

NOIDA SUNDAY LEAGUE RULEBOOK

Version 1.1 | Applicable to all matches

MATCH FORMAT

- 7v7 (6 outfield + 1 goalkeeper)
- 70 minutes total → 2 × 35 min halves (running clock)
- Ball: Size 5
- Kick-off: Coin toss

LEAGUE FORMAT

- Double Round robin (each team plays 6 games)

SQUADS & SUBS

- Max squad: 10 players
- Minimum to start: 5 players
- Rolling substitutions allowed
- Substitutions from designated area only
- GK changes during stoppages only

PITCH & GAMEPLAY

- Tap ins, not throw-ins
 - No run-up allowed on tap-ins
- No slide tackles
- Wall distance: 5 yards
- Offside: Not applied
- No-shooting from your own half. A goal from a shot in your own half will not be counted and a goal-kick will be awarded to the defending team.

PUNCTUALITY & WALKOVERS

- Teams must be ready 5 minutes before kick-off
- 5-minute grace period
- Fewer than 5 players after grace → walkover
- Walkover score: 3–0
- No time extensions for late starts

POINTS & TABLE

- Win: 3 points
- Draw: 1 point
- Loss: 0 points

Tie-breakers

1. Goal difference
2. Goals scored
3. Head-to-head
4. Fair play (cards)
5. Coin toss

GOALKEEPER RULES

- No picking up deliberate back-passes
- GK must release ball within 6 seconds
- Goalkeepers may score

DISCIPLINE

Yellow Card

- Dissent
- Repeated fouls
- Unsporting behaviour
- Time wasting

Red Card

- Violent conduct
- Abusive/threatening language
- Denial of obvious goal-scoring chance
- Serious dissent

Suspensions

- Yellow card = 1 minute sin bin - team must play with fewer players for that 1 minute.
 - Red card = minimum 1-match ban
 - Organisers may extend bans
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CONDUCT

- Zero tolerance for abuse of referees or organisers
 - Only team captains may speak to the referee
 - Repeat offenders may be removed from the league
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REFEREES & DECISIONS

- Referee decisions are final
 - No video review
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WEATHER & ABANDONMENTS

- Matches may stop due to unsafe conditions
 - <50% completed → replay
 - ≥50% completed → result stands
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INJURY & LIABILITY

- Players play at their own risk
 - Basic first aid only
 - Organisers are not liable for injuries or losses
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REGISTRATION

- Players must be registered
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AUTHORITY

- Organisers may amend rules for safety/fairness
- Participation implies full acceptance of these rules