



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली
NATIONAL INSTITUTE OF TECHNOLOGY DELHI

RULES AND REGULATIONS

NUMBER OF PLAYERS: 5(including GK)

Minimum Number of Players to Start Match: 4, one of whom shall be a goalkeeper

Maximum Roster: No limit

Substitution Limit: None

Substitution Method: "Flying substitution" (all players but the goalkeeper enter and leave as they please; goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent) .

DURATION OF THE GAME

Duration: Two equal periods of 20 minutes.

Half-time: 5 minutes

FOULS AND MISCONDUCT – FIFA Rules

All the Free Kicks are INDIRECT.

Penalty Kicks will only be used for tie-breakers – Final/Consolation

PENALTY KICK

To be taken from the penalty mark, 8 yards from goal line.

All players must be out of the penalty area.

OFFSIDE – There is no offside in 5v5.

THROW-IN – As per FIFA Rules.

FREE KICK– distance from the ball – 5 yards.

GOAL KICK

From inside the penalty area, the goalkeeper rolls the ball into play. Ball must be played within own half or touch the ground within own half. Ball must clear the Penalty Area for an opponent to play it.

A teammate may play the ball within the Penalty Area.

OFFICIALS / REFEREES

Single Referee will call the games with two linesman.
Referees call is the final call.

RESTART TIME LIMIT – Restart must take place within 5 seconds or the ball is awarded to the opposing team (enforcement to take place gradually).

PASS BACK TO GK – GK may not handle the ball.

EXTRA-TIME:

In all Final or deciding matches extra time will come into play i.e. 5 min per half and 2min half time.

In extra time captains may choose between two options of play golden goal or classic football (which must be informed to referee and officials before extra time starts).

TRAIL RULE:

Any team trailing by 7 goals will automatically be declared defeated.