SEASON 2026/27 | INDOOR FOOTBALL 5

WINTER LEAGUE + WINTER CUP

OFFICIAL RULES & REGULATIONS

Two separate competitions | One indoor sporting rulebook

5v5	2 x 18	15	NO
INDOOR	LEAGUE MINUTES	LEAGUE FIXTURES	OFFSIDE

DOCUMENT CONTROL

Version	1.1
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Organizer	Seven League (Verein), Basel, Switzerland
Competitions	Winter League 2026/27 | Winter Cup 2026
Venue	Le Five, Saint-Louis, France (subject to confirmation)

IMPORTANT - EVENT-SPECIFIC DETAILS

The League and Cup have separate fixture guides. Venue boundary details and Cup match structure will be published before participation; see Annex D.

Seven League (Verein) | Dornacherstrasse 324, 4053 Basel, Switzerland

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1. Status, scope and priority

1.1 Purpose

These Official Rules & Regulations govern sporting participation in Seven League Winter League 2026/27 (the League) and Seven League Winter Cup 2026 (the Cup), both played as indoor five-a-side football. They apply to teams, players, referees, representatives, team officials and associated spectators.

1.2 Applicable playing framework

The current IFAB Laws of the Game provide a general reference only where compatible with indoor small-sided football. This document and the event-specific Competition Notice or Cup Event Guide control any deliberate adaptations, including walls, substitutions, match duration, no offside and restart procedures. These competitions are not represented as FIFA-regulated futsal events.

1.3 Order of priority

1. Immediate emergency, venue and referee safety instructions;
2. the relevant Winter League Competition Notice or Winter Cup Event Guide for event-specific technical and scheduling matters;
3. these Official Rules & Regulations for common sporting and disciplinary matters;
4. the IFAB Laws of the Game, only to the extent compatible with the indoor format.

The Participation Notice & Financial Conditions governs applications, event confirmation, fees, discounts, refunds and other contractual matters. Mandatory law prevails where applicable.

1.4 Acceptance and official communications

Application, registration or participation involves acceptance of the applicable published sporting rules. The team representative must provide these rules and relevant venue instructions to all participants. Notices sent through the official platform, registered email or another announced organizer channel are communications to the team.

1.5 Two separate competitions

League and Cup entries, tables, fixtures and groupings are separate. A team is not automatically enrolled in both. An event-specific instruction applies only to that event unless expressly stated otherwise.

2. Competition structure and dates

2.1 Venue and season

The proposed venue is Le Five, Saint-Louis, France, or another facility approved by Seven League. The Cup is planned for 15 November 2026. The League is planned to begin 16 November 2026 and continue through February 2027. Exact dates, times, fields and approved alternatives are established by official event confirmation.

2.2 Winter League programme

The League is an indoor 5v5 competition with a scheduled programme of at least 15 official fixtures per team in a completed season, subject to the Participation Notice & Financial Conditions and the provisions concerning forfeits, abandoned games and events beyond reasonable control. Seven League publishes the final divisions, opponents, fixtures and standings method.

2.3 Winter Cup programme

The Cup is an independent one-day indoor 5v5 tournament. Pool sizes, minimum Cup matches, game lengths, knock-out rounds, progression rules, match order and the event timetable are determined in the Winter Cup Event Guide issued before the event. The League guarantee of 15 fixtures does not apply to the Cup.

2.4 Divisions and operational adjustments

Seven League may create divisions, groups, or a combined sporting structure where appropriate, taking account of entries, venue availability, safety, and balance. Any reasonable variation to a published programme will be communicated as promptly as practicable. This document does not establish a minimum number of participating teams for either event.

3. Team administration and responsibilities

3.1 Representative and deputy

Every team must appoint one primary representative and may nominate a deputy. The representative is responsible for truthful entry and team information, official notices, team communication, roster accuracy, matchday list submission and the behaviour of team members and associated supporters.

3.2 Names, badges and third-party identities

Team identities and promotional material must not be unlawful, discriminatory, misleading, threatening or infringe third-party rights. Teams using a corporate or sponsor name or emblem must have the appropriate permission. Seven League may require a change to a non-compliant identity.

