

FOOTY JAPAN COMPETITIONS

ADULT COMPETITION RULES

Version 1.0

Issued by Footy Japan Competitions under the authority of Footy Japan K.K.

1. Scope

These Competition Rules apply to all Adult Competitions organised by Footy Japan Competitions, including:

- Tokyo Metropolis League (11-a-side)
- Footy Japan Cup
- Kanto International Masters Soccer 7's
- Footy Japan 7's tournaments

Administrative, disciplinary, and financial matters are governed separately under Competition Regulations and related policies.

2. Player Eligibility

All players participating in Adult Competitions must be **16 years of age or older**.

Players aged 16–17 may participate subject to parental consent. Teams are responsible for obtaining and maintaining such consent in accordance with Competition Regulations.

3. Laws of the Game

All matches are played in accordance with the Laws of the Game as defined by FIFA, except where specifically modified by these Competition Rules.

Referees have full authority to enforce the Laws of the Game during matches.

Decisions of fact made by referees during play are final.

PART I — 11-A-SIDE COMPETITIONS

(Tokyo Metropolis League & Footy Japan Cup)

4. Match Duration

Matches consist of:

- Two halves of forty (40) minutes
- A half-time interval of approximately five (5) minutes

The referee may shorten the half-time interval where necessary to comply with venue scheduling.

In exceptional circumstances, if shortening the interval does not allow the match to finish within the allotted time, the referee may reduce the playing time.

5. Number of Players

Each team may field:

- Eleven (11) players on the field
- Up to seven (7) substitutes

Rolling substitutions are permitted.

Substitutions may only take place **during a stoppage in play and with the referee's permission.**

6. Minimum Players

A team must have **at least seven (7) registered players** ready to play no later than **five (5) minutes after the scheduled kick-off time.**

Failure to meet this requirement may result in forfeiture as defined under Competition Regulations.

7. Abandoned Matches

Weather or External Circumstances

If a match is abandoned due to weather or circumstances beyond control, **at least sixty (60) minutes must have been played for the result to stand.**

If fewer than 60 minutes have been played, the match may be replayed as determined under Competition Regulations.

Serious Injury

If play is stopped due to a serious injury and time allows, the referee may restart the match once the player has been safely removed from the field.

If the referee determines that the match cannot reasonably continue, the referee may abandon the match after consultation with both team captains.

8. League Points (Tokyo Metropolis League)

Points are awarded as follows:

Win – 3 points

Draw – 1 point

Loss – 0 points

Forfeit penalties are defined under Competition Regulations.

9. League Ranking

League standings shall be determined by:

1. Total points
 2. Goal difference
 3. Goals scored
 4. Head-to-head record between tied teams
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10. Promotion and Relegation

- The bottom two teams in Divisions 1 and 2 shall be relegated.
 - The top two teams in Divisions 2 and 3 shall be promoted.
 - Promotion is automatic and not optional.
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11. Footy Japan Cup

All eligible teams may participate.

If a match is tied after eighty (80) minutes:

- A penalty shoot-out determines the winner
- Three (3) penalties per team followed by sudden death if necessary

This format ensures matches finish within venue scheduling constraints.

Teams forfeiting a Cup match are automatically eliminated.

PART II — 7-A-SIDE COMPETITIONS

12. Match Format

Matches are played with:

- Seven (7) players per team on the field
- Rolling substitutions permitted

Match duration may vary depending on the competition format (league or tournament). Specific match durations will be communicated for each competition.

13. Masters Eligibility

Masters competitions are intended for players **aged 40 and above**.

Current competitions may allow a limited number of underage players per team to support participation.

The long-term objective is for Masters competitions to consist exclusively of players aged 40 and above.

PART III — EQUIPMENT AND PLAYER SAFETY

14. Uniform Requirements

Teams are expected to wear:

- Matching numbered shirts
- Reasonably matching shorts and socks

Teams are responsible for avoiding colour clashes.

Where necessary, the referee may require the use of bibs or other adjustments.

Teams should bring bibs where possible.

15. Safety Equipment

The following rules apply:

- Shin pads are compulsory
- Jewellery and dangerous equipment are prohibited
- Spectacles must be designed for sports use

Jewellery must be removed or appropriately secured.

A player who refuses to comply with the referee's safety instructions will not be permitted to participate.

Players may wear **protective head coverings or sun protection** provided they are safe and do not pose a risk to other players.

Goalkeepers may wear appropriate headwear where necessary.

Final determination of safe equipment rests with the referee.

PART IV — MATCH OFFICIALS

16. Referees

Referees are appointed by Footy Japan Competitions.

Referees have authority to:

- enforce the Laws of the Game
 - ensure matches start and finish on time
 - manage match conduct
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17. Assistant Referees

Assistant referees (linesmen) may be used where required.

Their responsibilities include signalling:

- ball out of play
- offside decisions
- boundary decisions

Final decisions remain at the discretion of the referee.

PART V — VENUES

18. Venue Responsibilities

Teams must respect venue regulations and ensure that facilities are left clean and tidy after matches.

This includes:

- removal of rubbish
- proper use of changing rooms
- adherence to venue-specific rules

Failure to comply may result in disciplinary or financial sanctions as defined in the Competition Regulations.

PART VI — INTERPRETATION

19. Interpretation of Rules

These Competition Rules are intended to provide a clear framework for matches.

Where interpretation is required:

- the referee has authority during matches
- the Footy Japan Competitions administration retains final authority on competition matters

The spirit of fair play and safety of participants shall guide all decisions.
