

ActiveSG Cup 2022 4v4 Football Competition
Y13B, Y14B, U16B, Y17B, U19B, U16G & U19G Category

RULES & REGULATIONS

1. CATEGORIES

1.1. All participants shall compete in their respective age groups as follows:

Category	As of 2022	
	Boys	Girls
Youth 13 Boys	13 Years Old	N.A.
Youth 14 Boys	14 Years Old	N.A.
Under 16 Boys	15 & 16 Years Old	N.A.
Youth 17 Boys	17 Years Old	N.A.
Under 19 Boys	18 & 19 Years Old	N.A.
Under 16 Girls	N.A.	13 to 16 Years Old
Under 19 Girls	N.A.	17 to 19 Years Old

1.2. Each participant is only allowed to play for one (1) team.

2. REGISTRATION

2.1. Registration fees apply as follows:

Category	Registration Fee
Y13B, Y14B, U16B, Y17B, U16G, U19G	\$10 per team Payment upon registering on ActiveSG Website.

2.2. Each team will register a minimum of 5 players, up to 6 players (4 + 2 reserves) for the competition. Participants are encouraged to register mix-gender teams (only allowed for the under 12 category and below). Only 5 players will be present on match days. No changes are to be made to the team-list throughout the course of the whole competition once the payment is made. All teams are to come 15 minutes before the scheduled timing.

- 2.3. Registration constitutes representation, that is, once a participant is registered to play for a team, he or she is deemed to have represented his or her team. Hence, the player is not allowed to represent another team in the same competition.
- 2.4. Organizers reserve the rights to reject the registration of any player(s) and or any team(s) at their own discretion.

When a player is injured during the match and cannot continue to play, the opponent team will have to withdraw a player as well to maintain the same number of players for each team. This is out of good will. Note that the withdrawn player can be substituted into the game.

- 2.5. If a player is **injured** during the competition period and is unable to participate in subsequent matches, a replacement player (1-time replacement only) can be inserted based on the conditions below
- i must not be from another team which is participating in the event
 - ii must be within the tournament age
 - iii less than 3 reserves were registered during submission of entry form
- 2.6. The replacement player must provide the following on match day:
- i Student ID Card/ Student EZ-link Card with photo
 - ii A completed indemnity form, with parent's endorsement (for ages below 18)
 - iii A completed consent form, with parent's endorsement (for ages below 18)

3. Competition Format

The teams participating in the competition shall be divided into groups (Number of teams per group and number of groups depend on the number of registered teams). A draw will be conducted for the purpose of determining the placement of the teams in the groups.

a) All matches in a group are played under the league system whereby each team will play once against each of the other teams in its group (single round-robin).

3.1 5-Zone Qualifiers

The competition is divided into 5 zones: North, East, Central, North-East and West. Each zone will host 4 groups (2 groups for girls) of 5 teams to play in a round-robin and each team will play a total of 4 games. After all the matches in the round is played, their final standings will then determine how they progress into the next round.

3.2 National Level Playing Field

From the previous round, the different groups of 10 across the 5 zones will be ranked from 1st to 10th respectively. The new groupings for the current round will then be formed into 5 separate levels (comprising of 2 groups each as well) as such:

Level 1 – 1st and 2nd (4v4)

Level 2 – 3rd and 4th (4v4)

Level 3 – 5th and 6th (4v4)

Level 4 – 7th and 8th (4v4)

Level 5 – 9th and 10th (4v4)