3.3 Sporting and financial responsibilities

A team must fulfil accepted fixtures and promptly notify Seven League of obstacles to participation. Financial obligations are governed solely by the applicable event Participation Notice & Financial Conditions and accepted invoice. A disciplinary sanction does not erase an existing contractual obligation.

3.4 Captain, officials and spectators

Each team identifies a captain, preferably wearing an armband or another clear mark. Only the captain should respectfully approach the referee when invited. A maximum of two non-playing team officials may use the designated technical area unless the event notice states otherwise. Spectators must remain in permitted areas and observe facility rules.

4. Player registration and eligibility

4.1 Approved players

A player must be registered to and approved for the relevant team before appearing in a League or Cup fixture. A representative must give accurate name, age, identity and eligibility information. Seven League may request an official identity document or another proportionate verification method.

4.2 Age and inclusion

These are open amateur competitions without a default gender restriction. Players must ordinarily be at least 18. A 16- or 17-year-old may participate only with Seven League prior written approval, parental or guardian consent and any applicable safeguarding or insurance conditions. Players under 16 are not eligible for the adult competitions.

4.3 Roster and matchday list

The League or Cup matchday roster limit must be stated in the relevant Competition Notice or Event Guide. Only listed, eligible players may play. Late changes require explicit organizer authorization and must not compromise fairness.

4.4 One-team rule and transfers

A player may represent only one team in the same competition unless Seven League gives advance written permission for a genuine transfer or exception. Separate League and Cup registrations do not automatically override this rule. Suspensions and identity restrictions remain enforceable.

4.5 Ineligible participation

Using an unregistered, suspended, falsely identified or otherwise ineligible player may result in removal, forfeit, points deduction, individual suspension or other proportionate discipline. A referee permitting a player to enter does not establish administrative eligibility.

5. Matchday administration

5.1 Published fixtures and check-in

The official schedule is binding. Teams should arrive 20 minutes before kick-off, allow time for indoor venue access and complete check-in and the matchday list 10 minutes before kick-off, unless the event-specific guide provides a different practical procedure.

5.2 Starting readiness

A team must be present with eligible players and a goalkeeper, correct kit and any necessary identity information at the appointed field. The basic default is five players per team; the minimum to begin or continue is three, including a designated goalkeeper, unless a mandatory venue rule or an event notice imposes a stricter safety threshold.

5.3 Late arrival and no-show

The official competition tolerance is a maximum of five minutes after the scheduled kick-off, subject to venue control and the event timetable. This is an upper limit, not a guaranteed delay. A team still unready at the applicable deadline normally forfeits. Administrative no-show charges may also apply under Section 19 and Annex B.

5.4 Match report and statistical corrections

The referee or appointed match official records the score, cards, serious incidents and any abandonment. Teams should check obvious details promptly. Requests to correct a goalscorer or other administrative statistic should normally be submitted within 48 hours and supported by credible evidence.

6. Points, standings and cup progression

6.1 League scoring

Result	Points
Win	3
Draw	1
Loss	0
Forfeit loss	0, subject to an additional deduction

6.2 League ranking order

Teams are ranked by league points. Equal points are resolved, in order, by:

1. overall goal difference;
2. overall goals scored;
3. head-to-head points among tied teams;
4. head-to-head goal difference;
5. head-to-head goals scored;
6. lower fair-play score;
7. a play-off if practicable and essential for a title or qualification;
8. a draw conducted by Seven League.

For three or more tied teams, head-to-head comparisons use a mini-table. The Competition Notice may announce a clearly identified alternative ranking model before play.

6.3 Fair-play score

Incident	Fair-play points
Yellow card	1
Sending-off after two yellow cards	3
Direct red card	4
Team official dismissal	4
Serious post-match sanction	5

6.4 Winter Cup pools and progression

If the Cup uses pools, the Event Guide will confirm its fixture count and progression model. Unless that guide specifies another published order, tied teams in a completed pool follow the league ranking criteria above. A knock-out match level at the end of its appointed playing time proceeds to a penalty shoot-out as described in Section 14.5, without extra time unless the Event Guide explicitly provides otherwise.

6.5 Forfeits and withdrawals

The standard forfeit result is 0-3, or the actual result if that is less favourable to the offending team. An unplayed administrative forfeit does not credit individual goals. On withdrawal, Seven League may annul results or retain them and award remaining fixtures as forfeits, using the approach that best preserves fair league or Cup results.

