



CHRISTIAN REHABILITATION CENTRES' CUP 2020 – "HEALTHY BODY, HOLY SPIRIT"

TIME AND VENUE:

The tournament will be held at Nike Arena (Jalgpalli 21, Tallinn) on Saturday, 19 September at 10:00-15:00.

PARTICIPANTS:

All staff and beneficiaries (participants in the programme) of Christian Rehabilitation Centres providing assistance to alcohol and drug addicts in Estonia or abroad are welcome to participate.

As visiting teams, various organisations involved in the field are invited to join in with their teams. Team size: 6 to 10 members. This is a mini tournament with five players and a goalkeeper on the pitch at a time. P.S. Female players can also participate.

GENERAL ORGANISATION:

- We meet on 19 September at 9:30 a.m. at the stadium – in the case of pouring rain, in the EJL hall.
- There's a changing room and washing facilities for the players.
- THE PURPOSE OF THE TOURNAMENT is to have fun and encourage fitness.
- A PERPETUAL TROPHY will be awarded, which last year's winner BETEL EST/FIN! will bring to the organisers beforehand; this year's winner will take the trophy home for a year.
- Other prizes will be awarded.
- After the game we offer soup, coffee, tea and something sweet. Bring along cheerleaders; there's joy and soup for everyone.

SCHEDULE:

- **Registration of teams until 1 September 2020.**
- Confirmation of the tournament system and, if necessary, drawing of groups no later than on **15 September**. It depends on the number of pre-registered teams as to whether group tournaments are played and then a play-off or there's an everyone-with-everyone system and the points are added together (all games are played on the tournament day).
- **TOURNAMENT on 19th of September**, the PERPETUAL TROPHY will be awarded at the end of the tournament.

RULES:

- Team size: 6 to 10 men/women. This is a mini tournament with five players and a goalkeeper on the pitch at a time.
- Players must exclusively be staff, volunteers or beneficiaries of the organisation(s) that present the team. Joint teams of organisations can also participate.
- Playing time 1x15 minutes. If a team forfeits or their match is cancelled, it will be counted as a loss and marked with 0 in the tournament table.
- It depends on the number of pre-registered teams as to whether the group tournaments are played and then a play-off or there's an everyone-with-everyone system and the points are added together (a win gives 3, a tie 1 and a loss 0 points). The system of the tournament will be determined by the organiser before the tournament day.
- The game takes place on 1/3 of the regular pitch, the goals are located on the sides of the regular pitch. Timekeeping takes place according to hockey rules, so if the ball is out of play, the clock stops.
- The goals are 1/3 smaller than regular goals.
- Goal kicks, free kicks and throw-ins are subject to the 4-second restart rule.
- Passing back to the goalkeeper is allowed.
- Throw-ins take place according to the regular rules.
- The penalty kick is taken from the 9-metre mark.
- Every fifth mistake made by one team results in a penalty.
- A yellow card for a player means that the player is removed from the pitch for 2 minutes; the team plays with one less player. When the team playing with one less player scores a goal, the player who received a yellow card returns to the pitch.
- A red card for a player means removing the player until the end of the match. If the team playing with one less player scores a goal, they have the right to bring one player back to the pitch. For the next match, the player who received a red card can be part of the team again.
- A red card resulting from unsportsmanlike behaviour (e.g. deliberately hitting an opponent, unfair treatment of a referee) reserves the right for the organiser to remove a player from the entire tournament. The organiser also has the right to remove the entire team of a player who received a red card for unsportsmanlike behaviour from the tournament if the other player(s) on that team show aggressive behaviour towards opponents, the referee or other people watching the match.
- In the event of a tie in play-off matches, five penalty kicks are taken by each team immediately after the final whistle to determine the winner. If there is still a tie, penalty kicks are continued until the winner is determined.
- It is the responsibility of each participant to ensure that their health condition is in compliance with the condition required to complete the competition.
- The time limit for filing protests is 15 minutes from the announcement of results. Organisers have the right to make changes to the schedule and instructions of the competition.

Equipment

Competition footballs are provided by the organisers. It is advisable to use a uniform (if possible the team should have both a dark and a light uniform) and football footwear.

