GIRLS UNITY CUP
7-A-Side Football Tournament
Date: Sunday, 08th November 2026
Address: Seaside Park, Otahuhu

Welcome

FOOTBALL RULES

We welcome you to the 2nd Unity Cup 7-a-side Tournament in Auckland, New Zealand. Our aims for this event are:

- Celebrating Unity Cup through football by coming together.
- Friendship through football - bringing together players and supporters from around the country.
- Respecting each other.
- “Scoring goals, having fun, and fair play”

Quick Summary

The rules for this 7-a-side tournament are the same as the FIFA 11-a-side rules with the following exceptions:

- There are NO offsides.
- The goalkeeper CANNOT punt or drop kick the ball out of their hands.

Please Note:

- No player-on-player slide tackling.
- Players may still slide to block a pass/ shot as long as they do not make contact with a player during the action.
- ABSOLUTLEY NO verbal or violent abuse towards the referee or players will be tolerated – we’re all here to have fun!
- A player who receives a red card must leave the field immediately and cannot play the next game.
- Teams that continue to have poor player discipline may be removed from the competition.
- The Unity Cup 7-a-side tournament is an alcohol and smokes free event.

Being late for your game

- The team organizers and captains are responsible for their team being on time for their kick-off time and communicate that with his/her team accordingly.
- Teams being late for their kick-off time will be penalized as follows:

Minutes late their kick-off	Consequence
3 minutes late	Concede 1 goal
5 minutes late	Concede 2 goals
8 minutes late	Forfeits the game 3-0

Footwear

The following footwear is acceptable:

- Standard flat-soled athletics shoes
- Football boots
- Moulded athletic boots with molded studs
- Metal studs are not to be worn.

Comprehensive List of Rules

Introduction

The following is a comprehensive list of rules and regulations relating to playing Unity Cup 7-a-side Tournament 2026.

Team Structure

- There will be a maximum of 7 players per team on the field at any one time.
- Each team can use a maximum of 10 players per game.
- Players can only be registered and play for one team.

Substitutions

- Substitutions are unlimited during the game but can only be made when the ball is out of play and only with the Referee's consent.
- Substitutes must stand outside the pitch perimeter, and spectators must not enter the field of play under any circumstances.
- A change of goalkeeper must be authorized by the referee.
- No change will be permitted during a free kick or if a penalty is awarded.

Game Structure

- The match will consist of two equal halves.
- The length of each half will be 14 minutes.
- Half-Time will be a straight change around.
- At the knockout stage of the tournament, games where the score is even at the end of 28 minutes will be decided by a penalty shootout.
- Games start and finish on the game siren unless otherwise advised by the referee.
- A win is 3 points, a draw is 1 point, a loss is 0 points.

Free Kicks and Penalty Kicks

All free kicks with the exception of the goalkeeper being penalized for incorrect distribution are as per Standard FIFA 11-a-side rules.

- Opposition players must be at least FIVE meters from where any free kick is taken
- A penalty kick will be placed directly in the center of the goal, EIGHT meters from the goal line.
- The goalkeeper must be on the goal line when a penalty is being taken.
- A penalty kick will be awarded for any infringement of the laws of the game inside the penalty area.
- When games need to be decided by penalty kicks the last player in goal at the time the game siren sounds, or referees whistle will be the goalkeeper.

- Best of 3 penalty kicks and if no winner then sudden death (One player to score and one player to miss).

Player Safety

- It must be stressed that player safety is a primary concern for this tournament.
- The wearing of any form of jewelry (including watches) is NOT permitted during play.
- Suitable footwear must be worn. Please refer to footwear section of these rules.
- The wearing of shin pads is optional.
- Dangerous tackles will be punished with either a yellow or red card.
- Anyone instigating or retaliating with violent behavior will be immediately shown a red card and sent from the field.
- The tournament organizers will not take any responsibility for any injuries caused to players.

Tournament Structure

There will be a total of 8 girls' teams competing in this year's Unity Cup. The structure of the tournament for the girls' team will be as follows:

- There will be two groups of 4 teams with group stage everyone playing each other once.
- After the first round the 1st and 2nd position teams in each group will go through to the semifinal.

Tournament Management

Maiwand NZ FC - Event organizers

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This is a FUN tournament, and as much as winning is important, so are the values that come from sport.

We ask that all coaches, spectators, and players to respect the referee at all times. Thank you and enjoy the beautiful game.