7. Indoor facility, walls, goals and ball

7.1 Approved playing enclosure

Matches use the designated indoor five-a-side field and installed goals. Facility dimensions, safety boundaries, netting and wall construction prevail where safe. The referee and venue manager may reject or stop play on an unsafe surface.

7.2 Rebound walls and barriers

Where the assigned playing enclosure has approved rebound walls, a ball rebounding from them remains in play. A player may not push, trap, charge or endanger another person against a wall or rigid barrier. The referee may stop play where wall contact creates a material safety risk.

7.3 Ball leaving the playable area

At Le Five Saint-Louis, a ball touching the surrounding netting is out of play. A ball that fully leaves the enclosed field or becomes lodged in the netting or another unsafe area is also out. Sidewall rebounds remain in play. The ordinary restart for a ball out via the netting or boundary is a goalkeeper restart under the venue rule, applied consistently to both teams.

7.4 Goals and match ball

Goals must be stable, nets and walls safe, and the playing surface free of loose hazards. The event guide or venue supplies the required ball specification; the referee decides whether a particular match ball is suitable. Each team should be able to provide a safe spare if requested.

8. Players, substitutions and goalkeeper

8.1 Number of players

Each team plays with five players, one designated as goalkeeper. A team may start with three or four eligible players if the referee considers it safe and the event notice does not require more. Opponents need not reduce their numbers.

8.2 Unlimited return substitutions

Unlimited return substitutions are permitted, including the return of previously substituted players. Exchanges must use the designated substitution area and may be made only when the ball is not in play and the referee authorizes the change. The player leaving must leave the field before the substitute enters, and no team may create an extra player on the field.

8.3 Goalkeeper changes

A player may exchange the goalkeeper role at a stoppage after informing the referee. The new goalkeeper must be distinguishable and properly equipped.

8.4 Dismissal and minimum players

A person shown a red card cannot return to the fixture. Unless the Event Guide explicitly states a different small-sided penalty system, the team plays with one fewer player for the rest of the match. A match cannot continue when a team drops below three eligible players.

9. Kit, footwear and personal equipment

9.1 Compulsory equipment

Each player must wear a suitable shirt, shorts or safe sports bottoms, socks, shin guards and venue-approved indoor footwear. Outfield kits should be coordinated; keepers must be identifiable. Seven League may require numbered shirts or bibs where appropriate.

9.2 Indoor surface rules

Metal studs, exposed sharp components, damaging footwear and items prohibited by Le Five or another approved venue are not allowed. Venue footwear rules prevail even if a shoe would be acceptable outdoors.

9.3 Dangerous items and blood

Jewellery, rigid supports and accessories considered dangerous by the referee must be removed or made safe according to the referee and venue instructions. Bleeding players must leave until bleeding stops and contaminated equipment is replaced or cleaned.

10. Match duration and timekeeping

10.1 Winter League duration

The intended League match is two halves of 18 minutes, with a brief half-time and turnover within a typical 40-minute venue slot. The announced competition timetable takes precedence if the organizer must publish a justified adjustment.

10.2 Winter Cup duration

Cup playing time, breaks, knock-out timetable and any tie-breaking sequence are specified in the final Winter Cup Event Guide. Do not assume that Cup fixtures use the League's 2 x 18-minute format.

10.3 Running clock and delays

The referee uses a running clock unless an event notice states otherwise. Ordinary substitutions and restarts do not automatically stop time. Significant injury, misconduct, lost balls or other exceptional delays may justify added or adjusted time within safe venue capacity. The referee's timekeeping decision is final.

11. Start of play and restarts

11.1 Coin toss and kick-off

The referee conducts a coin toss. The team entitled to kick off places a stationary ball on the center mark. Players other than the kicker must remain in their own half, with opponents a safe distance away as indicated by the venue markings or the referee. The ball is in play when kicked and clearly moves.

11.2 After a goal

The team conceding a valid goal restarts from the center. Teams must be given a reasonable opportunity to return to their half, but deliberate delay may be punished.

11.3 Dropped ball and exceptional restarts

Where the referee stops play for a reason not requiring another restart, the ball is returned in a neutral and fair manner consistent with the playing enclosure. The referee announces the location and procedure, ensuring other players remain at a safe distance.

