

2026
Tournament
Rules



Players

Each player shall be entitled to play in the age group as defined by the Mid Lincs FA Rules for the 2025/2026 Football Season.

Squad size is limited to a maximum of 11 players

Substitutions may be made on a roll-on roll-off basis at the discretion of the referee when the ball is out of play.



Officials

The tournament will be officiated by referees registered and affiliated with the County Football Association. A list of referees will be forwarded to the County FA.

Referees 16 years of age or older must hold an in-date DBS and a parental consent form will be obtained by the tournament co-ordinator and made available to the County FA if requested.



Match Format

All matches will be a six a-side format

Group matches will consist of one 8-minute period.

Semi Finals and Finals will consist of two 6-minute halves.

Teams will be awarded 3 points for a win and 1 point for a draw.

In the event of a tie, the final position will be decided by points, goal difference then goals scored

If a tie still exists, then position will be decided by penalty kicks.



Match Format

If a semi-final or final match is tied at full time, two periods of extra time of 3 minutes each will be played.

If the match remains tied, it will be decided on penalty kicks.



Match Format

There will be no offside rule in force.

Players must remain at least 5 yards away from the ball for corner kicks, free kicks and kick ins.

Goal kicks can be taken from anywhere in the penalty area. Opposition players must not enter the penalty area until the ball is in play.

The retreat rule is in play for U7's to U10's



Match Format

U7s and U8 goalkeepers may kick the ball from their hands. All other age groups may not kick the ball from their hands. Any infringement of this rule will be penalised by the awarding of a direct free kick to the opposing team on the edge of the penalty area. Opposing players must retreat from the area until the goalkeeper has dropped the ball. Goalkeepers cannot pick the ball up from a back pass. Goalkeepers are allowed to leave their area.



Penalty Kicks

Each manager will choose 3 players to take a penalty from the players that are on the field of play at the end of the game.

If the score remains equal after the initial three penalties, they will continue until one team has scored more than the other after the same number of kicks.

No rebounds.

The Referees decision is final.



Further Rules

Any player cautioned will be excluded from the following match. If the referee shows a red card, the player may take no further part in the tournament.

Size of ball: Size 3 for Under 7s, 8s, 9s and 10's.

Size 4 for Under 11s, 12s, 13s & 14s.

Any current season academy/centre of excellence players are excluded from playing in the tournament.



Further Rules

Players, parents, managers and coaches must always adhere to the FA codes of conduct. Any teams in breach of these will be asked to leave the tournament immediately.

The FA's Respect page can be found at the following web address - <https://www.thefa.com/get-involved/respect>

All other rules shall be as per the FA's Laws of the game.



Social Media

In line with the FA Rules all matches at U7 & U8 shall be non-competitive, no league table will be kept and there will be no knockout competition.

The results of these matches **must not** be posted on any form of social media. Anyone wishing to take photos/videos at the tournament must request permission from the tournament organiser and sign an agreement not to share images without consent of those children within the picture.

Managers will be requested to sign an agreement as they hand in their team sheets. Granting permission for any approved photographer to use the images online.



Safeguarding

For any safeguarding concerns please see contact details below:

Welton FC Safeguarding Officer

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