

Alpha Super League

Rules and Regulations

Introduction

Alpha Super League aims to create a platform for talented players to showcase their skills. Our league format spans 5-6 weeks, accommodating players' other commitments, as teams typically cannot maintain their squad over a period of 6 months. Our primary objective is to promote the sport, and we operate with a commitment to non-profit principles.

1. Compliance with the Laws of the Game

Alpha Super League will be played in accordance with the applicable sections of the IFAB Laws of the Game and FIFA regulations. In cases of interpretation, the English text of FIFA rules shall take precedence.

2. League Committee and Tournament Organizer

Alpha Super League is managed by Sports Development for Training and Investment, which is registered with the Oman Football Association and the Chamber of Commerce and Industry. The management team is responsible for handling all grievances and queries. Their decisions are final and cannot be appealed.

3. Competition Rules

3.1. Player Registration

All players must be registered through their respective clubs using the Alpha Super League registration process.

3.2. League Format

The competition will be played in a league format, where each team plays every other team once during this short-format league.

3.3. Points System

The points will be awarded according to the following structure:

- 3 points for a win
- 1 point for a draw
- 0 points for a loss

3.4. Tiebreaker Criteria

If two or more teams finish with the same number of points, the standings will be determined in the following order:

1. Goal difference
2. Highest number of goals scored
3. Results in matches between the teams with equal points (head-to-head results)
4. A playoff between the teams that have the same results in all the above criteria

3.5. League Winners

The team with the most points at the conclusion of the league will be declared the winner.



4. Age Categories

The Alpha Super League will feature the following age categories:

- 2007 - 2009
- 2010 - 2011
- 2012 - 2013

5. Playing Format

All age groups will play with the following specifications:

- Match format: 8 aside
- Duration: 20 minutes per half
- Break: 5-minute halftime interval

These rules and regulations are designed to ensure fair play and focus on developing young football talent while promoting the sport within the community.

6. Players and Substitutions

6.1 Registration and Substitutes

For 8-a-side matches, a maximum of sixteen (16) players may be registered and utilized, which includes seven (8) substitutes.

6.2 Reintroduction of Substituted Players

A substituted player may re-enter the match at any time.

6.3 Authorization and Timing for Substitutions

Substitutions can only be made with the referee's authorization and can only occur when the ball is out of play.

6.4 Procedure for Substitutions

All substitutes entering and leaving the field of play must do so from the team's technical area or at the center line. The substituted player must exit the pitch before the new player can enter. Incorrect substitutions will result in a yellow card penalty.

6.5 Player Eligibility

A registered player may only represent one club throughout the entirety of the league. Any player found participating for multiple teams will be banned from playing in any upcoming league matches.

7. Team Master Lists

7.1. Submission of Final Team Registration

Teams must submit a final team registration list of players and staff one month before the start of the tournament. This list will be used for age control checks, and any player not listed will be deemed ineligible unless they are replacing an injured player with proof of injury.

7.2. Required Documentation for Players

In addition to the final list, all players must provide the organization with a copy of their identification and a headshot photo.

7.3. Shirt Number Compliance

Shirt numbers assigned on the master list must be worn for the duration of the Alpha Super League. Any player found wearing an incorrect shirt number will receive a caution. Teams without designated shirt numbers will not be allowed to play unless tournament management accepts the reason.

7.4. Changes to the Registration List

Up to three changes to the registration list may be made until four days before the tournament.

8. Proof of Age and Control

8.1. Age Control Procedure

Age control will take place at the match venue 20 minutes before kick-off. All players must be present for the check. Any player not in attendance will be deemed ineligible to play in the Alpha Super League. The team must also have a staff member responsible for age control who must attend the check.

8.2. Distribution of Personalized Lanyards

After age control, each player will receive their own personalized lanyard. This lanyard will be checked before every game to confirm the player's identity and age.



9. Match Arrangements

9.1. Team Sheets & Lanyards

- Each team must submit a team sheet to the Alpha Super League administration 10 minutes before every match.
- All players must be able to identify themselves with their personalized lanyard before the start of each game.
- Only players listed on the team sheet and possessing their own personalized lanyard are eligible to play in the league.
- All team officials (maximum of 3) must have their names indicated on the team list. Only these officials are permitted to be in the technical area. If markings for the technical area are absent, it is defined as an area of 8 meters along the sideline where the substitutes are located.
- Controls of the team list and participant lists will be carried out.