12. Ball in or out of play; no offside

12.1 Ball in play

The ball remains in play while within the approved enclosure, including rebounds from permitted sidewalls and goal frames. A ball that touches the surrounding netting, fully crosses a designated end boundary, or otherwise leaves the safe enclosure is out of play. Under the Le Five Saint-Louis rule adopted for these competitions, the ordinary restart in those cases is with the goalkeeper.

12.2 Goal scored

A valid goal is scored when the entire ball passes the goal line between the posts and beneath the crossbar without an offence by the scoring team. No goal may be awarded solely because the ball rebounds from the sidewall.

12.3 No offside

There is no offside rule in either Winter League or Winter Cup. Players remain subject to impeding, holding, dangerous play, goalkeeper interference and other ordinary offences.

13. Fouls, handball and sliding challenges

13.1 Direct and indirect free kick offences

Careless, reckless or excessively forceful charges, pushes, kicks, trips, strikes and contact challenges are fouls, as are holding, deliberate handball, biting, spitting or throwing an object at a player or the ball. Dangerous play without contact and certain goalkeeper violations may be indirect-free-kick offences. A direct-free-kick offence by a defender within the six-metre penalty zone may result in a penalty kick.

13.2 Sliding challenges

A player must not slide to challenge an opponent who is within playing distance of the ball. Sliding to intercept a pass or block a shot may be allowed only when no opponent is endangered or prevented from safely playing. The goalkeeper may slide within the six-metre penalty zone but must not endanger an opponent.

13.3 Handball

Not every ball-to-hand contact is a foul. The referee considers deliberate contact, an arm position that unjustifiably makes the body larger and handball immediately leading to a goal, applying the relevant compatible IFAB principles.

13.4 Goalkeeper handling and possession

Unless the event notice states a venue-specific exception, deliberate back-passes and balls received directly from a teammate’s throw-in or equivalent restart may not be handled in a way prohibited by the applicable playing rules. A goalkeeper in hand or arm control of the ball should release it within eight seconds; the appropriate sanction and position are announced in the Competition Notice or applied consistently by the referee.

13.5 Advantage and serious misconduct

Advantage may be played if the non-offending team benefits. A reckless challenge normally brings a caution; excessive force or violence normally results in a send-off. Deliberate threats or unsafe use of boards may justify immediate stoppage and dismissal.

14. Free kicks, penalties and shoot-outs

14.1 Free kicks and restart distance

Direct and indirect free kicks are taken from the place of offence or another practicable position directed by the referee. Unless field-specific markings require a shorter safe distance, opponents must remain five metres away until the ball is in play. An indirect-free-kick goal counts only if the ball touches another player.

14.2 Side and end-line restarts

Where the enclosure has sidewalls there is ordinarily no throw-in when the ball simply rebounds. A ball that touches the surrounding netting or otherwise leaves the designated playing enclosure is out of play and restarts with the goalkeeper under the Le Five Saint-Louis venue rule adopted for these competitions.

14.3 Penalty kick

There is no painted penalty area. For Seven League winter competitions, the penalty area is an imaginary semi-circular zone extending six metres from the centre of the goal line. A direct-free-kick offence by a defender within that zone is punished by a penalty. The referee decides whether the offence occurred inside or outside the zone. Penalties are taken from the venue's marked spot or, if no mark exists, from a fair six-metre position identified by the referee before kick-off.

14.4 Goal kicks and corners

A goal kick or corner is awarded where the ball leaves an approved end boundary after last touching the appropriate team, subject to the indoor enclosure's published rules. The referee and venue must clarify before kick-off how goal-line exits, rebounds and netting affect these restarts.

14.5 Penalty shoot-out

Where a knockout match is level and no extra time is specified, each team takes three alternating penalty kicks. If tied, one kick per team continues until one team leads after an equal number of kicks. Eligible players and goalkeeper replacement follow the referee's announced procedure, adapted to the venue and approved matchday lists.

15. Referees and match control

15.1 Authority

The appointed referee controls play, applies the rules, keeps time, protects safety, takes disciplinary action, reports serious incidents and may suspend or abandon play. The referee's factual decisions during play are final, subject to recognized correction of mistaken identity or a clear administrative error.

