

RULES FOR PARTICIPATION IN MEN'S 5-A-SIDE FOOTBALL AND WOMEN'S 5-A-SIDE FOOTBALL

RULES OF THE GAME

ART. 1_ Organisation of the tournament

All players must be student of the Politecnico di Milano, have a valid Basic membership and a valid non-competitive sports medical certificate for the duration of the tournament.

The first stage is round-robin, where each team meets the other teams in its pool.

At the end of this first stage, the top-ranked teams from each pool will advance to the knockout stage.

The calendars, results, possible sanctions and measures and all useful information during the course of the tournament will be published and updated on the dedicated page on the [sports website](#).

In the group stage, the position of each individual group on the leadership board is established according to the following scores:

- 3 points for each game won,
- 1 point for each draw,
- 0 points for each game lost.

In case of tied leader board scores, the ranking will follow this order:

- a. points obtained in head-to-head games (in the case of three teams with equal points, this consideration is ignored),
- b. **highest score in the *discipline series ranking*,**
- c. number of wins obtained,
- d. goal difference,
- e. highest number of goals scored,
- f. lowest number of goals conceded,
- g. draw.

A team shall lose the game by forfeit if it fails to appear on the court within 15 minutes of the official starting time. Teams that do not show up will be declared losers by 0-6 and will lose the right to the return of the game deposit, unless they have notified the Organising Committee by 5 pm on the day before the match by sending an e-mail to tornei@polimi.it or by sending a message on WhatsApp to +39 338 4955185.

Each team can consist of a minimum of **5 players** up to a maximum of **9 players**. Players cannot be added after registration closes, except in specific cases (e.g., player injury).

Each team is allowed to use players from outside the squad as substitutes, provided they have a valid medical certificate and a Basic membership. This option may be exercised a **maximum of two times in total** throughout the entire tournament. The same player may not be used as a substitute by more than one team during the tournament.

Each player may participate with one team; if a player is listed on the roster of one team, they cannot be listed on the roster of another team.

It is also specified that the competitions 5-a-side football matches will be played simultaneously with the matches of the other disciplines (e.g., 3x3 basketball, volleyball); if a player decides to participate simultaneously in the matches for more than one sport, they shall acknowledge in advance the possibility that these different matches may overlap.

In this case, each player shall have the right solely of choosing the match in which they want to take part; the Organising Committee shall bear no responsibility for such an occurrence and any request by the teams to reschedule the games shall be declined.

The matches will be played from Monday to Saturday at the Giuriati Sports Center and at the Parco dei Gasometri from 5:00 p.m. to 10:00 p.m.

A provisional general schedule of the days and times when the matches will be played is published on the sports website, in the dedicated section.

The start time and dates of the tournament may be changed at the discretion of the Organising Committee. In the event of any changes, the captain(s) of the team(s) shall be notified promptly by the Organising Committee.

Before the final schedule is published, each team is allowed to submit specific requests regarding any scheduling preferences. This option may be exercised a **maximum of two times** throughout the entire tournament.

Once scheduled and designated, matches may not be rescheduled, except in the case of organisational problems on the part of the Organising Committee. Therefore, any requests to reschedule shall NOT be accepted.

It is absolutely forbidden to wear 11-a-side football boots on the pitches; players must be wearing 5-a-side football boots or trainers to enter the pitch. The referee must refuse to allow any players with 11-a-side football boots to play in the match.

NB. Teams that reach the finals are obliged to wear the Politecnico di Milano jersey provided at registration; in case of non-possession, the team is automatically excluded from the tournament.

Below are the rules of the game:

a) DURATION

The duration of the matches is set at two 20-minute halves with a three-minute interval between the two halves. Solely in the knockout stage, in the event of a tie at the end of regular time, there will be a penalty shoot-out (3 penalties per team plus any extras).

a) SUBSTITUTIONS DURING THE MATCH

Substitutions, even when the ball is in play, are allowed in unlimited numbers. The only player who cannot be substituted during the match is the goalkeeper, who may be substituted when the game is stopped after informing the referee. The substituting players, however, must exit and enter the pitch via the marked area in their half of the pitch. Players entering must wait for their teammate to come off the pitch, under penalty of a yellow card for the player entering and possibly an indirect free kick for the opposing team.

c) 4-SECOND RULE

Goal kicks, kick-ins, corners and free kicks must be taken within 4 seconds, under penalty of the ball being given to the other team or indirect free kick in the case of a late kick by the goalkeeper.

In the case of a free kick, if the ball is suitably close to where the foul occurred and the referee believes the opposing players to be at an adequate distance, the 4 seconds will begin immediately for both direct free kicks and indirect free kicks. If the referee is asked to check the minimum distance (5 metres), the 4 seconds will be counted from the referee's whistle to resume play.

d) KICK-INS AND CORNER KICKS

The ball must be kicked from fully on the line or up to 25 cm from the line outside the pitch. Otherwise, the referee shall give the ball to the opposing team.

e) TIMED EXPULSION

In 5-a-side football, expulsion means players are sent off permanently. The team of the player sent off may bring in a substitute to re-establish numerical parity two minutes after the expulsion, under permission of the referee, or immediately after a goal by the opposing team.

f) TIME OUT

The coach or captain of each team may request one time-out per game. Time-outs shall last for one minute. The time-out minute will be made up by extra time.

g) THE GOALKEEPER

Must put the ball back into play from the goal line with their hands, within 4 seconds.

