



FOOTBALL GUIDELINES

(Applicable for Championships conducted in 2026)

Updated On: 8th July 2026

For queries related to the championship guidelines
please reach out to your city managers





FOOTBALL

Age Group	Event No	Gender	Cut Off Dates
U-10	1	Boys	Born on or After 1st January 2017
	2	Girls	
U-12	3	Boys	Born on or After 1st January 2015
	4	Girls	
U-14	5	Boys	Born on or After 1st January 2013
	6	Girls	
U-16	7	Boys	Born on or After 1st January 2011
	8	Girls	
U-18	9	Boys	Born on or After 1st January 2009
	10	Girls	

A player can play in more than one age category but not in different teams within the same age category. teams must consist of players from the same school only.

SPORT RULES & REGULATIONS

- Participants must wear appropriate apparel for the sport of Football.
- The coach of a team is not allowed to enter the field of play in an ongoing match.
- Any misconduct on part of the coach may result in him not being allowed in the team seating area/dugout.

TOURNAMENT FORMAT

- A player can play in more than one age category but not in different teams within the same age category.
- The tournament format will be finalized based on participation received across all age and event categories for both, Boys and Girls.
- If a player engages in any misconduct, authorities have the entire ability to suspend that player from the current game.
- A player receiving a Red card will be expelled from that particular match. A player receiving two consecutive red cards in back-to-back games will be expelled from the Tournament.
- In the knockout stages, If a game is tied after regulation time, penalties and sudden death will be used to determine the winner.



- The team composition for each age group is as follows:
 - o U-10: 7 players on field + a maximum of 5 substitutes | Starting the game requires a minimum of 5 players.
 - o U-12: 7 players on field + a maximum of 7 substitutes | Starting the game requires a minimum of 7 players.
 - o U-14: 11 players on field + a maximum of 7 substitutes | Starting the game requires a minimum of 7 players.
 - o U-16: 11 players on field + a maximum of 7 substitutes | Starting the game requires a minimum of 7 players.
 - o U-18: 11 players on field + a maximum of 7 substitutes | Starting the game requires a minimum of 7 players.
- The match duration for each age group is as follows:
 - o U-10: 10 minutes per half + 5-minute interval at halftime.
 - o U-12: 15 minutes per half + 5-minute interval at halftime.
 - o U-14: 25 minutes per half + 10-minute interval at halftime.
 - o U-16: 25 minutes per half + 10-minute interval at halftime.
 - o U-18: 25 minutes per half + 10-minute interval at halftime.
- The ball sizes for each age group will be as follows:
 - o U-10 & U-12: Size 4
 - o U-14, U-16 & U-18: Size 5

ATHRISE