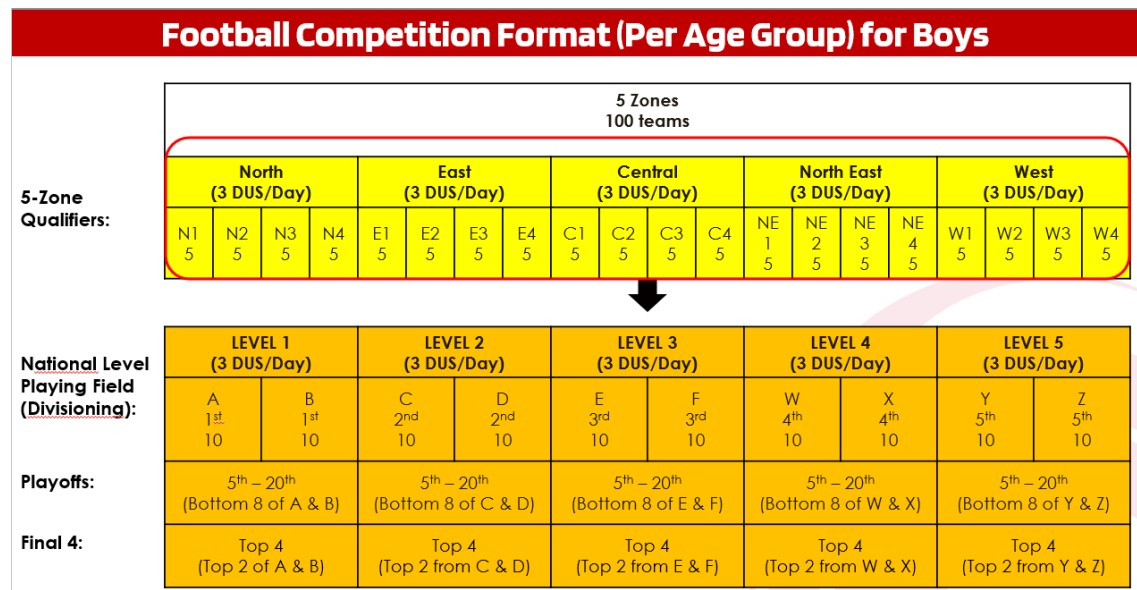
In this new groups and levels, teams will be able to compete with other teams of comparable standard of skills and abilities. Similarly, this National Level Playing Field round will have the same round-robin system as the earlier round. Their Final standings will then determine if the team proceeds to the Playoffs round or the Final 4 round.

3.3 Playoffs

Teams who are ranked in the 3rd (5th for girls) to 10th positions in the previous round will enter the Playoffs round. In this round, each team will play an opposing team of the same position in the other group within the same level. For example (boys), in Level 1 which consists of group A and B, the team ranked 3rd in group A will play against the team ranked 3rd in group B. This applies to all teams in other positions. For example (girls), in Level 1, 5th will play against 6th within the level and so on.

3.4 Final 4

The remaining teams who are in the 1st and 2nd positions of the National Level Playing Field round will qualify for the Final 4 round. The 'top 4' of each level will battle it out in a knock-out round format that consists of two semi-finals, one 3rd / 4th placing match and one final to determine the champion. In the example of Level 1's group A and B, the team who emerged 1st in group A will play the team in 2nd place in group B in one semi-final while the 2nd placer in group A will be matched against the 1st team of group B. The losers of the semi-final matches will then play in a 3rd / 4th placing match while the winners will fight for the championship in the finals.



Football Competition Format (Per Age Group) for Girls

5 Zones 50 teams									
North (3 DUS/Day)		East (3 DUS/Day)		Central (3 DUS/Day)		North East (3 DUS/Day)		West (3 DUS/Day)	
N1 5	N2 5	E1 5	E2 5	C1 5	C2 5	NE1 5	NE2 5	W1 5	W2 5

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	LEVEL 1 (3 DUS/Day)		LEVEL 2 (3 DUS/Day)		LEVEL 3 (3 DUS/Day)		LEVEL 4 (3 DUS/Day)		LEVEL 5 (3 DUS/Day)	
National Level Playing Field (Divisioning):	A 1 st 10	B 2 nd 10	C 3 rd 10	D 4 th 10	E 5 th 10					
Playoffs:	5 th – 10 th (Bottom 6 of A)		5 th – 10 th (Bottom 6 of B)		5 th – 10 th (Bottom 6 of C)		5 th – 10 th (Bottom 6 of D)		5 th – 10 th (Bottom 6 of E)	
Final 4:	Top 4 (Top 4 of A)		Top 4 (Top 4 from B)		Top 4 (Top 4 from C)		Top 4 (Top 4 from D)		Top 4 (Top 4 from E)	

4. FORMAT OF PLAY

4.1 Law 1 – The Field of Play

Field Markings

The field of play must be rectangular and marked with artificial playing surface material (flat markers) on the fields. These lines belong to the areas of which they are boundaries.

Only the lines indicated in Law 1 are to be marked on the field of play. Where artificial surfaces are used, other lines are permitted provided they are a different colour and clearly distinguishable from the football lines.

The two longer boundary lines are touchlines. The two shorter lines are goal-lines.

The field of play is divided into two halves by a halfway line, which joins the midpoint of the two touchlines.

The centre mark is at the midpoint of the halfway line.

All lines must be of the same width, which must not be more than 12cm (5ins). The goal lines must be of the same width as the goalposts and the crossbar.

