

Soccer Competition Guidelines

【Date】

Saturday, November 15th, 2025

Sunday, November 16th, 2025

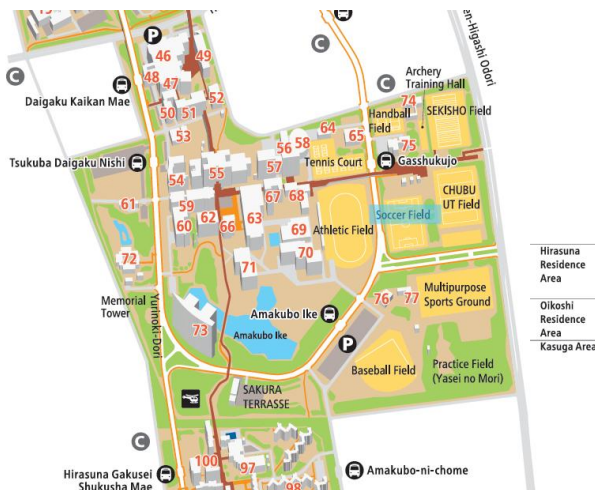
In case of rain

If it rains on the day of the competition or the day before, the competition may be cancelled.

In case of cancellation, participants will be notified on the morning of the day of the event or as soon as the weather gets worse.

【Venue】

Soccer Field



【Division】

-In the event of a large number of teams applying, a drawing will be held. The result of the drawing will be notified to the representative via email.

-It is prohibited for one person to belong to more than one team in the same division. (It is not permitted to register for both the men's and mixed divisions.)

-If the number of registered teams in either division is extremely small, the divisions may be merged or eliminated.

Men's Division

〈Entry Criteria〉

-None.

〈Registration Restrictions〉

-Registration of women is allowed. However, no handicap will be applied.

-For those people who belong to the club, the team must register under the limitations of either 1 or 2.

1. Register with just one of the men's Football team players.
2. Register up to 2 players from the Women's Football team, the Medical Football team, Soccer club, or the Futsal club in total.

Mixed Division

〈Entry Criteria〉

-None

〈Registration Restrictions〉

-At least 2 women must be registered.

-For those people who belong to the club, the team must register under the limitations of either 1 or 2.

1. Register with just one of the men's Football team players.
2. Register up to 2 players from the Women's Football team, the Medical Football team, Soccer club, or the Futsal club in total.

【Match Format】

One of the following formats will be used. Depending on the number of registered teams, the two formats may be used together.

Tournament

-The match length before the quarter finals will be 10 minutes. In the event of a tie, the winner will be decided by a penalty shootout of five players each. In the event of a tie, a sudden-death penalty shootout will be held.

-In the semifinals and thereafter, the stipulated time for each match will be 14 minutes, divided into seven-minute halves, with a two-minute halftime period. In the event of a tie at the end of the match, extra time shall be played for five minutes and one extra period, and if the game is still inconclusive, a penalty shootout shall be played with five players each. If the match still cannot be decided, a penalty shootout will be held using the sudden death method.

League Match

-The duration of a match shall be 14 minutes (7 minutes halves), with a 2-minute halftime.

-The winning team will get 3 points, and in the event of a tie, both teams will get 1 point, and the teams will be ranked in order of the number of points. If the teams have the same number of points, the ranking will be decided in the order of goal difference, total

number of goals scored, and wins and losses of the teams concerned. If the teams are not ranked in that order, they will be ranked by rock-paper-scissors by the representatives.

【Rules】

- In principle, the rules of the game shall follow the Japan Football Association Rules of the Game.
- The number of players allowed in a match is 8 per team. (Up to 8 substitutes may be registered.)
- If the minimum number of players for a match is not reached 5 minutes after the starting time, a penalty will be imposed, and the match will start.
- The minimum number of players starting a match is 6 per team.
- Substitutions are allowed.
- The court size is 44m x 68m.
- Offside will be applied.
- If the ball goes off the court, the game will restart with a throw-in.

Sports Day rules

- Spikes are allowed only in the men's division.
- Sliding is prohibited to prevent injuries.
- During kick-offs, kick-ins, and corner kicks, the opposing player must be at least 5 meters away from the ball. Also, for free kicks, players must be at least 9 meters away from the ball.

Special rules for mixed division

- At least two female players must be on the pitch at any time.
- The number of male players cannot be increased from the start of the match.
- When a goal is scored by a female player, the goal will be counted as two points.
※The following rules may only be applied on a team-by-team agreement.
- The team with the largest number of female players at the start of the match is awarded one point.
- As a general rule, when a goal is scored by a female player, the score shall be two points. (However, this rule shall apply only to teams. It is not allowed to apply to individual players.)

Penalty

- The team starts the game one goal behind.

- The team concerned cannot increase the number of players after the match starts.
(For example, if a team starts a match with 5 players, the team must play with 5 players for the entire match. However, the team may change players, including latecomers.)

Adding players on the day of the competition

- It is not possible to add players to multiple teams within the same event on the day.
- Once a player has been removed, they cannot be added again.
- As a general rule, up to 4 players can be added on the day of the event.

【Referees】 -

- Football team –
- Women's football team

【Notes】

- It is not allowed to participate in a team in which a player is not registered.
- Teams that participate in the tournament without a registered player will be disqualified.
- Eating and smoking are prohibited in the venue.
- If a player fails to follow the instructions of the referee, some measures may be taken.
- Players who arrive late may only take part in the match as a substitute after notifying the referee.
- Unauthorized use of items in the venue is prohibited