

Parakram 2026 – Football

1. Each team shall consist of **11 players in total** with **7 players on the field** and **3 substitutes**.
 - A player may represent **only one team** during the tournament.
 - Each team may **enter the competition only once**.
2. Each match will be played in **two halves of 20 minutes each**, with a **5-minute break** between halves.
3. During the group stage, teams will play **league matches**. Points will be awarded as follows:
 - **Win:** 2 points
 - **Draw:** 1 point (each team)
 - **Loss:** 0 points

Team rankings will be decided in the following order:

- The team with the **lower goal difference** (*Goals For – Goals Against*) will be ranked higher.
 - If goal difference is equal, the team with **more goals scored** will be ranked higher.
 - If the tie still remains unresolved, a **penalty shootout** will be conducted.
4. **Semi-finals and the Final:**
 - If the score is tied after normal time, **two halves with 7 minutes each** will be played with **3 minutes of break** between halves.
 - If the tie persists, the match will be decided by a **penalty shootout**.
 5. Players are **not permitted to wear metal studs or metal spikes**.
 - Only **rubber studs or standard football shoes** are allowed.
 6. All on-field decisions are at the **discretion of the referee**.
 - Players are expected to maintain the **spirit of fair play**.
 - **Two yellow cards in a single match** will result in a **red card**, leading to:
 - Immediate dismissal from the ongoing match, and
 - Suspension from the **next match**.
 7. **Substitutions:**
 - Each team is allowed **two player substitutions** and **one goalkeeper substitution** per match.
 - **Rolling substitutions are permitted**, meaning substituted players may re-enter the match.