizing a player who does not meet this eligibility criterion in the final rounds will result in an automatic forfeit and disqualification for the offending team, as outlined in Section 6(f)

All players are also required to bring a form of PHOTO ID for the Convener to check player eligibility for every final game. The convenor can ask for this at any time, failure to provide may lead to the game being forfeited.

All finals matches must have a winning outcome for one team. If a draw results during any of the finals, a coin is tossed to decide who kicks off and then an extra five (5) minutes is played in which the golden goal rule applies. This means that the first team to score in this time shall be declared the winner.

If the teams are still even at the end of extra time, a "best of five (5)" penalty shoot-out shall take place to determine the winner of the match (In the mixed competition, at least 2 of the initial 5 penalties must be taken by either sex). If there is no winner after the five (5) penalties, each team shall take a single penalty until one-team scores and the other misses – determining the winner of the game (the scoring team). The scoring team will be deemed the winner. No single player can take more than one penalty, unless every team member has taken a penalty themselves.

The player playing in the goal keeper position at the end of the extra time must be the one in goals for the penalty kicks. No substitutions will be allowed.

17. Team Fixtures

It is the responsibility of the Team Contact and individual team members to read the draw. All correspondence will be forwarded via e-mail to Team Contacts and will be available through the UQ Sport website, and UQ Sport 'Social Sport' Facebook Page.

Please check the fixtures right up until game day as fixtures can change from time to time.

18. Scoring and Competition Points

Referees will keep a record of all goals scored during a game on the official scorecard. The final result recorded by the Referee is final. However, captains from each team are encouraged to verify the final result and sign the scorecard to acknowledge that the game was accurately recorded.

Competition points will be allocated as follows -

- Win – 2 points
- Draw – 1 point each team
- Loss – 0 points

Should teams finish with equal competition points at the end of the regular season, For/Against will be used to separate the teams ie. (Team A goals scored – Team A goals scored against). If it is still a

tie, the result of the game between those two teams during the season will determine the final position of the teams on the table. If the teams in question did not play each other, or, there is still a tie, the team with greater goals scored finishes above the other team.

19. Unforeseeable Acts

The following formula is to be used to determine the result for a game that cannot be completed for whatever reason (eg. Serious injury requiring ambulance attention, fields unsafe, power outages, rain etc).

- A fixture called off anytime in the first half will aim to be rescheduled, unless one team is leading by a margin of 5 or more points. In this instance, the result will stand at the score line when the game is called off.
- A fixture called off anytime in the second half will be determined based on the score when the game was called off.

For fixtures called off before they commenced, UQ Sport will endeavour to re-schedule, however due to time constraints for season start and end dates, this may not always be possible.

20. Injury and Insurance

A player may request a 'time' pause in the game due to injury or illness, but the decision to stop play lies solely with the Referee. In the event of an injury, it is the player's or their teammate's responsibility to promptly notify the Referee, who retains the authority to stop the game at any moment.

In cases of minor injuries, the Referee should direct the injured player or a bystander to the Convenor for initial first aid treatment. QR Codes displaying the UQ Sport 'Incident Report' form are visibly placed throughout venues for anyone to report injuries.

If a player sustains a minor injury (or has blood on their clothing or person), they are allotted a maximum of two (2) minutes for on-court treatment (or to remove any signs of blood), or else they will be substituted with another player.

The Referee has the discretion to pause the game for any duration to address emergencies.

In the event of a medical emergency, the Referee should stay with the injured player and designate someone else to inform the Convenor of the emergency.

Many injuries that occur during officially sanctioned and managed UQ Sport activities may be covered by our insurance policy. For further information regarding insurance please email insurance@uqsport.com.au or call 1300 755 293. Alternatively, you can contact the Competitions Coordinator at socialsport@uqsport.com.au.

UQ Sport Conditions of Entry

1. You must comply with these conditions of entry and follow instructions displayed within the Facilities or given by Us (and any person appointed by Us to manage the Facility) from time to time.
2. You must use the Facilities in accordance with Your membership or booking and, if applicable, strictly only between the times and the dates specified in Your booking.
3. You must not allow any person to use Your membership or student card to gain access to the Facility. Failure to observe this condition may result in eviction from the Facility and Your access rights being immediately cancelled.
4. You are responsible for the conduct of anyone participating with You.
5. Smoking is not permitted in this Facility, or on any University of Queensland campus or recognised site.
6. You must not litter or cause damage to the Facilities. We reserve the right to on-charge for any damage to the Facilities.
7. No alcohol, illegal or offensive substances or items, weapons, glass or sharp objects or oversized items of any kind are permitted in the Facilities.
8. The use of cameras, drones, audio or video recorders and other recording devices within the Facilities is strictly prohibited, unless We specifically advise otherwise.
9. It is a condition of entry that You consent to bag searches and We may confiscate prohibited items and items which in Our opinion may cause injury or a nuisance to other patrons using the Facilities.
10. Protect your valuables as thieves operate on campus despite security patrols and surveillance throughout the campus.
11. Surveillance cameras may be in use at this Facility.
12. Persons under 16 years of age must always be accompanied and supervised by a responsible adult (aged 18 years and older).
13. You must not obstruct entry, exit or general movement of any person using any of the Facilities. Animals are not permitted at any of the Facilities with the exception of assistance animals unless We specifically advise otherwise.
15. We may refuse entry to, or require a person to leave the Facility if the person is abusive, uses offensive language or inappropriate behaviour, is under the influence of drugs or alcohol, or the person's behaviour is threatening or offensive to others.
16. We may evict or refuse entry to any person if such eviction or refusal is reasonably necessary to ensure the safety or comfort of other patrons of the Facilities.
17. We reserve the right to close the Facilities at any time without notice for, but not limited to, an emergency, due to current or potential extreme and/or inclement weather, or for maintenance and construction works.
18. You must promptly report to Us any health or safety concerns You become aware of while in the Facilities.
19. Report any incidents, injuries or near misses to Us.
20. You must wear appropriate attire for the activity and non-marking footwear at all times (footwear excepted in the pool).
21. You must not use Our equipment or the Facilities for any other purpose than the relevant sporting activity.
22. Unless otherwise approved by Us, only We are permitted to coach in this Facility.
23. You must carry your student card, membership card or have a valid casual pass or proof of booking when using the Facility.
24. Patrons assume all risk of any damage or loss (including property damage, personal injury, economic and consequential loss) however it arises at this Facility. Patrons bring their personal effects into the Facilities at their own risk. We will not be responsible for any damage or loss or theft of a patron's personal property.
25. Observe and follow any other rules and signage in the Facility.

"You" and "Your" means the person who enters or uses the Facilities. "We", "Our" and "Us" means UQ Sport Ltd ACN 135 537 183, its employees, agents and contractors, and where the context requires, includes the University of Queensland.