

GET ACTIVE! SINGAPORE
PESTA SUKAN 2026
COMPETITION RULES AND REGULATIONS – FOOTBALL

1. RULES

1.1. The competition shall be conducted in accordance with the Pesta Sukan 2026 **5-a-side** Football Rules and Regulations.

2. CATEGORIES & ELIGIBILITY

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

S/N	Category	Sub-Category	Eligibility
1	Mix	Preschool	Born in year 2020 and 2021
2	Mix	U-8	Born in year 2018 and 2019
		U-10	Born in year 2016 and 2017
		U-12	Born in year 2014 and 2015
3	Girls	U-12	Born in year 2014, 2015, 2016 and 2017
		U-15	Born in year 2011, 2012 and 2013
4	Boys	U-15	Born in year 2011, 2012 and 2013
		U-21	Born in year 2005 to 2010 (inclusive)
5	Women's	Open	Born in year 2010 and before
6	Men's	Open	Born in between year 1987 (inclusive) and 2004 (inclusive)
7	Master's Men	-	Born in year 1986 and before

2.2. For **ALL Categories**, the table below outlines the maximum number of foreign players allowed, based on total players registered per team:

Total Number of Players in the Team	Number of Foreign Players Allowed
8	2
7	2
6	1
5	1

- 2.3. If a participant is found to be registered with more than one (1) team in the same tournament for a particular sport after the registration closing date, the participant will be disqualified from the Pesta Sukan 2026. No substitution or replacement of such participants will be allowed.

3. EVENT VENUE & SCHEDULE

- 3.1. The competition for all categories will be held at Jurong East Stadium from 4 July – 1 August 2026. Competition dates and timings are tentative.

Date	Timing	Venue	Categories	Competition Stage
4 Jul 2026 (Sat)	9 am – 9pm	Jurong East Stadium	U15 Boys	Preliminary Round, Knockout Stages
5 Jul 2026 (Sun)			Men's Open	
			U21 Boys	
11 Jul 2026 (Sat)			Preschool	
			U12 Girls U15 Girls	
12 July 2026 (Sun)			Men's Masters	
			Women's Open	
25 July 2026 (Sat)			U8 Mixed	
26 July 2026 (Sun)			U10 Mixed	
1 August 2026 (Sat)			U12 Mixed	

**Subject to changes*

***Reporting time will be informed during the Team Managers' Meeting*

4. REGISTRATION

4.1. Registration fees

Category	Tournament Fees
Preschool, U8, U10, U12 Mix, U12 Girls	\$50.00
U15 Girls	
U15 Boys	
U21 Boys	
Women's	\$75.00
Men's	
Masters	
Community	

4.2. No. of players per team

4.2.1. Each team will register: -

- Minimum of five (5) players and a maximum of eight (8) players for all categories
- One (1) adult (Team Manager/Coach) who will handle player registrations before the start of the tournament

4.2.2. No changes are to be made to the team list throughout the whole competition once the payment is made. All teams are to arrive **30 minutes** before the scheduled time.

4.2.3. Once a participant is registered to a team, he or she is not allowed to represent another team in the competition.

4.3. Registration & Participation Information

4.3.1. Organizers reserve the right to reject the registration of any player(s) and or any team(s) at their discretion.

4.3.2. All players are required to provide their NRIC, FIN Card, Student Pass, or any valid proof of identity for verification by the competition official.

4.4. Indemnity Form

For **ALL** Categories, participants who are aged 18 years old and below (born in or after 2008) must obtain parental/legal guardian consent for their participation in the tournament, via our registration system.

5. COMPETITION FORMAT

5.1. Preliminary Round

The teams participating in the competition shall be divided into groups. The number of teams per group and number of groups will depend on the number of registered teams.

A draw will be conducted to determine the placement of the teams in the groups and the results from the draw are final. There shall not be any re-draw to uphold the integrity of the process and to ensure fairness to all participating teams.

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).

