



SFC - Stockholm Football Cup June 26th-29th 2025

Official Regulations 2025

§1 Rules

FIFA:s rules will be played accordance with applicable sections, in other parts accordingly to the Swedish Football Association (FA) rules. The SFC is permitted by the Stockholm Football Association (StFF).

§2 Competition rules

§2:1 Participating teams must belong to the same club or academy that is registered with its national FIFA affiliated association. In those countries where school teams can participate in official football competitions and are registered at their national football association, are also allowed to participate in the cup. All players must be registered with the club they are playing for.

§2:2 The teams in the age categories 13-19 years old are divided in groups of four (where applicable), where the teams play against each other one time. The order among the teams will be decided according to points. 3 points will be awarded for a win, 1 point for a draw and 0 points for a loss.

If two or more teams have the same number of points, the order will be decided as follows:

1. Goal difference
2. Highest number of goals scored
3. Results in the match(es) between teams with equal points (head to head)
4. Fair play points
5. Penalty shoot-out according to the FIFA rules or lottery

§2:3 For the age categories 13-19 years old the first part of the playoff is a so-called qualifying round. This determines if the team enters A or B playoffs (No. 1 and No. 2) and C or D playoffs (No.3 and No.4). All teams pass the qualification round. Any fifth placed teams will directly enter the D playoffs. A draw in the qualifying stage or the playoffs will be decided directly by penalty shooting. Target of minimum 5 matches per team.

Penalty shootings at draw results in the qualification or playoff matches: each team shoots five (5) penalties in turns, a new player for each round. If it's still a draw, the teams continue to shoot penalties in turns with a new player for each round, until one of the team wins. Second-chance (ball bounces back to the player) goals are not allowed in the penalty shooting. The penalty shot is complete when the ball is not moving anymore.

§2:4 Age categories 12 years:

Competition:

The age classes B/G 12 can choose "Competition", where results and tables are reported. Playoffs take place in the same way as for the age classes 13-19 years as above. Target of minimum 5 matches per team.

Friendly:

The age classes B/G 12 can choose "Friendly", without results and tables. The introductory group games will be played with four teams (where applicable), where everyone plays vs everyone. The teams are then divided into new groups of four teams (if applicable) and play a second group game where everyone again plays vs everyone. The new groups are being determined to create as even, developing and fun games as possible. Target of minimum 5 matches per team.

§2:5 The age classes B/G10 and B/G11 can choose between the different levels "Hard" and "Easy", without results and tables. The introductory group games will be played with four teams (where applicable), where everyone plays vs everyone. The teams are then divided into new groups of four teams (if applicable) and play a second group game where everyone again plays vs everyone. The new groups are being determined to create as even, developing and fun games as possible. Target to play minimum 5 games per team.

§2:6 Age categories 8-9 years will be played in accordance with the FA rules for the age group, i.e. there are no tables or playoff. The first group stage will be played in groups of four (where applicable) and meet in a round robin series. Instead of playoffs the teams will be rearranged into new groups of three or four and play a second group stage. The new groups are organized to have as equal, developing and fun matches as possible. Target of minimum 5 matches per team on two game days.

§2:7 The age category 7 years will be played in accordance with the FA rules for the age group, i.e. there are no tables or playoff. The group stage will be played in groups of four (where applicable) and meet in a round robin series. Target of minimum 3 matches per team on one game day.

§3 Age categories 2025

Boys:

Boys U19	Boys born 1/1-06 and later	11-a-side
Boys 17	Boys born 1/1-08 and later	11-a-side
Boys 16	Boys born 1/1-09 and later	11-a-side
Boys 15	Boys born 1/1-10 and later	11-a-side
Boys 14 (11 vs 11)	Boys born 1/1-11 and later	11-a-side
Boys 14 (9 vs 9)	Boys born 1/1-11 and later	9-a-side
Boys 13	Boys born 1/1-12 and later	9-a-side
Boys 12 Competition	Boys born 1/1-13 and later	7-a-side
Boys 12 Friendly	Boys born 1/1-13 and later	7-a-side
Boys 11 Hard	Boys born 1/1-14 and later	7-a-side
Boys 11 Easy	Boys born 1/1-14 and later	7-a-side
Boys 10 Hard	Boys born 1/1-15 and later	7-a-side
Boys 10 Easy	Boys born 1/1-15 and later	7-a-side
Boys 9	Boys born 1/1-16 and later	5-a-side
Boys 8	Boys born 1/1-17 and later	5-a-side
Boys 7	Boys born 1/1-18 and later	5-a-side