15.2 Only the captain

Players must not surround, follow, threaten or intimidate a referee. Only the captain may ask respectfully for clarification when invited. Dissent, abuse, threats or physical contact are disciplinary offences.

15.3 Video, evidence and missing referee

There is no video assistant referee. Available recordings may be examined for serious misconduct, eligibility or integrity issues rather than routine re-refereeing. Seven League may appoint a replacement referee; an unauthorised privately refereed friendly is not an official fixture.

16. Cards, suspensions and discipline

16.1 Cautions and yellow-card accumulation

A yellow card is an official caution. In the League, a player ordinarily receives a one-match suspension at the third, fifth and seventh accumulated yellow cards, then after each additional two, unless the Competition Notice announces an alternative. Competition-specific accumulation is tracked separately for League and Cup.

16.2 Second yellow and direct red

Two yellow cards in one match mean dismissal and an automatic minimum one-match suspension. A direct red creates an immediate provisional suspension pending review. Serious misconduct may produce longer restrictions across Seven League events, as stated in the disciplinary decision.

16.3 Normal starting suspensions

Incident	Starting suspension
DOGSO direct red	1 match
Offensive or abusive language	2 matches
Serious foul play	2 matches
Violent conduct	3 matches
Biting or spitting	4 matches
Threatening a match official	5 matches
Assault of a match official	8 matches to permanent exclusion
Discriminatory misconduct	5 matches to permanent exclusion

These are starting points, not fixed limits. Intent, risk of injury, retaliation, group involvement, prior history, apology and cooperation may affect a proportionate sanction.

16.4 Available disciplinary measures

Seven League may issue warnings, match suspensions, team or spectator restrictions, forfeits, points deductions, removal of awards, exclusion, or a disciplinary fine up to CHF 500 per incident where permitted by the applicable Rules and law. Proven damage and legitimate contractual obligations are separate from any disciplinary fine ceiling.

16.5 Serving and carrying sanctions

A suspension is ordinarily served during an official fixture the player's registered team actually plays. A cancelled friendly or administrative forfeit does not automatically count. Unserved serious-conduct suspensions may carry forward or apply across the two Winter competitions where the decision states this and applicable law permits.

17. Conduct and competition integrity

17.1 Respect and non-discrimination

Participants must treat teammates, opponents, officials, venue personnel and spectators with dignity and self-control. Discrimination, harassment, retaliation, threats, violence and targeted online abuse connected with an event are prohibited.

17.2 Property, intoxication and prohibited items

Facility walls, goals, netting, changing rooms, equipment and emergency exits must be respected. Alcohol or drugs impairing participation, smoking where prohibited, dangerous glassware and other banned items are not permitted. The responsible team may be charged for proven damage where lawful.

17.3 False identity and match manipulation

False registration, use of a suspended or ineligible player, result manipulation, prohibited betting by participants and deliberate misrepresentation of a match incident are serious offences. Seven League may investigate, provisionally suspend, annul an affected result or impose a proportionate sporting sanction.

18. Postponement and rescheduling

18.1 No automatic right to postpone

Teams must fulfil published fixtures. Player shortage, competing commitments or a preference for a different slot does not by itself justify a change. Requests should ordinarily be made seven calendar days before a League fixture, with reasons and workable alternatives.

18.2 Short-notice and Cup restrictions

An unforeseeable emergency must be reported immediately. Due to the one-day Cup schedule, a team cannot assume that a Cup fixture can be rescheduled. Opponent agreement does not bind Seven League; all changes require official written confirmation.

18.3 Organizer postponement

Seven League may rearrange play due to facility closure, safety, officials, transport disruption, force majeure or a comparable substantial problem. The organizer will notify affected teams, seeking a comparable sporting solution where reasonably practicable. Financial consequences are governed by the Participation Notice & Financial Conditions.

19. Abandonment, no-shows and forfeits

19.1 Authority to suspend or abandon

The referee and venue management may interrupt or abandon an unsafe fixture, including for injury, dangerous wall or goal equipment, lighting or power failure, violence, discrimination or inability to control the playing area. No team is required to play in objectively unsafe conditions.

19.2 Team responsible for non-completion

A team that refuses to play, departs without authorization, fields an ineligible person or is reduced below the minimum through dismissals may lose by forfeit and face further discipline. The ordinary score is 0-3 or the actual score if less favourable to the offending team.