A goalkeeper commits a foul if, after releasing or being dispossessed of the ball, they play it again before it crosses the centre line of the pitch or before it is touched by an opponent.

Cannot touch and control the ball with their hands if passed to them deliberately by a teammate.

Cannot in any case play the ball for more than 4 seconds, within their own half.

Is entitled to only one possession per 'action': an action ends when an opponent plays the ball or play is interrupted by the referee's whistle or restarting play (goal kick, kick-in or corner kick).

h) CUMULATIVE FOULS AND FREE KICKS

After five fouls by one team, the referee will award a bonus direct free kick to the opposing team. Any additional fouls committed in the same half by the same team will be punished by a free kick to the opposing team. Other players, teammates and opponents must be behind the line of the ball and at a distance of at least 5 metres. The free kick can only be taken after the referee's whistle. At the time of the free kick, the goalkeeper may advance as far as 5 metres from the ball, but after the referee has blown the whistle, may not advance from the place where they have chosen to stand. Only fouls punishable by direct

free kicks shall be considered in calculating cumulative fouls and fouls suffered for awarding free kicks. At the end of the first half of the match, the cumulative fouls are reset to zero.

i) SLIP

A player who slide tackles in an attempt to intercept the ball, even without touching the opponent, is punished with a direct free kick.

For anything not covered above, the technical and disciplinary rules of the Italian Football Federation (FIGC) - 5-a-side football division apply.

ART. 2_ Sanctions and additional provisions with respect to the GENERAL RULES OF TOURNAMENTS OF POLITECNICO DI MILANO

A player who receives a yellow card in two matches is automatically warned; if the same player receives a third yellow card, they will be automatically disqualified for the next match.

A player sent off by the referee during a match will be automatically disqualified for at least a day.

Disqualifications for one or more days must be applied to the matches immediately following the day the player received the punishment. In the case of a forfeited result for the team of a disqualified player during the period of disqualification, if the result is in favour of their team, the day of disqualification shall be considered completed; on the contrary, if their team is responsible for the forfeited result, the day of disqualification shall be applied to the match immediately following.

In case of inappropriate language - swearing, profanities, etc. - against other players, will result in a first warning, followed by a yellow card and expulsion.

In case of inappropriate language - swearing, profanities, etc. - towards the referee, will result in direct expulsion.

Deposit

Each team must deposit a **€50** fee as a game deposit and undertake to participate in all matches as per the schedule published on sport.polimi.it.

In the event that the team does not turn up in time to play the match and has not notified the Organising Committee by 5 pm on the day before the match (by sending an e-mail to tornei@polimi.it or by sending a message on WhatsApp to +39 338 4955185), the deposit will not be returned and will be retained as a supplement to the registration fee.

The deposit must be paid in **cash** at the Giuriati Sports Center and/or at the Parco dei Gasometri (the captain will receive notification by email) and may be requested at the end of the activity (December 21st) and no later than **February 19 2027**, again at the Giuriati Sports Center and/or Parco dei Gasometri.

GAME FORMULA - MEN'S 5-A-SIDE FOOTBALL

The formula may be subject to change depending on the actual number of teams registered for the tournament.

The number of teams for the men's 5-a-side football tournament is **42**. The teams will be divided into 14 groups of 3 teams each

During the first stage, each team will play against all the other teams in its group in one-off matches.

At the end of the group stage, the teams that finish in first place, plus the two best teams that finish in second place, will advance to the knockout stage.

A merit-based ranking will be compiled for the second-place teams (S1, S2). The merit-based ranking will take into account, in order of importance:

- a. points obtained in head-to-head games (in the case of three teams with equal points, this consideration is ignored),
- b. **highest score in the *discipline series ranking*,**
- c. number of wins obtained,
- d. goal difference,
- e. highest number of goals scored,
- f. lowest number of goals conceded,
- g. draw.

The *discipline ranking* takes into account the behaviour of the teams during the course of the championship, awarding a score in the event of a warning given (-1), expulsion for a number of warnings (-2), direct expulsion (-3), game forfeited (-6).

Once the 16 teams have been determined, the tournament will continue with the knockout stage.

GAME FORMULA - WOMEN'S 5-A-SIDE FOOTBALL

The formula may be subject to change depending on the actual number of teams registered for the tournament.

The maximum number of teams allowed in the women's basketball tournament is **4**. The teams will be placed in a single group.

At the end of the group stage, the teams will face off in the semifinals according to the following schedule:

- Semifinal 1: 1st place in the group vs. 4th place in the group
- Semifinal 2: 2nd place in the group vs. 3rd place in the group

The winning teams will face off in the final.