

GIRLS UNITED IWD'24 TOURNAMENT RULES

5-A-SIDE RULES

TEAMS

- No more than five players on the pitch for each side.
- A game can officially be played with 4 players on the pitch for one team.
- Maximum of 8 players per team.
- All players must be aged 16 years or older.

EQUIPMENT

- Shin pads are compulsory.
- No metal studs (or blades) are allowed. Plastic or rubber studs/soles are accepted.
- Jewellery - should be ideally removed but tapping can be checked by the ref before entering the pitch to be deemed safe to play.

SUBSTITUTIONS

- Substitutions can only be made with the referee's consent. You can only make a substitution when the ball is "dead" - free kick, penalty, in the area with a keeper or during a substitution already called. Reasonable notice needs to be given to the referee to make the change.
- There is no limit to the amount of substitutions a team can make.

GOALKEEPERS & GOAL AREAS

- Only the designated goalkeeper is allowed inside the designated goal area.
- Goalkeepers can roll, throw or kick the ball out.
- Goalkeepers cannot score - the game will be restarted with the opposition team keeper's ball.
- Goalkeepers are not allowed outside the area. If the goalkeeper leaves the area for any reason during play, then a penalty will be given to the opposing team.
- If an attacking player goes into the goal area, a goal kick will be awarded.

RESTARTS, FREE KICKS, BACK PASSES, PENALTIES & HEAD HEIGHT

- Kick off - starts from the centre spot. This includes after a goal is scored.
- All free kicks can be direct. The ball must be placed at the point of the foul and can be taken by any player. The opposing team must be 2 yards from the ball when a free kick is taken.
- A free kick can be given for one of the following: (1) charging (2) handball (3) dangerous play (4) slide tackles (5) lack of control in a tackle (6) time wasting.
- The referee is able to include a sin bin for two minutes as well as a free kick if they feel it's necessary.

- Penalties - players may only take up to 2 steps towards the ball to take a penalty and it must be one movement (no stopping or stuttering).
- Back passes to the goalkeeper are allowed. The goalkeeper is not allowed to pick the ball up from a back pass.
- There is no head height restriction.

SCORING POINTS & PLAY-OFFS FORMAT

- Results within league games will be awarded as follows: 3 points for a win, 1 point for a draw, 0 point for a loss.
- Any drawn play-offs will be decided on penalties.

OTHER

- The referee's decisions on the pitch are final.
- There will be no halftime breaks.

GIRLS UNITED – CREATING HARMONIOUS ENVIRONMENTS

CODE OF CONDUCT

We are a community of players, coaches, fans and supporters who are on a mission to use football as a tool for social change, with equal access to all and promoting gender equality.

At Girls United, we create environments based on our pillars: explore, inspire and empower. The following rules are made to ensure that we can succeed in building safe spaces and support the development of each individual, on and off the pitch.

1. Inclusive to all: Our environments are open to all and celebrate the uniqueness of each individual.
We have zero tolerance for discrimination of any kind, including on the basis of age, sex, gender, ethnic background, sexual orientation, religion or belief, and disability.
2. Supportive: We seek to inspire each other through environments that celebrate play and encourage effort. Together we can create supportive atmospheres that lead to positive experiences by extending a hand, listening to one another and always acting with empathy.
3. Respect: Show respect to everyone and everything: teammates, opposition, referees, staff, spectators and facilities. Everyone can make mistakes and they must be addressed in a respectful manner.

Show respect to others by not assuming pronouns, gender identity or commenting on appearance.

Any form of physical or verbal violence or abuse, including offensive language, will not be tolerated.

Please keep the ground clean and tidy, take your rubbish with you.

4. Empowering space: We seek to create footballing experiences that support individuals to be their best selves and fulfil their potential. Everyone is playing for their own enjoyment and we encourage growth at whatever stage of your footballing and personal journey you may be.

Please put your own and others' physical and mental wellbeing above all else, including the score.

5. Fair play and sportsmanship: We love football. Real, no-faff football with excitement, passion and play. We encourage healthy competition, honesty and footballers that are true to the spirit of the game.

Play by the rules, voice concerns in a respectful manner and with impartial treatment, and behave with integrity towards everyone.

This code of conduct applies to everyone at the tournament – including referees, players, spectators, coaches, staff and supporters. By attending the event, you are agreeing to understanding and complying with this code of conduct.

SAFEGUARDING REPORTS

If you see anything that doesn't look right, if you notice someone not abiding to our Code of Conduct or if you feel like a person is endangered please report to a member of staff. You may be asked to conduct an incident report review with a member of Girls United staff.

Reporting incidents on the day: Event day staff and volunteers will be roaming around the facilities wearing black IWD 24 jumpers, please speak to us if you would like to raise a concern and the staff will escalate with the appropriate management. Additionally, management staff will be stationed at the Girls United stand in the Impact Zone located at the back of the venue.

Our Welfare Officer can be contacted at welfare@girlsunitedfa.org.

If you are unhappy with any situation on behalf of Girls United staff or volunteers, please reach out to the event day management staff who will be located at the Girls United stand in the Impact Zone or contact us via email at hello@girlsunitedfa.org.

We will do our best to resolve any issues in the most fair and timely manner.

MANAGEMENT OF MISCONDUCT

There is no scenario in which anyone should tolerate any abuse or be placed in an unsafe situation.

Girls United staff have the right to ask anyone to leave the facilities if a member of staff considers this Code of Conduct to be broken.

A verbal warning will be given to any individual if a member of Girls United staff believes that minor misconduct has taken place involving. If a member of Girls United staff considers a minor misconduct has occurred a second time or a major misconduct has occurred, the individual will be asked to leave immediately.

ABOUT GIRLS UNITED

Girls United run a number of clubs, sessions and coaching programmes internationally, empowering girls in local communities through football practices that

go beyond the tactical. We develop confident leaders, providing more girls with the opportunity to succeed, on and off the pitch.

Our vision is for girls around the world to have equal access to sport and provide them with skills and abilities that will broaden their opportunities to participate in sport, in education and the economy.

Find out more about our work: <https://www.girlsunitedfa.org/welcome>

Join the Girls United community as a coach, volunteer, Global Member or supporter!