19.3 No-fault interruption

When neither team is at fault, Seven League may preserve a sufficiently advanced result, complete the remaining minutes, order a replay or select another proportionate solution based on the available facility slot and competition fairness. The organizer announces the decision in writing; a Cup interruption may require a same-day alternative.

19.4 No-show and related charges

If a team is unready more than five minutes after the scheduled kick-off or fails to attend, the ordinary sporting result is a 0-3 forfeit. A first no-show ordinarily carries an administrative charge of CHF 100. A repeated no-show ordinarily carries CHF 200 and may also trigger an exclusion review. Documented venue costs or accepted contractual liabilities may be pursued separately where applicable.

19.5 Double absence

If both teams are unready, Seven League may declare a double forfeit or other fair result compatible with the published tournament structure. The event-specific instructions may provide additional Cup consequences.

20. Protests, statistics and appeals

20.1 Referee decisions and protests

Routine factual decisions during play are not ordinarily appealable. A genuine eligibility, administrative or competition-rule protest should be submitted through the official channel: normally within 24 hours for eligibility and 48 hours for other permissible matters after a League game.

20.2 Cup on-the-day decisions

Because the Cup runs in one day, a representative should raise a potentially outcome-changing eligibility or procedural issue immediately and before the next affected Cup round. The Event Guide may give a shorter, explicit on-the-day protest procedure. Seven League may issue an expedited decision.

20.3 Discipline and appeals

A disciplinary decision is normally communicated in writing, with the factual basis, sanction and available review route. Unless the event-specific notice provides a shorter lawful timetable for an ongoing Cup, appeals should be filed within 48 hours after receipt of the decision. An appeal does not automatically suspend a sanction.

21. Health, safety and cross-border insurance

21.1 Inherent indoor risks

Indoor football involves physical contact, rapid changes of direction and possible collisions with players, boards and fixed boundaries. Participants must assess their medical fitness, wear suitable shoes and equipment, stop when injured and follow facility safety instructions.

21.2 Insurance for play in France

The planned venue is in Saint-Louis, France, while the organizing Verein is based in Basel, Switzerland. Each team and player is responsible for verifying that personal health, accident, liability and other relevant insurance actually covers amateur indoor football in France. Participation does not make Seven League the participant's insurer.

21.3 Emergency response

In an emergency, stop play, alert venue staff and follow their safety plan. In France, the European emergency number is 112. Ensure that access routes are clear and avoid moving a seriously injured person unless necessary for immediate safety.

21.4 Safeguarding and prohibited behaviour

Participants must avoid unnecessary violence, intimidation, harassment and discrimination; report a serious safety concern immediately; and cooperate with reasonable safeguarding and venue procedures. Any youth participation requires the additional permission and supervision stated in Section 4.2.

22. Media, data and team identities

22.1 Competition statistics and privacy

Seven League may publish appropriate team and player names, fixtures, results, tables, match statistics, awards and disciplinary outcomes as part of ordinary competition administration, subject to the Privacy Notice and applicable data-protection law. Participants may request correction of demonstrably inaccurate personal data.

22.2 Photography and recordings

Event photographs and videos may be produced but are not guaranteed. Individual public portraits, targeted promotional close-ups or other processing requiring a separate legal basis will be handled accordingly. A captain cannot give universal media consent for all other adult players.

22.3 Use of team emblems

Teams must own or have permission to use the identities and logos supplied. They authorize reasonable display of approved marks in the competition's fixtures, results, standings and ordinary event promotion without transferring ownership.

23. Interpretation and entry into force

23.1 Official interpretation

Seven League interprets these rules with regard to safety, consistency, proportionality and sporting fairness. A genuine omission or ambiguity may be resolved by a reasoned decision and a clarification provided to representatives.

23.2 Amendments and event notices

Material amendments will be communicated to the teams and ordinarily will not apply retroactively. Seven League may issue a League Competition Notice and a Cup Event Guide setting out additional venue-specific technical rules, match times and procedures before play; those documents must not reduce mandatory safety standards.

23.3 Version and contact

This is Version 1.1 of the Winter League & Winter Cup Official Rules & Regulations, updated on 10 October 2026 to incorporate the Le Five Saint-Louis boundary rule, the six-metre imaginary penalty area, stoppage-only substitutions, and the official five-minute late-arrival and no-show provisions. The official contact channel is sevenleague.ch/contact-us/.

