

East Five-A-Side Football Tournament 2025/26

ELIGIBILITY

1. This competition is open to full members of Clubs affiliated to the Scottish Association of Young Farmers' Clubs, two of which may be Associate members. Each competing member must still be within the age limit by the date of the National Competition.
2. Fifty percent of the winners from the previous year's competition are ineligible to compete.

SCORING CRITERIA

Points for the League:-

Win	- 3
Draw	- 1
Lose	- 0

PROCEDURE

1. The competition will be run in leagues depending on the facilities available at the venue. All games will be 5 minutes each way except the final, which will be 7 minutes each way. The top teams of each league will go forward to a knockout; the number of teams going through will be dependent on the number of teams competing. If there are more than the required teams with equal points to go forward, the highest goal difference will be considered, if still equal a 3 penalty shoot off will be taken. In the event of a draw in a game at the knockout stage of the tournament, the team members will take 5 penalty kicks on the field of play at the final whistle. If it remains a draw after this each team will take one penalty kick until there is a winner.
 2. Play will be at the discretion of the referees.
- Start of Play:
3. A choice of ends shall be decided by the toss of a coin. Play shall be started by the referee dropping the ball on the centre-spot between one player from each side. The game shall be restarted in like manner after a goal has been scored. If the tournament is played indoors, the ball must be kept below head height: penalty for infringement – direct free kick.
- Free Kick:
4. When a player is taking a direct free kick, all of the opposing players shall be at least 6 feet from the ball until it is played.
- Play within the Goal Area:
5. Only the defending Goalkeeper is allowed within the goal area. If an attacker enters opponent's goal area, the infringement would result in a direct free kick at the place of entering the goal area. If a defender enters their own goal area then a penalty kick will be given. If the Goalkeeper leaves his goal area then a penalty kick will also be given. The Goalkeeper must throw the ball out underarm.
 6. Only one substitute per team shall be permitted at half-time of any game; any other player may change places with the goalkeeper, provided the referee is informed before the change is made. N.B. Teams can use their own discretion as to how many substitutes they bring to the tournament as long as this does not exceed 3.
 7. A player sent off during a game shall be suspended from the rest of the tournament. A player receiving two bookings will also be suspended from the tournament.
 8. Teams must report at the time stated on their calling advice.
 9. The Team Captain will be asked to sign the score sheet after each game.
 10. The Referees, whose decision will be final, will be appointed by the National Council. They reserve the right to amend the foregoing rules should this be considered necessary
 11. The opinion of and at the Chief Steward's discretion, a competitor or team will be disqualified for ungentlemanly conduct by word or act, which is likely to bring the event and/or the YFC into disrepute.

12. ENTRIES

13. Unlimited entries.
14. Teams will consist of five players and three substitutes. Players and substitutes entered in one team must not play in any other team.