



無家者世界盃足球慈善賽2011 球例簡介

香港五人足球裁判會



球員人數、比賽時間及用球

- 比賽球員人數
 - 1 名守門員及3 名比賽球員
- 比賽時間
 - 上下半場各 7 分鐘 + 1 分鐘半場換邊時間
- 比賽用球
 - 採用 5 人足球比賽用球

開始比賽及重新開始比賽

- 開始比賽
 - 採用墜球方式
 - 當皮球接觸比賽場地起即表示比賽開始
- 重新開始比賽
 - 入球後由被攻方守門員以手拋出皮球繼續比賽

守門員規例

- 守門員不得：
 - 射球入網；
 - 離開禁區；
 - 在禁區內持球超過正常時間（5 秒）；
 - 用手接下自己一方球員回傳的皮球
- 罰則：
 - 對方可獲一個定點罰球

禁區規例

- 除守門員外，任何球員均不可進入禁區範圍
- 罰則：
 - 守方犯規：由攻方主射一定點罰球

定點罰球

- 主射方需於中場開球點以盤球方式向前，於 10 秒內向守方球門主射
- 判罰定點罰球的情況：
 - 守方球員進入禁區；
 - 守方連續三次回傳皮球予守門員，而皮球未經對方球員接觸；
 - 守門員在禁區內持球長於正常時間（5 秒）及
 - 用手接下自己一方球員回傳的皮球

自由球、界外球、球門球及角球

- 所有自由球均為間接自由球
 - 判罰情況
 - 觸犯一般五人足球球例列明的判罰直接自由球事項
 - 球員以雙方同時支撐圍板以防止對方球員爭奪皮球
 - 判罰定點罰球以外的事項
- 界外球
 - 以手在地面將球滾入球場繼續比賽。對方需要至少距離2公尺
- 球門球
 - 由守門員以手拋出皮球繼續比賽
- 角球
 - 以手在地面將球滾入球場繼續比賽。對方需要至少距離2公尺

黃牌及紅牌

- 判罰黃牌及紅牌罰則按一般五人足球球例的列明事項處理
- 黃牌停賽時間：2分鐘，在停賽期間被罰方不會因在此時間內被攻入一球而縮減被罰時間
- 被罰紅牌球員一方，將於整個半場的餘下比賽減少一人作賽。被紅牌驅逐出場的球員在下一場也需要停賽。
- 驅逐離開整項賽事：若嚴重罔顧規則（嚴重犯規、刻意犯規、在球場上對球證、觀眾或其他球員作出不能接受的行為），一名球員或整支球隊會被驅逐離開整項賽事。若整支球隊被逐，該隊在當時所屬組別所有已作比賽及已編訂將作的比賽，均作0:3落敗處理。被驅逐出場的球員在下一場也需要停賽。

「踢走貧窮 – 進軍巴黎 2011 無家者世界盃」
“Kick off Poverty – Road to Paris 2011 Homeless World Cup”
Road to the Paris 2011 Homeless World Cup 21-28 August, 2011

「踢走貧窮 – 巴黎 2011 無家者世界盃」香港區慈善賽
球例

1. 參加者

- 球隊成員必須年滿 16 歲或以上。
- 球隊成員可以是全部男士或女士，或男女混合。
- 每隊最多可以同時有 4 名球員在球場上比賽：
 - 1 名守門員；
 - 3 名其他球員；
 - 6 名後備（球員隨時自由替換，不限次數）。
- 每隊每日總數不能超過 10 人，名單必須於整項賽事開始前提交予主辦機構。

2. 足球尺碼

- Nike 5 人賽足球比賽用之足球。

3. 每場比賽時間

- 上下半場各 7 分鐘，換邊時間 1 分鐘。

4. 比賽開始

- 比賽由球證將足球放入球場內時開始。一支球隊若被對手攻入一球，在球證鳴笛後，該隊的守門員可立即開球，球賽繼續。

5. 守門員規例

- 守門員不能射球入網。
- 守門員不能離開禁區。
- 守門員不能在禁區內持球超過正常需要的時間（拖延時間）。
- 守門員不能用手接下自己一方球員回傳的皮球。若觸犯此例，對方可獲一個定點罰球。

