



# ATHLEON

Where Athletes Defy Gravity

# रुष्टि BOOK

# Football

## Rule :

### 1. Match Duration

- The match will be of 40 minutes.
- Two half consists of 20 minutes each.

### 2. Team Composition

- Each team will consist of 14 players in total and 9 players on the field.

### 3. Extra Time

- If the match ends in a draw, extra time of 3-5 minutes will be played.

### 4. Penalty Shootout

- In the event of a tie after extra time, each team will take 5 penalty shots.

### 5. Footwear

- Shoes are compulsory for all players. Proper football footwear must be worn during the match.

### 6. Offside

- Offside rules will be enforced throughout the match.

### 7. Restarting the Game

- After a goal is scored, the game must be restarted from the centre of the field.
- The team that conceded the goal will be responsible for restarting the match.

## 8. Kick-off and Goal Post Selection

- The team that wins the toss can choose either to take the first kick-off or select a goal post to defend.

## 9. Handball Rule

- A handball will not be considered a foul if the player's hand is close to their body.

## 10. Suspension Due to Yellow Card and Red Card

- A player who receives two yellow cards in a single match will be suspended from the remainder of that match.
- A player who receives a direct red card will be suspended from the remainder of the match and will also be ineligible for the following match.

## 11. Impact of Suspension

- If a player is suspended from the match, they cannot be replaced, and the team must continue with the remaining players.

## 12. Goalkeeper Handball Outside the Box

- If the goalkeeper uses their hands outside the penalty box, it will result in a direct red card.

## 13. Penalty for Fouls in the Box

- If a foul or handball is committed inside the penalty box, the opposing team will be awarded a penalty kick.

## 14. Defensive Wall for Free Kicks

- The defensive wall for a free kick must be positioned 8-10 yards away from the ball.

**All the matches will be on Knockout basis. FINAL DECISION will be taken by the Officials.** These official football match rules are designed to ensure fair play, safety, and smooth conduct throughout the game. All players are expected to adhere to these regulations for an optimal playing experience.

## **CONCLUSION :**

**As we come to the end of the Athleon Fest Rules and Regulations book, we want to reiterate the importance of maintaining the spirit of sportsmanship, respect, and fair play throughout the event. By adhering to these guidelines, we ensure a positive and enjoyable experience for everyone involved — from competitors to volunteers to spectators. The RGNAU'S Fest is an opportunity to celebrate not just individual achievements, but also the strength of our community. It is about coming together, pushing your limits, supporting one another, and creating memories that will last far beyond the event itself. Whether you take home a trophy or simply enjoy the camaraderie of the games, every participant plays a vital role in making this event special. We encourage you to approach every event with enthusiasm, respect for others, and a commitment to excellence. Remember that the true essence of the Athleon Fest lies in participation, unity, and the joy of friendly competition. Let's embrace the opportunity to grow, learn, and have fun together. Thank you for your commitment to the event, and we wish you the best of luck as you participate in this exciting celebration of athleticism, school spirit, and community. May the ATHLEON FEST be an unforgettable experience for you all. Enjoy, compete fairly, and most importantly, have fun!!!**