Mixed-integer linear programming model (MILP)

n number of teams

 x_{ijt} 1 if at period t, team i is away to team js home.

 z_{it} 1 if a break occurs at period t

$$Minmize \sum_{i=1}^{n} \sum_{t=2}^{n-1} z_{it} \tag{1}$$

s.t
$$\sum_{i=1}^{n} (x_{ijt} + x_{jit}) = 1$$
 $\forall j = 1, \dots, n, t = 1, \dots, n-1; (2)$

$$\sum_{t=1}^{n-1} (x_{ijt} + x_{jit}) = 1 \qquad \forall i \neq j; (3)$$

$$\sum_{j=1}^{n} x_{ijt-1} + \sum_{j=1}^{n} x_{ijt} - z_{it} \le 1 \quad \forall i = 1, \dots, n, t = 2, \dots, n-1; (4)$$

$$\sum_{i=1}^{n} x_{jit-1} + \sum_{i=1}^{n} x_{jit} - z_{it} \le 1 \quad \forall i = 1, \dots, n, t = 2, \dots, n-1; (5)$$

rewrite by Carter 17/8/14