Dimensions

The touchline must be longer than the goal-line.

4v4
Length (touchline): Youth 13B – 35m Youth 14B / Under 16B / Youth 17B / Under 19B – 40m Under 16G / Under 19G – 40m
Length (goal-line): Youth 13B – 25m Youth 14B / Under 16B / Youth 17B – 30m Under 16G / Under 19G – 30m

Goal Size

4v4
The distance between the posts is 3m and the distance between the lower edge of the cross bar and the ground is 2m.

Penalty Area

Within each penalty area, a penalty mark is made 5m and 7m from the midpoint between goalposts according to age group. Please refer to Annex B.

4.2 Law 2 – The Ball

All balls must be:

- spherical
- made of suitable material

Size

Under 12 and below – Size 4

Youth 13 and above – Size 5

4.3 Law 3 – The Players

4v4
4 players will be present on match day with a maximum of 2 reserves for that match day.
Mix-gender teams are allowed for the Under 12 categories.
A minimum of 3 players on each team have to be on the pitch for the match to begin

Return Substitutions

The use of return substitutions is only permitted in youth, veterans, disability and grassroots football.

Changing the Goalkeeper

Any of the players may change playes with the goalkeeper if:

- The referee is informed before the change is made
- The change is made during a stoppage in play

4.4 Law 4 – Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/dangerous equipment or jewellery the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply
- A player who refuses to comply or wears the item again must be cautioned.
- Players with long fingernails will not be permitted to play.

Compulsory equipment

The compulsory equipment of a player comprises the following separate items:

- a shirt with sleeves (two sets – one light and one dark in colour)
- shorts
- socks (up to knee level)
- shin guards – these must be made of a suitable material to provide reasonable protection and covered by the socks
- footwear

Goalkeepers may wear tracksuit bottoms.

A player whose footwear or shin guard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.

4.5 Law 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws for 4v4 Football in connection with the match to which they have been appointed. Furthermore, referees should also recognise their role is to facilitate learning of the players, for example, allow young children to take a second attempt at a throw-in if the first is not within the Laws.

4.6 Law 6 – The Other Match Officials

The other match officials are not required.

4.7 Law 7 – Duration of the Game

Periods of play

3 period of 8 minutes

Interval Period

Players are entitled to an interval between each period, not exceeding 2 minutes.

Substitution

Substitution is allowed only during stoppage and end of period.

Abandoned match

An abandoned match is replayed unless the competition rules or organisers determine otherwise.

If the match has commenced and played 12 minutes, the score of the match stands.

4.8 Law 8 – The Start and Restart of Play

A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored.

Opponents must be 5 metres away from the ball and in their own half of the field. The ball is in play once it is kicked and moved. In 4v4Football a goal **cannot** be scored directly from a start or restart of play. A goal can only be scored after crossing the centre line and within the opponent's half.

Dropped Ball

Procedure:

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area

- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent.
- All other players (of both teams) must remain at least 5 m from the ball until it is in play

The ball is in play when it touches the ground.

The ball is dropped again if it:

- touches a player before it touches the ground
- leaves the field of play after it touches the ground, without touching a player

If a dropped ball enters the goal without touching at least two players play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

4.9 Law 9 – The Ball In and Out of Play

The goal line and touchlines are part of the field of play. The ball must be entirely over these lines to be out of play (pictured).

- If an attacker is the last player to touch the ball over the goal line, a goal kick is given.
- If a defender is the last player to touch the ball over the goal line, a corner kick is given.
- If a player touches the ball over the touchline, a kick in is given to the opposing team.

4.10. Law 10 –Determining the Outcome of a Match

Goal scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal.

If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.

If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.

Winning team

The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn.

Kicks from the penalty mark

Kicks from the penalty mark are taken after the match has ended and unless otherwise stated, the relevant Laws of the Game apply. A player who has been sent off during the match is not permitted to take part; warnings and cautions issued during the match are not carried forward into kicks from the penalty mark.

During the knockout stages (Playoffs/Final 4), where a winning team is required after a drawn match, the winner is determined by a sudden-death penalty shoot-out (a minimum of three penalty kick per team). The first team to miss their penalty kick, with the opposing team scoring theirs, will lose (after they have taken an even number of kicks).

4.11. Law 11 – Offside

There are no offsides in 4v4 football.

4.12. Law 12 – Fouls and Misconduct

Free kicks are awarded when a foul is committed as in 11-a-side football.