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6. 禁區規例

- 守門員以外的球員不能進入攻方或守方的禁區。
- 若守方球員進入自己一方的禁區，對方可獲一個定點罰球。
- 若攻方球員進入對方的禁區，對方可獲一個自由球。

7. 定點罰球規例

在以下情況下，對方可獲一個定點罰球：

- 守方一名球員進入自己一方的禁區。
- 其中一方連續三次回傳予守門員以拖延時間(期間另一方球員不曾接觸皮球)。
- 守門員在禁區內持球長於正常需要時間(超過5秒)。
- 守門員在自己一方球員回傳時用手接球。
- 守方在龍門前的範圍犯規。

主射定點罰球者將球踢向龍門，主射過程即已完成。主射者在己方禁區範圍開始盤球前進，可隨時抽射，過程必須連貫及在10秒內完成。

8. 自由球及界外球規例

- 自由球

- 所有自由球均屬間接，不可直接射球入網。守方所有球員必須離自由球判罰點最少2公尺。
- 球證在以下情況會判罰自由球：
 - 應判罰定點罰球以外的所有犯規。
 - 球員以雙手同時持著圍板。

- 界外球

- 若皮球越過圍板出界，應在出界位置以手在地面將球滾入球場繼續比賽。對方所有球員至少需要距離滾入界外球的位置2公尺。
- 若皮球在底線出界：
 - 若攻方觸球出界，由守門員取得控球權，將球拋出繼續比賽。
 - 若守方觸球出界，攻方取得角球，以手在地面將球滾入球場。對方所有球員至少需要距離角球位置2公尺。

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9. 犯規

若球員犯規或有不公平的行徑，球證可作以下判決：

- 黃牌（停賽 2 分鐘）：若一名球員罔顧規則，可被判停賽 2 分鐘。在此段期間內，被罰一方會減少一人作賽。對方在此段期間內入球，並不會令停賽時間提前終結。
- 紅牌（驅逐離場）：若一名球員嚴重罔顧規則或粗野犯規，可被驅逐離場，不能再參與該場比賽。被罰一方在該場比賽餘下時間會減少一人作賽。被紅牌驅逐出場的球員在下一場也需要停賽。
- 驅逐離開整項賽事：若嚴重罔顧規則（嚴重犯規、刻意犯規、在球場上對球證、觀眾或其他球員作出不能接受的行為），一名球員或整支球隊會被驅逐離開整項賽事。若整支球隊被逐，該隊在當時所屬組別所有已作比賽及已編訂將作的比賽，均作 0:3 落敗處理。

10. 賽事積分

- 勝方可獲 3 分，負方 0 分。若比賽賽和，將以射定點罰球決勝負，直至其中一方領先一球。
- 賽和後以定點罰球決勝時，勝方獲 2 分，負方 1 分。

11. 小組內排名準則

- 積分
- 雙方對賽成績（以定點罰球決勝負時的得失球並不計算在內）
- 總得失球

12. 判決

- 賽事不設上訴制度，以球證判決乃最終決定。

13. 球場資料

- 場地面積： 22 米(長) x 16 米(闊)
- 龍門： 4 米(闊) x 1.3 米(高)，約 1 米(深)
- 圍板高度： 1.10 米
- 圍網： 龍門後設 3 米高的圍網
- 球員入口： 在球場較長的一邊分別有兩個入口

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**Kick off Poverty – Fund Raising Tournament for HK Contingent
Paris 2011 Homeless World Cup**

Rules

(1) Players

- Should be 16 years old or above
- Teams can be all male, all female or mixed
- Maximum of 4 players per team on the court:
 - 1 goalkeeper
 - 3 outfield players
 - plus 6 substitute players ('flying' or 'rolling' substitutions apply with any restriction)
- A Maximum of 10 players per day, the list of names of players should be handed over to the organization before the start of competition

(2) Size of ball

- Football used for Nike Five-a-side football game

(3) Duration of Matches

- Two halves of 7 minutes each, plus one minute interval in between each half.

