



#FELMERCH

South Wales 5x5 Football General Rules and Regulations

Wednesday 14th of October 2025, Cardiff

1) Competition Order

Registration will open from 9:00am with games starting at 10:00, running through the day until 16:30. More information about timings will be put on our website or through the SOCS platform.

Games will be 10 – 12 Minutes long (Depending on timings this may be straight through)

Schools can only enter 2 teams into each competition

2) Points in the Group Stages

- 3 points for winning a game, 1 point for a draw, 0 points for a loss
- If teams are equal on points after all games are played the following guidelines will be followed. The order below shows priority.
 - Goal Difference
 - Most goals scored
 - Least goals conceded
 - Head-to-Head result between the teams
 - Toss of a coin between the coaches
- If a team withdraws from the competition before completing every game a bye will be given for every game played and to be played. This equates to a 10-0 win for the team still in the competition.

3) Final rounds results

- The winner of a final round game will go through to the next round, the losing team will be out of the competition.
- If a game is tied at the end of regulation time the game will go straight into penalty shootout – Best out of 5. If no winner is reached within 5 penalties each the penalties will go to sudden death.
- If a team withdraws from the competition before playing a final round game a result of bye will be given for the game. The opposing team will be through to the next round.

4) Registration

- A max of 8 players per team.
- Players are not permitted to play outside of their competition year group
- Players are not permitted to play for more than 2 teams

- Federalised schools are not permitted to combine and produce a single team
- A player registration form must be filled out with player names and dates of birth before the competition.

5) Substitutions

- Substitutions can be made during breaks of play (After a goal or a free kick)
- If a player is substituted because of an injury, they must be assessed and cleared by a member of staff before being allowed to play again

6) Payment

- Payment of £100 must be made at least a fortnight before the start of the competition.
- Schools are eligible to receive a refund of £12.50 for each player already registered with the Urdd prior to the competition. To claim this refund please contact chwaraeon@urdd.org after the competition.

7) Refereeing

- Referees will be appointed by the Urdd.
- Referees must have a level 1 refereeing qualification from the FAW before refereeing at the competition
- The referee's decision is final. Disrespectful behaviour towards staff or referees could lead to the team being disqualified from the competition.
- Read more about the Urdd's code of conduct here: <https://bit.ly/CodYmddygiad>

8) Scoring

- It is the referee's responsibility to score their game(s)
- The scores will then be uploaded onto the online results system SOCS. Each school can follow the scores through this system

9) Medical

- Players should be aware that taking part in sports competitions brings with it a risk of injuries. We ask that teams bring basic first aid supplies with them such as plasters or sports tape.
- The Urdd will ensure that professional first responders are present at the event to attend any injuries or medical emergencies.
- Teams should contact the Urdd mentioning any relevant health conditions that could require attention, of people attending the event.
- The referee is permitted to prevent players from playing if they are worried for their safety.

10) General

- It is the coach's responsibility to ensure their teams are by the field on time to play, at least 5 minutes before the start to decide who takes kick off.
- The Urdd must be made aware of any pupil(s) who do not want to have their photo taken. More information is available on The Urdd's Photography Policy:
- The event will take place in a public area. It is the coach's responsibility to ensure the children under their care behave respectfully. Disrespectful behaviour could lead to the team being disqualified from the competition.

11) Additional Rules

- The ball must stay under the height of the boards – the team that last touched the ball before it went over the boards concedes a free kick.
- If a free kick is awarded, the team defending must be at least 1 yard away from the ball
- The goalkeeper must return the ball into play by rolling it out of his area with an underarm bowling action. A goalkeeper failing to do this will be penalised with an indirect free kick awarded against him 2m outside the area.
- A teammate receiving it in this way may not return the ball directly to the goalkeeper, the ball must first make contact with either another teammate or opponent. An indirect free kick will be awarded from the place where the defending player returned the ball.
- The Goalkeeper is the only player allowed in the box.
 - If a defender stands in the box, the team attacking will get a penalty kick.
 - If the attacker stands in the box, the goalkeeper will earn possession of the ball
- Players have 5 seconds to get the ball out of the corner (The defender must give 2 yards of space for the player to get out) – if the ball is not played out within 5 seconds the team without the ball earns a free kick
- Penalty kicks will be taken with only 1 step
- Players cannot slide tackle or play the ball whilst they are on the floor
- Any player who receives a yellow card will have to sit out for 2 minutes.
- Any player who receives a red card, will not be allowed to play in the remainder of the tournament.

12) Dress Code

- Bibs may be given out for teams with similar colours. The Urdd asks that teams bring their own bibs with them to reduce the risk of transmitting germs and diseases.
- Players to wear appropriate sport shoes for a 5G pitch, tied correctly in front of the tongue in the appropriate way.

- Players cannot wear metal or screw in studs – only Mouldies and Astro boots are permitted
- No items of jewellery or sharp items in the hair are permitted to be worn apart from for medical reasons. This will be checked before games start.
- Every player must wear shin pads