Annex A. Match quick reference

Topic	Common winter rule
Format	Indoor five-a-side; one goalkeeper per team
Minimum to start / continue	Three eligible players (subject to venue / event notice)
League match time	2 x 18 minutes; typically a 40-minute booked slot
Cup match time	As published in the Winter Cup Event Guide
League programme	At least 15 official fixtures per team in a completed season
Substitutions	Unlimited return; only when the ball is out of play and with referee permission
Offside	No offside
Walls	Approved sidewall rebounds stay in play
Netting / ball out	Ball touching the netting is out; ordinary restart with the goalkeeper
Penalty area	Imaginary semi-circle of 6 m from the centre of the goal line
Late arrival	Maximum 5 minutes, only if venue time allows
Points	Win 3 / draw 1 / loss 0
Forfeit	0-3 unless a less favourable actual score applies
Penalty shoot-out	Three kicks each, then sudden death unless Event Guide differs
Red card	Dismissal; ordinary minimum one-match suspension
France emergency number	112; follow venue instructions

Annex B. Sanction guidelines

Breach	Normal outcome	Potential additional measure
First no-show	0-3 forfeit	CHF 100 administrative charge
Repeated no-show	0-3 forfeit	CHF 200 administrative charge / exclusion review
Ineligible player	0-3 or worse actual score	Player suspension / points deduction
False identity	Forfeit	At least five matches / possible exclusion
Two yellows in one game	Player sent off	At least one-match suspension
DOGSO direct red	Player sent off	Starting point one match
Serious foul play	Player sent off	Starting point two matches
Violent conduct	Player sent off	Starting point three matches
Threat or assault of official	Immediate removal	Severe suspension / exclusion
Discrimination	Removal / possible abandonment	Severe suspension / team sanction
Property damage	Removal if necessary	Proven repair cost / discipline

In each case Seven League will consider the actual circumstances, evidence, proportionality, previous conduct, whether the incident was intentional and any applicable law. A disciplinary fine, where imposed, is capped at CHF 500 per incident under these Rules.

Annex C. Administrative deadlines

Action	Standard timing
Team arrival	20 minutes before kick-off
Matchday check-in	10 minutes before kick-off
Late grace period	Maximum 5 minutes, only if venue time allows
Ordinary League rescheduling request	At least seven calendar days beforehand
Eligibility protest (League)	Within 24 hours after the match
Other permitted protest (League)	Within 48 hours after the match
Statistics correction	Within 48 hours after the match
Disciplinary appeal	Within 48 hours after written decision
Cup dispute affecting next round	Immediately and before next affected round
Emergency or serious integrity incident	Immediately
No-show administrative charge	CHF 100 first no-show / CHF 200 repeated no-show

Clock references are in venue local time (Europe/Paris). For League matches the published event notice may adjust administrative deadlines. For one-day Cup fixtures, the Event Guide may state a shorter practical protest or roster schedule.

Annex D. Winter Cup event guide checklist

Before the Winter Cup begins, Seven League should circulate a short written Event Guide resolving the following matters for the accepted teams:

- Approved field(s), indoor walls, netting and goalkeeper-restart application.
- Cup group composition, match count and scheduled playing time.
- Registration and matchday roster limit, including substitutions at stoppages only.
- Detailed pool standings and any exceptional tie-break criteria.
- Qualification and knockout bracket, extra time (if any) and penalties.
- Cup check-in deadline, five-minute late-arrival tolerance and no-show consequences.
- On-the-day protest, disciplinary review and emergency contacts.
- Any venue-specific goalkeeper, overhead-ball, restart-distance or ball requirements.
- Confirmation that the six-metre imaginary penalty area applies for penalty decisions.

Confirmation: For Winter League and Winter Cup at Le Five Saint-Louis, approved sidewall rebounds remain in play, a ball touching the netting is out of play and ordinarily restarts with the goalkeeper, and the six-metre imaginary penalty area applies unless a mandatory venue rule requires a stricter safety adaptation.

SEVEN LEAGUE (VEREIN)
Dornacherstrasse 324, 4053 Basel, Switzerland | sevenleague.ch