In 4v4 football all free kicks are direct.

A free kick is awarded to the opposing team if the goalkeeper:

- Takes more than 6 seconds to release the ball from his/her hands
- Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
- Touches the ball with his/her hands after he/she has received it directly from a kick in taken by a teammate

If this happens a free kick should be given on the penalty area line closest to where the incident occurs.

As with all other aspects of Development Football the children should be learning the game. Coaches and referees on the day, should try to make sure the children understand all of the above.

When a foul is committed, the referee at his / her own discretion has the right to issue the player who committed the foul the following:

- Warning
- Yellow card (two of which will result in a red card) (refer to guidelines on temporary dismissals)
- Red card (the player will be sent off and no longer can partake in the match)

The match will be stopped if a team has two of their players sent off. The opposing team will be declared the winner with either a score line of three to zero (3 to 0) or the current score line (before the match was stopped) if the goal difference is 3 or more in the first or second half.

Cards will not be carried forward to the following match but any disorderly conduct by the player will subject him / her to further actions (immediately) if deemed necessary by the ActiveSG 4v4 Football Organising Committee.

4.13. Law 13 – Free Kicks

For all free kicks defending players must be 5 metres from the ball.

Ball enters the goal

- If a direct free kick is directly kicked into the opponent's goal, a goal is awarded.
- If an indirect free kick (including kick-ins which replaces throw-ins), is kicked directly into the opponent's goal, a goal kick is awarded.
- If a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.

Offences and sanctions

If, when, a free kick is taken, an attacking team player is less than 1m (1 yd) from a 'wall' formed by 2 or more defending players, an indirect free kick is awarded.

4.14. Law 14 – Penalty Kicks

Normal rules apply, 11-a-side football.

The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.

When the ball is kick, the defending goalkeeper must have at least a part of one foot touching, or in line with, the goal line.

4v4
All players except the defending goalkeeper and kicker must be outside the penalty area and at least 5 yards from the penalty mark.

4.15. Law 15 – Kick-in

Goals cannot be scored directly from a kick-in.

The role of the referee is to also allow young players to learn the game. This may involve letting players take kick-ins again, if incorrect technique is used. The referee should ensure the same player attempts a second time, with guidance and help from the match official.

4.16. Law 16 – Goal Kick

A player of the defending team kicks the ball from any point within the penalty area.

Opponents must retreat to their own half until the ball is in play. The defending team does not have to wait for the opposition to retreat and has the option to restart the game before should they choose to.

The ball is in play when it is kicked directly out the penalty area.

4.17. Law 17 – Corner Kick

The opposing players must remain at least 5yards from the ball until it is in play. The kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.

A goal may be scored directly from a corner kick, but only against the opposing team.

5 Guidelines for Temporary Dismissals (sin bins)

A temporary dismissal is when a player commits a cautionable (YC) offence and is punished by an immediate ‘suspension’ from participating in the next part of the match. The philosophy is that an ‘instant punishment’ can have a significant and immediate positive influence on the behaviour of the offending player and, potentially, the player’s team.

The temporary dismissal period

- The length of the temporary dismissal should be 2 minutes
- Temporary dismissal period starts when play restarts after the player has left the field of play
- Once the temporary dismissal period has been completed, the player can return from the touchline with the referee’s permission while the ball is in play
- A temporarily dismissed player cannot be substituted until the end of the temporary dismissal period
- If the temporary dismissal period has not been completed at the end of the first half (or the end of second half when extra time is to be played) the remaining part of the dismissal period is served from the start of the second half (start of extra time)
- A player who is still serving a temporary dismissal at the end of the match is permitted to take part in kicks from the penalty mark.

Temporary Dismissal Area

A temporarily dismissed player should remain within the technical area

System A – temporary dismissal for all cautions (YCs)

A player who receives a second caution (YC) in the same match:

- Will receive a second temporary dismissal and then takes no further part in the match

- The player will be sent off and no longer can partake in the match

5. GRACE PERIOD

- 5.1. A five-minute (5 minutes) grace period is allowed. The Organisers may at its discretion extend this grace period if it thinks the extension of grace period is justifiable (e.g. in special cases when delay may be caused by traffic jams, floods and etc). Teams must abide by the decision of the Organisers.

6. POSTPONEMENT

- 6.1. The Organisers is at its discretion to decide to postpone a match if it thinks that the venue is unfit for play, or for any other valid reasons for which it deems a postponement is in order. Teams must abide by the decision of the Organisers.