5.2. **Award of round points**

The following scoring system shall apply:

- 3 points for a win
- 1 point for a draw
- 0 points for a loss

5.3. **Group Stages**

5.3.1. The rankings of teams in each group shall be determined as follows:

- Greater number of points obtained in all group matches

5.3.2. In the event of a tie in total points accumulated by teams at the conclusion of the Group Stages, the tiebreaker shall be determined by the following mechanism in order:

- Higher goal difference
- Higher number of goals scored
- Head-to-head results
- Head-to-head goal difference
- If both teams are present, a 1v1 sudden-death penalty kick shoot out

5.3.3. The format of the Knockout stage will be determined based on the number of teams registered. All other participating teams that do not qualify for the Knockout stage shall be eliminated from the competition.

5.4. **Knockout Stages**

5.4.1. Depending on the number of participating teams, the Knockout Stage can consist of a Round of 16, Quarter Finals, Semi-Finals, 3rd/4th Placing, and Finals.

5.4.2. In the event of a tie in a match, the winning team shall be determined by 3 penalty kicks followed by sudden death penalty kick.

6. RULES & REGULATIONS / LAWS OF THE GAME

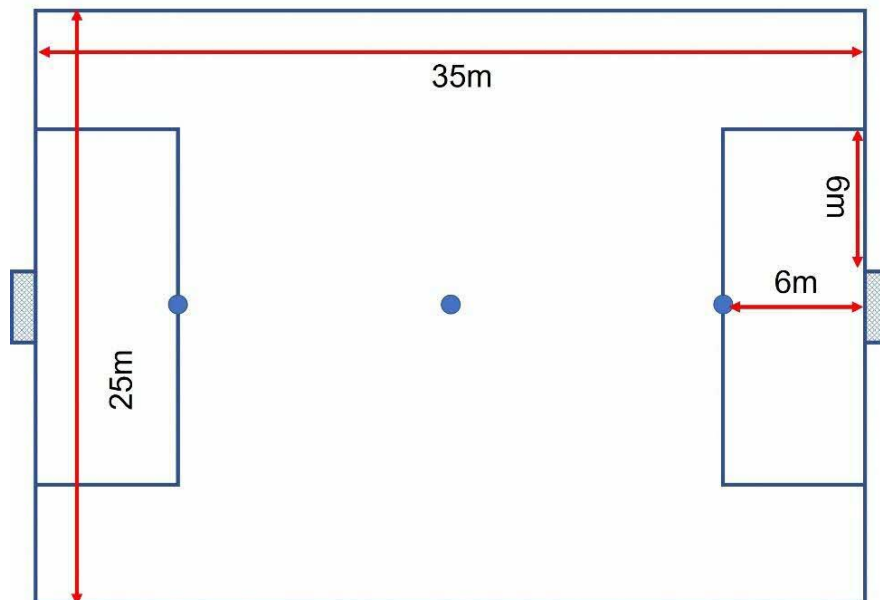
6.1. Law 1 - Field of play

6.1.1. Field markings

The field of play must be rectangular with the two touch lines being longer than the two goal lines. The field of play will be marked with tape or any other suitable means. These lines belong to the areas of which they are boundaries.

6.1.2. Field/Court Dimensions

- Touch line: Maximum 35 metres
- Goal line: Maximum 25 metres
- Penalty Mark: 6 metres from goalpost



6.1.3. Goal post dimensions

The height of the goal will be 2 metres and the width 3 metres.

6.2. Law 2 - The Ball

- Size 3 footballs will be used for the Preschool Category.
- Size 4 footballs will be used for the U8, U10, and U12 Categories.
- Size 5 footballs will be used for the U15, U21, and Open Category.

6.3. Law 3 – The Players

6.3.1. Participants

- Each team can field a maximum of 5 players per match with a maximum of 3 substitute players.
- Each team must have a minimum of 3 players on the field of play to start or restart the match.

6.3.2. Substitutions

Unlimited rolling substitutions shall be allowed during any stoppages of the match, upon the approval of the referee.

6.3.3. Changing the goalkeeper

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

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

6.4. **Law 4 – Players’ Equipment**

6.4.1. Safety

- A player must not use equipment or wear anything dangerous.
- All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed.
- Using tape to cover jewelry 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 unauthorized/dangerous equipment or jewelry, 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.

6.4.2. Compulsory Equipment

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

- Shirt with sleeves
- Shorts
- Socks (up to knee level)
- Shin guards – these must be made of a suitable material to provide reasonable protection and covered by socks
- Appropriate footwear

- #### 6.4.3.
- 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.

