



## **RULES OF THE 5-A-SIDE FOOTBALL OPEN TOURNAMENT ORGANISED BY THE POLITECNICO DI MILANO**

### **ART. 1\_ Participants**

The Polimi League is open to university students only.  
Teams must be formed by students from the same degree course.

### **ART. 2 Requirement**

Participation is subject to payment of a compulsory registration fee.  
Fees for the various activities can be found on the Polimi League page at [www.sport.polimi.it](http://www.sport.polimi.it). From 4 September to 18 September the fee is €18 per participant, from 19 September to 2 October it is €25 per participant.  
In addition to the registration fee, each participant must hold a basic membership (€30) and have a valid medical fitness certificate. The tournament fee **is not** refundable.

### **ART. 3\_ Organisation of the tournament**

The 5-a-side football open tournaments is open, by open we mean that there are no gender restrictions of any kind in the formation of the team and on the fields (for example an all-female, mixed or all-male team).  
The first stage is round-robin, where each team plays the other teams in its pool.  
At the end of this first stage, the top four teams from each pool will advance to the knockout stage.

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. number of wins obtained,
- c. goal difference,
- d. highest number of goals scored,
- e. lowest number of goals conceded,
- f. highest score in the *discipline series ranking*,
- g. draw.



The duration of the matches is set at 2 non-effective 20-minute halves with a maximum of 5 minutes' 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 team shall lose the game by forfeit if it fails to appear on the court within 15 minutes of the official starting time. The referee's timekeeping is final. The forfeiting teams shall be declared losers 0-6.

For five-a-side football tournaments, each team may consist of between **5 players** and **9 players**. Players cannot be added after registration closes, except in specific cases (e.g. player injury).

For 5-a-side football tournaments, each player may participate with only one team; if a player is listed on the roster of one team, they cannot not be added to the roster of another team.

**It is also specified that the 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 sole right of choosing the competition in which they want to take part; the O.C. shall bear no responsibility for such an occurrence and any request by the teams to reschedule the games shall be declined.**

The matches shall be played at the Giuriati Sports Centre from Monday to Thursday from 6 pm onwards. A provisional general schedule of the days and times when matches will be played is posted in the tournament section of the sports website.

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 captains of the team(s) shall be notified promptly by the Organising Committee. **Catch-up games will be played on Saturday.**

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.

Sliding tackles are not permitted (except for saving goals).

In the case of a pass back, the goalkeeper may only receive the ball once from their teammates.

The results, standings, dates and times of subsequent matches, any penalties and all useful information during the course of the tournament shall be posted in the tournament section at [www.sport.polimi.it](http://www.sport.polimi.it).

For anything not covered in the above rules, the technical and disciplinary rules of the Italian Football Federation shall apply, with particular reference to what follows, concerning situations that are **typical of the game:**



**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 by 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.

**b) 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.

**c) 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, with both feet out of the pitch and within 4 seconds. Otherwise, the referee shall give the ball to the opposing team.

**d) 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.

**e) 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.

**f) THE GOALKEEPER**

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

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).

**g) 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.

#### **ART. 4\_ Referee: duties and powers - Organising Committee: composition and duties**

A sports referee has the task of conducting and coordinating the match.

They must ensure that the match is played according to the rules of the game; they also have the authority to signal any errors/fouls and misconduct by the players.

Their duties also include: identifying the players at the start of the match, confirming the result and preparing the match list.

The Organising Committee consists of one member of the sports department, one member of the refereeing department and one member of the Polisportiva Politecnico di Milano.

The Organising Committee coordinates the entire organisation of the tournament, lays down the rules and reserves the right to carry out all the checks it deems appropriate, concerning both the registration of individual players and the participation requirements. The Organising Committee is also the competent body that decides on any penalties imposed for non-regulatory behaviour. The Organising Committee reserves the right to notify any sanctions at the end of the competition or no later than 24 hours before the next competition, where possible, or by notifying the manager of the team of the disqualified player.

#### **ART. 5\_ Sanctions and disciplinary measures**

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.

Yellow cards and/or warnings shall be reset at the end of the group stage; however, existing measures (e.g. ongoing disqualifications) shall remain in force.

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

Further specifications:

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



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

#### **ART.6\_ Reminder of the obligation to comply with the Politecnico di Milano Code of Ethics and Conduct**

Every participant shall comply with Politecnico di Milano's Code of Ethics and Conduct.

The Code of Ethics and Conduct defines the ideals, values, principles and responsibilities shared and accepted by the Politecnico community, which guide all university activities. The founding values of the Politecnico di Milano are: responsibility, respect, integrity, professionalism, fairness, trust and transparency.

Any behaviour that is not consistent with the Code of Ethics and Conduct shall be duly assessed by the Organising Committee; unsportsmanlike behaviour shall not be tolerated and may result in exclusion from the tournament. In the event of exclusion, any request for registration fee refund shall be rejected.

The Organising Committee reserves the right to take further action in the case of particularly serious events to be reported to the Rector, School Presidents and/or the Student Advocate for the initiation of disciplinary proceedings before the Student Disciplinary Committee.

#### **ART.6\_ Complaints**

Complaints concerning disqualifications and/or decisions made by the referee may be submitted to the Organising Committee.