Girls:

Girls U19	Girls born 1/1-06 or later	11-a-side
Girls 16/17	Girls born 1/1-08 or later	11-a-side
Girls 15	Girls born 1/1-10 or later	11-a-side
Girls 14 (11 vs 11)	Girls born 1/1-11 or later	11-a-side
Girls 14 (9 vs 9)	Girls born 1/1-11 or later	9-a-side
Girls 13	Girls born 1/1-12 or later	9-a-side
Girls 12 Competition	Girls born 1/1-13 or later	7-a-side
Girls 12 Friendly	Girls born 1/1-13 or later	7-a-side
Girls 11 Hard	Girls born 1/1-14 or later	7-a-side
Girls 11 Easy	Girls born 1/1-14 or later	7-a-side
Girls 10 Hard	Girls born 1/1-15 or later	7-a-side
Girls 10 Easy	Girls born 1/1-15 or later	7-a-side
Girls 9	Girls born 1/1-16 or later	5-a-side
Girls 8	Girls born 1/1-17 or later	5-a-side
Girls 7	Girls born 1/1-18 or later	5-a-side

SFC reserves the right to merge classes if there are not enough teams in each class.

§4 Playing period

5-a-side 2 x 12 min (B/G7) and 2 x 15 min (B/G8 and B/G9)

7-a-side 2 x 20 min

9-a-side and 11-a-side 2 x 25 min.

The playing period is the same in the group stage as in the playoffs.

§5 Numbers of players and substitution

§5.1 You can have as many participants/players as you want in your team, but there are only allowed 7 substitutes each match. Teams may use a maximum of 18 players in a 11-a-side match, 11 players on the field and 7 substitutes, and a maximum of 16 players in a 9-a-side match, 9 players on the field and 7 substitutes. A substituted player may reenter in the match. Substitutions can be done without the referee stopping the game. Notice that the game must be stopped, and the referee must be informed at the substitution of a goalkeeper. All substitutions should be done within the technical area of the team, if there is one. If there is no technical area the substitution should be made at the center line. The player that will be substituted has to leave the field before the new player can enter the field. Incorrect substitutions will be punished with a warning (yellow card).

§5.2 It is permitted to use a player from the same club in several teams but NOT in the same age class. These players must be on the participant list of all teams he/she will play for. There is no maximum number of players on the participant list.

§5.3 In the 7-a-side and 5-a-side matches it is allowed to have an unlimited number of players during a single match, but only 7 (in 7-a-side) and 5 (in 5-a-side) can be on the playing field simultaneously.

§6 Proof of age and participant list

Each team must submit a list of the players participating in the cup. All teams must submit the participants list digitally on “My team info”. The registration of participants (players and leaders) must be complete before check in.

Players in 9 v 9 and 11 v 11 must be able to identify themselves with a valid photo ID (passport or national ID). Please note! a copy of the passport or ID document is not accepted. Age controls can be made on all playing fields used during the Stockholm Football Cup. Teams using non-eligible players can be excluded from the tournament.

§7 Dispensations

In the 11-a-side, 9-a-side and 7-a-side categories, two (2) dispensations are by default given for overaged players. For the 5-a-side category, one (1) dispensation is by default given for overage player. The overage player/s can be at most one year over the age limit. Dispensations must be applied for at the team’s webpage and approved by SFC-administration.

§8 Match information

§8:1 Team list

A team list should be registered on the team’s site before check in. The first match of the cup will not start until both teams have registered their team lists. The team list must include all players in the team (name, number and birth date). Failure may result in disqualification or walk-over victory for the opponent team.

The number each player has on the team list must be the same as the number of the shirt. All players on the team list are considered as if they have participated in the game. Random controls of team list and participant lists will be carried out.

All team officials (maximum 6) must be indicated with their names on the team list. Only these officials are allowed to be in the technical area. If there are no markings for the technical area it is considered to be an area of 8 meters along the sideline where the substitutes are located.

§8:2 All team shirts must be numbered, and the numbers must correspond to the numbers on the team list. Two players may not use the same number in any given match. If the referee decides that one team should change shirts due to similarity to the opposing team’s shirts, the team appearing last in the match schedule must change.