6.5. **Law 5 – The Referee**

6.5.1. Each match is controlled by a referee who has full authority to enforce the laws of the game as stipulated in the regulations.

6.6. **Law 6 – Duration of the match**

6.6.1. Periods of play

One (1) period of 8 minutes.

6.6.2. Abandoned match

If a match has commenced and more than 50% of the match has been played (i.e. 4 minutes or more), it will be considered complete. All match details (including goals, cautions, and expulsions) will stand as final.

6.6.3. Suspended match

For matches that are suspended due to inclement weather, the match will continue off from where it last left before the match was suspended.

6.7. **Law 7 – Start and restart of play**

6.7.1. Kick-off

- A kick-off is taken at the center of the playing area to start the game and to restart after a goal has been scored.
- A goal can be scored directly from a kickoff.

6.7.2. Dropped Ball

- A dropped ball is a method of restarting play if the referee stops play for reasons not covered in Law 11.
- Dropped Ball Procedure:
 - The ball is dropped for one player of the team that last touched the ball at the position where the ball was when play was stopped.
 - All other players (of both teams) must remain at least 5 meters 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 opponent's goal
 - A corner kick if it enters the team's goal

6.8. **Law 8 – Ball in and out of play**

6.8.1. 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.

6.9. Law 9 – Determining the outcome of a match

6.9.1. 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 offense has been committed by the team scoring the goal.
- If the goalkeeper throws the ball directly into the opponent's goal, a goal kick is awarded.

6.9.2. Winning team

- The team scoring the greater number of goals is the winner at the end of the entire duration of the match.
- If both teams are unable to score any goals or score an equal number of goals at the end of the match, the match is drawn.

6.9.3. Kicks from the penalty mark

- During the knockout stages, where a winning team is required after a drawn match, the winner is determined by kicks from the penalty mark.
- Any 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.

6.9.3.1. Penalty Shoot-out

BEFORE PENALTY SHOOT-OUT

- With the exception of a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment, etc.) at the end of the match are eligible to take kicks
- If at the end of the match and before or during the kicks one team has a greater number of players than its opponents, it must reduce its numbers to the same number as its opponents and the referee must be informed of the name and number of each player excluded. Any excluded player is not eligible to take part in the kicks (except as outlined below)
- A goalkeeper who is unable to continue before or during the kicks may be replaced by a player excluded to equalize the number of players or, if their team has not used its maximum permitted number of substitutes, a named substitute, but the replaced goalkeeper takes no further part and may not take a kick
- If a goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks

DURING PENALTY SHOOT-OUT

- Only eligible players and match officials are permitted to remain on the field of play
- All eligible players, except the player taking the kick and the two goalkeepers, must remain in the middle of the pitch
- The referee keeps a record of the kicks
- If the goalkeeper commits an offense and, as a result, the kick is retaken, the goalkeeper is warned for the first offense and cautioned for any subsequent offense(s)
- If the kicker is penalized for an offense committed after the referee has signaled for the kick to

- be taken, that kick is recorded as missed and the kicker is cautioned
- If both the goalkeeper and the kicker commit an offense at the same time, the kick is recorded as missed and the kicker cautioned

SUBSTITUTIONS AND SENDING-OFFS DURING KICKS FROM THE PENALTY MARK

- A player, substitute, or substituted player may be cautioned or sent off
- A goalkeeper who is sent off must be replaced by an eligible player
- A player other than the goalkeeper who is unable to continue may not be replaced
- The referee must not abandon the match if a team is reduced to fewer than three players

6.10. **Law 10 – Offside**

6.10.1. There are no offsides in this tournament.

6.11. **Law 11 – Fouls and Misconduct**

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

- Verbal warning
- Yellow card (two of which will result in a red card)
- Red card (the player will be sent off and can no longer partake in the match).

6.11.2. The match will be stopped and considered concluded if a team has two of their players sent off and they have fewer than 3 players on the field of play. The score of 3-0 (unless the current score is of greater advantage to the non-offending team) and points will be awarded to the opposing team.

6.11.3. Cards will not be carried forward to the following match but any disorderly or violent conduct by any player, coach, parent, or guardian will subject him/her to further actions (immediately) if deemed necessary by the tournament's Organizing Committee.