7. WITHDRAWAL AND WALK-OVER

- 7.1. Any withdrawal or walk-over is considered contrary to the spirit of the game.
- 7.2. Teams participating in the competition should not withdraw or give walk-over.
- 7.3. For each withdrawal, it is non-refundable.
- 7.4. The team that concedes a walkover shall get zero (0) league points in the classification and the score shall be three to zero (3 to 0) to the opponent.
- 7.5. In the games for top placings to the next round, any walk-over will disqualify the team from placing.

8. SUSPENSION

- 8.1. A player suspended by any one of the following bodies is barred from participating in the competition for the period of suspension:
- i. the Singapore Sport Council
 - ii. the National Association of the sport/game (FAS)

9. AWARD OF ROUND POINTS

- 9.1. The following scoring system shall apply:
- i. 3 points for a win
 - ii. 1 point for a draw
 - iii. 0 points for a loss

10. TIE IN ROUND POINTS

- 10.1. Ranking in a group will be decided by the number of round points awarded.
- 10.2. If two or more teams are equal on the basis of the above criterion, their place shall be determined as follows:

- Greater number of points obtained in the group matches between the teams concerned.
- Goal difference resulting from the group matches between the teams concerned
- Greater number of goals scored in the group matches between the teams concerned.
- Fewer number of points according to the number of yellow and red cards received in the group matches
- (Yellow Card = 1 point. Red Card as a consequence of two yellow cards = 3 points. Direct Red Card = 3 points. Yellow Card followed by a direct Red Card = 4 points).
- Drawing of lots

11. AWARD PRESENTATION

- 11.1. Medals will be awarded to the top 3 teams of each **level**. A trophy will also be given to the team in 1st place. Award presentation will be held at the end of the day for both days of the Final Round weekend.

12. DISPUTE MEDIATION

- 12.1. The referee/umpire's decision is final.
- 12.2. Players are not allowed to interfere with the final decision taken by the on points of laws / rules after clarification has been sought. If such interference results in the disruption of any match, the case will be referred to the Organisers for appropriate action.
- 12.3. The Organisers will have the final decision in all dispute matters.

13. SUPPORTERS

- 13.1. Due to the current Covid-19 situation, supporters are not allowed at the competition venue. They are encouraged to view and support the games via the livestream broadcast (if available) instead.

14. DISQUALIFICATION

- 14.1. A team will be disqualified if it commits any of the following:
- i. fielding over/under aged player
 - ii. fielding unregistered player
 - iii. team/player which caused a match to be abandoned

All results involving the team which has been disqualified will be considered null and void.

- 14.2. The organisers reserve the rights to expel or eject any player from the competition as a result of poor discipline, unruly behaviour and undesirable sportsmanship actions.

15. FIXTURES

15.1. No change is allowed once the fixture has been arranged.

16. AMENDMENTS

16.1. The Organisers shall have the right to delete, add or amend the rules and regulations laid down herein. The Organisers reserve the right to interpret or amend the rules and regulations of the competition at any time.

17. MATTERS NOT PROVIDED FOR

17.1. All matter not provided for in these Rules and Regulations shall be dealt with by the ActiveSG 4v4 Football Organising Committee.

18. HEALTH AND SAFETY

18.1. Players are not allowed to share
i water from the same container
ii towels

18.2. Facemask must be on at all other times other than during the period of physical activity.

18.3. Players who are feeling unwell, will not be allowed to attend the event.

18.4. All other safety regulations are stated in the Safety Management Measures (SMM) plan.

18.5. Based on SportSG SMM Advisory:
<https://www.sportsingapore.gov.sg/newsroom/media-releases/2021/august/safe-management-measures-for-sport-and-physical-exercise,-a,-activity>

19. PROTEST

19.1 Any protest made by a team shall be put in writing to the ActiveSG Cup 2021 Organising Committee after the match, so that the Organising Committee will decide on the protest. Administration fee will be imposed and is not refundable.

20. DISCLAIMER

20.1 Sport Singapore reserves the right to cancel, postpone or change the venue, date and/or time of the Football competition for all categories at its discretion due to inclement weather, facility problem or any other situation deemed as appropriate.

20.2 Sport Singapore and their partners and/or agents will not be held responsible for any claims arising out of any death or injury, damage or loss, suffered or caused while attending this competition, and this includes all costs and expenses incurred as a result of such claims.