(4) Start

- The match starts when the referee throws the ball into the court. When a goal is scored, the team that has conceded the goal receives the ball and the goalkeeper is allowed to bring the ball back into play immediately after the referees' whistle.

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(5) Goalkeeper Rules

- A goalkeeper must not score goals
- The goalkeeper must not leave the penalty area
- The goalkeeper must not hold the ball longer than necessary in his penalty area (“playing for time”)
- The pass back rule applies. If a goalkeeper picks the ball up with his hands after receiving a pass back from a team mate the other team is awarded a penalty.

(6) Penalty Area

- Outfield players must not enter the penalty area. This rule applies to both attacking and defending players (“fishing for the ball” is not allowed)
- If a player from the defending team enters the penalty area, the other team receives a penalty.
- If a player from the attacking team enters the penalty area, the other team receives a free kick.

(7) Penalty Kicks

A penalty for the opposing team is given when:

- A player from the defending team enters the penalty area.
- A team passes back three times in a row directly to their own goalkeeper with the intention of time wasting (without a player from the opposing team having had the chance to touch the ball).
- If the goalkeeper holds the ball longer than necessary in his penalty area (“over 5 seconds”).

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- If the goalkeeper picks up the ball with his hands when he receives a back pass from a player on his own team.
- Due to foul play in front of the goal area

A penalty kick must be taken towards the goal. If the ball moves backwards from the goal the penalty is lost.

(8) Free Kicks and Out Balls

- Free Kicks

- All free kicks are indirect. All players of the defending team must be a minimum of 2 meters from the ball when a free kick is being taken.
The referee awards a free kick for:
 - All fouls on the field except for any offence, which is seen as a "penalty offence"
 - If a player holds the perimeter board with both hands.

- Out Balls

- If a ball goes out of play over the board the ball must be rolled in by hand at ground level at the position where the ball went out of the field of play. All players of the opposing team must be a minimum of 2 meters from the ball at the roll-in point.
- If a ball goes out of play on behind the goal:
 - By the attacking team: The goalkeeper receives the ball and kicks or throws the ball back in.
 - By the defending team: The attacking team receives a corner and rolls the ball in by hand at ground level. All players of the opposing team must be a minimum of 2 meters from the roll-in corner.

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(9) Fouls

In the event of a foul or unfair play the referee may judge as follows:

- Yellow card (two minutes time exclusion): For foul play, a player will be excluded from the match for two minutes during which time the team has to play with one less player.
- Red card (match penalty): for serious foul play a player is excluded from the rest of the match. The team has to play with one less player for the remainder of the match. The player will be sent off immediately and not be allowed back during the game. No replacement player will be allowed on. Sanctions include suspension from future games.
- Exclusion from the tournament for a team:
If rules are seriously breached (heavy foul play, foul play on purpose, unacceptable behaviour on the court towards the referees, the audience or other players), one player or a team can be excluded from the tournament. If a whole team is excluded from the tournament then all the matches played or scheduled to be played by that team will be awarded to the opposition with a 0:3 score line.

(10) Tournament Points

- The winning team receives 3 points. The losing team zero. If a match ends in a draw, it is decided by a sudden-death penalty shoot out until one team has a one goal lead after both teams have taken the same number of penalty kicks.
- In matches decided by a penalty shoot out the winning team gets two points and the losing team gets one point.

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(11) Group Stage Rankings

In group stages rankings are decided by:

- Number of Points
- Goal difference
- Number of scored goals
- Direct match results between two teams (penalty kicks all excluded)

(12) Judgement

- All the judgement within the tournament issued by referees with no appeal.

(13) Court Proportions

- Size of court: 22m (long) x 16m (wide)
- Goal size: 4 m wide x 1.30m height, depth approx. 1 m
- Height of boards: 1.10m
- Net: Behind both goal-sides is a net which is 3m in height
- Entrance for players: 2 separate entrances at the long side

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