6.12. **Law 12 – Free Kicks**

6.12.1. For all free kicks, defending players must be 5 meters from the ball. A goal is awarded if a direct free kick is kicked directly into the opponent's goal. A corner kick is awarded if a free kick is kicked directly into the team's own goal.

6.12.2. All free kicks awarded shall be indirect.

6.13. **Law 13 – The Penalty Kick**

6.13.1. A penalty kick is awarded if a player commits a direct free kick offense inside their penalty area or off the field as part of play as outlined in Laws 12 and 13.

6.13.2. A goal may be scored directly from a penalty kick.

6.14. **Law 14 – Kick-in**

6.14.1. Goals cannot be scored directly from a kick-in.

6.15. Law 15 – Goal Kick

6.15.1. A goal cannot be scored directly from a goal kick.

6.15.2. Goalkeepers are not allowed to punt or drop-kick a ball during play. They are to roll or throw the ball to players.

6.16. Law 16 – Corner Kick

6.16.1. A corner kick is awarded when the whole of the ball crosses over the goal line, last played by the defending player, and a goal was not scored. The opposing players must remain at least 5 meters from the ball until it is in play.

6.16.2. The kicker may not touch the ball again until it has touched another player. If he/she does, a direct free kick is awarded against them.

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

7. Grace Period

7.1. A one-minute (1 minute) grace period is allowed. The Organizers may at their discretion extend the grace period if they think the extension of the grace period is justifiable (i.e., in special cases when a delay may be caused by traffic jams, floods, etc.). Teams must abide by the decision of the Organizers.

8. Walkover and Withdrawal

8.1. A team that fails to turn up with three (3) players after one (1) minute of the scheduled kick-off time will be deemed to have given a walkover. The team receiving the walkover shall be awarded three (3) goals and three (3) points.

8.2. If a team withdraws during the competition, all their remaining fixtures shall be deemed walkovers with three (3) goals and three (3) points awarded to their opponents.

9. Postponement

9.1. The Organizers are at their discretion to decide to postpone a match if they think 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 Organizers.

10. Suspension

10.1. A player suspended by any one of the following bodies is barred from participating in the competition for the period of suspension:

- Sport Singapore
- Football Association of Singapore (FAS)

11. Dispute Mediation

- 11.1. The referee's decision is final during the competition.
- 11.2. Players are not allowed to interfere with the final decision taken by the referee(s) 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 Organizers for their appropriate action.
- 11.3. The Organizers will have the final decision on all dispute matters.

12. Disqualification

- 12.1. A team will be disqualified if they commit any of the following:
 - Fielding over/under-aged player
 - Fielding unregistered player
 - Team/player who caused a match to be abandoned
- 12.1.1. All results involving the team which has been disqualified will be considered null and void.
- 12.1.2. The Organizers reserve the right to expel or eject any coach, parent, or player from the competition because of poor discipline, unruly behavior, and undesirable sportsmanship actions.

13. Fixtures

- 13.1. The Organizing Committee will plan the fixtures according to the number of teams upon the closing of registration. No change is allowed once the fixture has been arranged.
- 13.2. Times shown on the fixture list are only indicative. Team Managers/Coaches shall be responsible in monitoring the match schedule and to ensure the team is ready to enter the pitch 3 minutes prior to the start of the scheduled match.
- 13.3. The Organizers reserve the right to alter time schedules at their discretion.
- 13.4. In case of inclement weather, matches may be postponed or re-scheduled subject to the final decision by the Organizers.

14. Supporters

- 14.1. Only the Team Manager/Coach is allowed to accompany each team onto the field of play. Supporters are to remain in the stands.

15. Award Presentation

- 15.1. Medals will be awarded to the 1st, 2nd, 3rd and 4th placed teams.
- 15.2. Award presentations will be held at the end of the day for each competition date.

16. Disclaimer

- 16.1. The Organizers reserves the right to cancel, postpone, or change the venue, date, and/or time and fixture format of the Football competition for all categories at its discretion due to but not limited to inclement weather, facility problems or any other situation deemed as appropriate.
- 16.2. The Organizers shall have the right to delete, add, or amend the rules and regulations laid down herein. The Organizers reserve the right to interpret or amend the rules and regulations of the competition at any time.
- 16.3. All matters not provided for in these Rules and Regulations shall be dealt with by the Organizing Committee.
- 16.4. The Organizers 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.