



HANDBOOK



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Tournament Guidelines

1. Only verified players of registered teams are qualified to participate;
2. Organisations must register at least 7 players for the competition;
3. Organisations can form a team by either:
 - registering staff in their organisations if they have the required number; or
 - registering working professionals from other organisations under their teams if they do not have the required number;
4. All persons shall be accepted except males, minors and professional footballers;
5. Organisations can register as many teams as possible;
6. Unless for extenuating circumstances, the deadline for team registration shall not be extended;
7. Jerseys and team football kit shall be made available for all teams by their organisations;
8. Valid national and professional ID Cards will be used to verify players.



Match Rules

1. Player and Equipment

- A team shall have a maximum of 7 players for any one game - 6 players of which one must be a goalkeeper and a maximum of 5 substitutes;
- A minimum of 5 players are required for the game to go ahead;
- Any written or oral complaint made to the organizers regarding teams playing unregistered players will lead to the deduction of 3 points and a fine of NGN 100,000.00 (One Hundred Thousand Naira) after the complaint has been investigated.
- All fines must be paid before the next game;
- All teams must submit a copy of the means of ID of all their players;
- Any player without a valid means of ID will not be allowed on the field of play by the match commissioners;
- A team list shall be submitted 30 minutes before every game;



Match Rules

- Players are advised to arrive 30 minutes before their games for verification;
- All players must wear the same colored shirt (except GK);
- All players are advised to wear shin guards and knee-high football hose/socks;
- Players must wear football boots;
- A player whose footwear or shinguard is lost accidentally must replace it as soon as possible and no later than when the ball goes out of play; if before doing so, the player plays the ball and/or scores a goal, the goal is awarded;
- The two teams must wear colours that distinguish them from each other and the match officials;
- Each goalkeeper must wear colours that are distinguishable from the other players and the match officials;
- If the two goalkeepers' shirts are the same colour and neither has another shirt, the referee shall instruct one of the goal keepers to wear a distinguishing bib after tossing a coin;



Match Rules

- Iron studs shall not be allowed on the pitch;
- Only players verified by the match commissioners shall be allowed on the pitch.

2. Referees:

- Please respect the referees, dissent will not be tolerated;
- All refereeing decisions are final.

3. Goalkeepers

- The GK is allowed out of her area, when she does, she will be treated as an outfield player;
- There are no restrictions on the GK using her feet in the area during active play;
- The GK can pick up a back pass.

4. Duration of the match

- The match is fixed for 40mins, 20mins for each half. A maximum of 10 minutes is given to change ends at half time, injury time is at the discretion of the referee;
- Failure of either of the teams to show up at the scheduled time of their game will result into reduction in the duration of the game.



Match Rules

5. Substitutions

- Unlimited substitutions are allowed as long as the referee is made aware of the change;
- Substitutes must enter and leave the field of play from the closest exit;
- Substitutions can only be made when the referee gives permission and play has been stopped.

6. Fouls and Misconduct

- The referee will deal with all fouls and misconduct which will be punished;
- Slide tackles are not allowed (direct free kick) although players can slide to keep the ball in play if they are not in close proximity to any other player;
- Every slide tackle shall be a foul except as described above;
- Any free kick is direct and the defending team must retreat at least 5 yards from where the ball is to be kicked.



Match Rules

7. Discipline

- Verbal warning;
- 1st offence, Yellow Card;
- 2nd Offence (2nd Yellow) amounts to a Red Card – player will play no further part in the game, shall pay a fine of N20,000 and miss the next game;
- The fine must be paid before she can feature in the next game after her suspension.

8. Penalty Area:

- Any player is allowed in the penalty area to play the ball;
- A penalty (2 steps maximum) will be awarded for any infringement by the defending team in the area.

9. Abandoned Games

- A grace of 15 minutes from the time of kick off shall be given to an incomplete team and then, the match shall be deemed abandoned by the incomplete team;



Match Rules

- In all cases where a match has been abandoned through the fault of one of the teams, the match shall be awarded to the opposition with 3 goals.

10. **General Playing Rules**

- A goal can be scored directly from any kick;
- Back pass rule – the GK can pick up a back pass;
- Throw-ins shall be done by a roll in or kick in;
- Corner-Kicks shall be played in line with the rules of football;
- Where there is a deadlock, the match shall be determined by penalties after regulation time;
- There shall be no Extra-Time;
- 5 Penalty kicks shall be taken by each team to determine who proceeds;
- The competition shall be governed strictly by the 5-a-side rules and applicable general rules of football.



