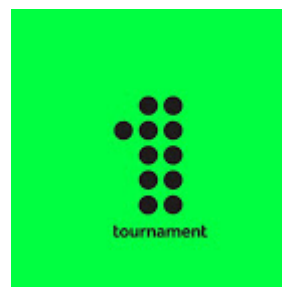


One Tournament – Event Day Information

Welcome to the One Tournament South Regional Heat at **Stoneham Lane Football Complex, Southampton, Eastleigh, SO16 2PA.**

Please read the information below carefully to ensure a smooth and enjoyable experience for everyone.



Arrival & Parking

- Parking is available on-site free of charge. Overflow parking is adjacent **of the main facility**– follow the signs.
- After parking, head to the **football pitches inside the complex**. Make sure you have adults accompanying children crossing the road

Spectator Entry

- Spectator wristbands must be collected and worn at the **One Tournament desk** upon arrival.
- **Wristband Prices:**
 - Over 16s: £4
 - Ages 5–16: £1.50
- **No wristband = no entry.** Breaches of the **Spectator Code of Conduct** will result in team disqualification. If we catch people passing around wrist bands, entering without wearing one we will disqualify your team immediately there is no second chance, please tell your spectators this. Same sort of people that jump the barriers at Wembley we're not having it.
- **Programmes:** Available at the entrance

Matchday Guidelines

Arrival → Check-In → Group Games → Knockout Stages → Finals →

Each tournament last around 4ish hours. Please note if we have issues or injuries on the day, this can add time to the day.

10:00am Saturday – Morning Kick-Off

U7, U9, U11 Boys
U9 Girls, U11 Girls

2:15pm Saturday – Afternoon Kick-Off

U8, U10, U12 Boys
U10 Girls, U12 Girls

9.45am Sunday – Morning Kick-Off

U15 Boys and U13 Girls

2:15pm Sunday – Afternoon Kick-Off

U14 Boys and U13 Boys

- Team Manager make sure you check in on arrival so we know you have arrived.
 - Games will **kick off on time**. Please stay alert and ready throughout the day.
 - Fixtures and results: Available online. Visit the **fixtures page via <http://www.onetournament.uk/fixtures> via Tournify** select your **age group** under standings or look up My Team
 - Pitch numbers will be displayed **on the goal nets**.
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On the Pitch

- Pitch number will be on the net of the goal be ready to come on 5 minutes before your game
 - Only **players and coaches** are allowed in the designated **waiting pitch areas**.
 - **No ball warm-ups near the games being played**.
 - **Team talks** should happen **off-pitch**; be ready to enter promptly.
 - Confirm **final scores with the referee** to avoid disputes.
 - Game durations or formats may change due to **no-shows or withdrawals**. We will confirm at team check in.
 - Format and match time details will be confirmed at the **Team Registration Desk**.
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After Your Final Game

- Once knocked out, team managers can collect medals at the **main exit**.
 - **Note:** Medals will **not be posted** if uncollected.
 - **Please note we recently donated £3000 to green projects and are committed to reducing carbon footprint.** Medals are wooden, recycled and eco friendly, scan the barcode to enter our quarterly monthly draw, multiple prizes to be won!
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Tie-Breakers

In group stages, if teams are level on points:

1. Head-to-head
2. Goals scored
3. Goal difference
4. Lowest Number Of Goals conceded
5. Penalty shootout (if still level)

In **knockout stages**, a draw will be decided by:

- **3 penalties per team**, followed by sudden death if required. For 11v11 its 5 pens
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Injuries & First Aid

- Team coaches are responsible for **basic first aid**.
 - A dedicated **first aid team** is on-site for serious incidents.
 - Dial **999** in emergencies and notify the **One Tournament Hub**.
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Rules & Regulations Summary

Match Formats & Duration & Format

(Subject to Change times and format will be communicated at check in):

Age Group Format Match Length Knockout Qualification

U7 5v5

Age Group Format Match Length Knockout Qualification

U8	5v5
U9/U10	7v7
U11	9v9
U12	9v9
U13+	11V11

Girls' Format Summary:

Age Group Format

U9	7v7
U10	7v7
U11	9v9
U12	9v9
U13	11V11

Tournament Rules (Highlights)

- **Eligibility:** All players must meet the age group criteria (2025/26 season).
- **Guest Players:** Max 2 per team. Must provide proof of age on the day on request.
- **Academy Restrictions:**
 - Boys (U9+) (Cat 3 and 4 academy players allowed if dual signed of 1 of two guest players)
 - Any girl player can play (as a guest player or signed on with their team)
 - Players recently released from academies must have proof dated **at least 3 months prior.**
- **Game Size & Ball Sizes:**
 - U7/U8: 5v5 – Size 3
 - U9/U10: 7v7 – Size 3
 - U11–U14: 9v9/11V11 – Size 4

- U15: 11v11 – Size 5
 - **Rolling Substitutions** allowed (with referee's permission).
 - **Offside Rule:** Applies in 11v11 only. 5v5/7v7: No offside. 9v9: Offside only on free kicks.
 - **U10 and below:** No throw ins kick in or dribble in. No goal can be scored directly from a kick in or dribble in. Opponents must be 5 yards from a kick in or dribble in
 - **Power Play (U7–U10):** Teams losing by 4 goals may add one player. Must revert if deficit reduces to 3.
 - **No Deliberate heading for U7 to U10s:** indirect freekick for a deliberate header
 - **Free Kick Distance:**
 - 5v5 – 5 yards, 7v7 – 7 yards, 9v9 – 9 yards, 11v11 – 10 yards.
 - **Discipline:**
 - Referees can use **sin bins** or send off players.
 - **Abuse** of officials or staff = **disqualification**.
 - **Disputes** must be reported to the **One Tournament Hub** within **10 minutes** of the match end.
 - **Match Ball:** Provided by the **home team**.
 - **Kit Clashes:** The **away team** must change or wear bibs.
 - **Retreat Rule:** Applies to U7–U10.
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Conduct & Behaviour

- All players, coaches, and spectators must adhere to the **FA Respect guidelines** and **Code of Conduct**.
- Misconduct by any individual may result in team expulsion and a **club-wide ban**.
- Abuse towards officials or staff will not be tolerated – **Zero Tolerance Policy**.
- Respect the venue: **No food** on pitches, **no parking on verges**.
- One Tournament accepts **no responsibility** for injury, damage, or loss.
- Do not bring alcohol onsite

Thank you for your cooperation. We hope you enjoy your tournament experience and wish all teams the best of luck!