



## ATAC Tournament Rules Pack



### 7-a-Side Social Football

- 10 teams split into 2 groups of 5, each team plays 4 group stage matches
- Top 2 teams from each group advance to the semi-finals:
  - Group A 1st vs Group B 2<sup>nd</sup>
  - Group B 1st vs Group A 2<sup>nd</sup>
- Winners go to the final - 3rd-place playoff optional — if both teams fancy it

### Walking Football

- 4 teams in a double round-robin format
- Each team plays others twice (6 matches total)
- Team with most points at the end is crowned Walking Champion

### Scoring & Tiebreakers

- Win = 3 points, Draw = 1, Loss = 0
- If teams are tied on points for qualification in football or Winner in walking football:
  1. Head-to-head result (points only, not goal difference)
  2. If 2 teams still tied → Penalty shootout
  3. If 3+ teams tied → Keepy Uppy Showdown

### Keepy Uppy Showdown

- Each team nominates 1 player, begin on ref's whistle
- The last player to let the ball touch the ground wins (number of touches irrelevant)
- If 3+ tied for 1<sup>st</sup> in football, then it is the last 2 players that qualify
- If it takes too long, ref restarts with the goalkeepers from the final group match

### Match Format (Applies to Both Tournaments)

- 7 players per team (including 1 goalkeeper)
- Rolling subs allowed from halfway line or behind goal
- One half of 15 minutes per match (subject to schedule/tardiness)

### Restarts, Free Kicks & Fouls

- 1<sup>st</sup> Team take Kick Off and play left to right from pavilion
- All free kicks are indirect (unless it's a penalty)
- Kick-ins only — no throw-ins
  - Ball must be stationary and placed on or just behind the line
  - You can't score directly from a Kick-in

- For Restarts, Free Kicks and Kick-ins opponents must be:

- 5 yards away in 7-a-side
- 3 yards away in Walking Football

#### Discipline

- 3 yellow cards = 1-match suspension (Resets after group stage in 7-a-side)
- Red card = off and not replaced
- 2nd red = suspension from next match
- Refs may eject players from the tournament for violent conduct or serious foul play
- This is a friendly tournament — bring banter, not beef

#### Goalkeeper Rules

- *TBC if box is keeper only – depends on pitch lines/may use in walking football*

- *Penalty if keeper is out or defender in*
- *No pass back at all until balls hits an opponent*
- *Keepers ball if attacker goes in*

- No handling back-passes from teammates' feet

- May distribute by hand or foot

- In Walking Football Keeper kicks or throws above head height = corner to opposition

#### 7-a-Side Football Extra Rules

- No Offside or Head Height Rule

#### Walking Football Extra Rules

- No Running

- At least one foot must always be on the ground
- 3rd running offence = penalty to the opposition
- Applies even when the ref's back is turned

- Head Height Rule

- Ball must not go above crossbar height
- Applies to all outfield passes, shots, and keeper throws
- Keeper throws or kicks above head height → corner

- Walking Football is **non-contact** so no tackling, barging, backing in and avoid 50:50's

#### Final Notes

- Ref's decisions are final – they are human - give them a break
- Walking quickly with both feet off the ground = running
- Respect and fair play at all times and remember to enjoy yourself!

♦ **The organiser reserve the right to amend the rules at any time if necessary.**