§8:3 At match, all teams should be dressed and ready at the football field no later than 10 minutes before kick-off. SFC advises that all players in the team that are present at the match and are able to play, should be given time on the field. All players must wear shin guards. Teams officials, families or other supporters who misbehave during matches, can be suspended by the referee from the field/match. If the behavior is severe, the event could be reported to the cup organization.

§8:4 Balls. Categories B U19, B16/17, B15, B14, G U19, G16/17, G15 and G14: balls of size 5. Categories B13, B12, B11, B10, G13, G12, G11, G10: balls of size 4. Categories B9, B8, B7, G9, G8, G7: balls of size 3.

§8:5 5-a-side and 7-a-side. The offside rule is not applicable. Rule of suspensions for preventing a goalscoring opportunity does not apply. Otherwise, we follow the rule book for children and youth football. See also link (in Swedish): [spelregler-barn--och-ungdomsfotboll.pdf \(svenskfotboll.se\)](https://www.svenskfotboll.se/spelregler-barn--och-ungdomsfotboll.pdf)

§9 Referees

The referees are authorized by the Swedish Football Association, Stockholm Football Association or another national Football Association. If you have comments about the referees you are more than welcome to leave your feedback directly to the tournament jury.

§10 Tournament jury

The jury of the tournament consist of representatives from the cup organization. The jury handles protests and sanction matters. The decisions of the jury cannot be appealed.

§11 Protests and sanctions

§11:1 All protests must be made in writing and delivered by a responsible official to the cup office at Enskede IP by the protesting team, no later than 120 minutes after the match is finished.

A protest fee of SEK 1500 will be paid at the same time. This fee will be returned if the protest is approved. The decisions of the referee regarding facts connected with the game are final. (FIFA rule no. 5). No measures will be taken on protests on decisions made by the referee.

§11:2 Cautions and sending-off offences

Any player given a red card is automatically suspended from participation in the following match. The suspension applies even if the next game is in the playoffs. The referees shall report all suspensions to the tournament jury. The tournament jury can decide about suspension for further games in case of a direct red card.

Each team has the responsibility that a suspended player does not participate in a game (or games) where he/she is suspended. Severe offences will be reported to the FA of the nation concerned.

Yellow cards are not accumulated.

If a player receives a red card in the "Friendly-category", the team can replace the player without playing with reduced amount of players.

IMPORTANT NOTE: If a player that is suspended participates in a game, the team with the suspended player automatically loses the game with 0-3.

§12 Walk over, abandoned match

§12:1 Any team not appearing at the appointed time and place for a match can be declared loser by 0-3, after a decision by the tournament jury. If a team repeatedly fail to appear at the games, the team may be excluded from the tournament. In special cases, the tournament jury may decide to

exclude a team at the first offence, i.e. if a deliberate WO favors the own team or is unfair to another team in the group.

§12:2 If a match is interrupted for some reason and can't be played to the end, the tournament jury will decide if the game should be replayed or restarted from the minute when it was interrupted, or if the result will be fixed or if one of the teams or both teams lose 0-3.

§13 Fair play

In all age classes playing 9 v 9 and 11 v 11, a fair play trophy will be awarded to the teams that appears fairest both on and off the pitch. Referees and the fair play organisation appoint these teams during the cup days.

§14 Match fields

§14:1 All the playing fields are natural grass or artificial turf. SFC has access to many artificial turfs and a few natural grasses, therefore most of the matches will be played on artificial turf.

§14:2 In case of bad weather conditions, matches may change from natural grass to artificial turf, or decided by penalty kicks or drawing of lots.

§15 Game schedule

SFC will publish the game schedule no later than 2 weeks before the cup starts. The organization committee has the right to change the groups, times and fields.

§16 Organizer

Stockholm Football Cup is organized by Enskede IK.

§17 Insurance and responsibility

The team leader in charge is obligated to ensure that all participants are insured both on and off the pitch. Neither SFC nor the organizer has collective insurance to cover injuries, illness, theft or damages. Neither SFC nor the organizer is responsible for compensation and they are also not responsible for financial losses or damages that may occur due to events outside the control of Stockholm Football Cup or the organizer (like war, warlike event, civil war, revolution or government action, strike, lockout, blockade, pandemic or similar events).