9.2. Player Kit

- Teams should identify the colour of their kit in advance and any available secondary options.
- All team shirts must be numbered and correspond to those on the team registration list. Numbers must be displayed on the back of the shirts. No two players may use the same number.
- Alpha Super League will recommend the colours of each team in advance. However, if the referee determines that one team's colours are too similar to the opposing team's, the team listed last in the match schedule must change shirts.

9.3. Before, During, and After the Game

- All teams should be ready on the field no later than 10 minutes before kick-off, where a member of the organizing committee will check their lanyards.
- The team manager must ensure that all players are adequately insured. According to IFAB Laws of Game number 4, players must wear shin guards. No player will be allowed to participate without shin guards.
- Teams are responsible for the conduct of their supporters and parents. Inappropriate behaviour can result in the team's exclusion from the tournament or future tournaments. If a team's supporters are found contradicting the code of conduct, the team's management will receive one warning to control their supporters. If the inappropriate behaviour persists, the team will be excluded from the tournament and may be refused entry to future tournaments. Alpha Super League management will communicate exclusively with the team's coaching staff and not with players or supporters.
- The responsible team official (coach) must sign the referee's match card after the match to confirm the result, red cards, and any other significant events during the game.

9.4. Match Balls

- All games will be played with an official size 5 ball.

10. Match Officials

- The Alpha Super League Management will appoint the match officials and will be held to an excellent standard with adequate experience.

11. Protests and Sanctions

11.1. Protests

- Any protests must be submitted in writing and delivered by a responsible official to the Alpha Super League Management no later than 90 minutes after the match concludes.
- Only protests concerning the Rules and Regulations of Alpha Super League and ineligible players will be considered. All decisions will be made in the best interest of football and may not be appealed.
- The referee's decisions regarding factual matters connected with the game are final (refer to FIFA rule no. 5). No actions will be taken on protests concerning decisions made by the referee.

11.2. Cautions and Red Card Offenses

- Any player or official receiving a straight red card is automatically suspended from participation in the following match. Any player or official who receives two cautions during one match will face an automatic one-match suspension.
- Any player or official found engaging in violent conduct—such as physical aggression, fighting, or unsportsmanlike behaviour—will be subject to immediate expulsion from the tournament.
- Each team is responsible for ensuring that a suspended player does not participate in any game(s) during which they are suspended.

12. No Shows and Abandoned Matches

12.1. No Shows

- Any team that fails to appear at the designated time and place for a match may be declared the loser, with a scoreline of 0-3. If a team does not appear for a second game, they will be excluded from the league.

12.2. Abandoned Matches

- If an abandoned match or a no-show affects the outcome of qualification, the management reserves the right to determine the appropriate course of action.
- If a match is interrupted for any reason and cannot be completed, the management will decide on one of the following actions:
 - The game must be replayed.
 - The game will be decided by a penalty shoot-out.
 - The game will be restarted from the minute it was interrupted, with the result confirmed based on the score at the moment of interruption.



Important Note

- If a suspended or ineligible player participates in a game, the team in question will face the consequences, resulting in the player's suspension and a 0-3 loss for the match in question.

13. Code of Conduct

The Code of Conduct is vital as it outlines expected behaviours and establishes a shared set of agreed-upon and acceptable conduct. This helps create and maintain a positive, fun, and safe environment for children.

14. On and Off the Field

I will lead by example when it comes to good sportsmanship and serve as a role model for children by:

- Always respect the rights, dignity, and worth of everyone involved in games, regardless of their age, race, skin colour, ethnic background, national or social origin, gender, disability, language, religion, political beliefs, wealth, birth status, sexual orientation, or any other reason.
- Adhering to the rules and celebrating the spirit of the game.
- Encouraging fair play and maintaining high standards of behaviour.
- Never engage in or tolerate offensive, insulting, or abusive behaviour or language.
- Always support children's efforts and value their participation beyond just winning.

15. Working with Children Under 18

When working with children under 18 years old, I will:

- Comply with the child safeguarding policy, prioritizing the well-being, safety, and enjoyment of children above all else.
- Challenge any form of bullying among children.
- Provide meaningful opportunities that empower all children.
- Refrain from humiliating or belittling children or their efforts in a match or training session.
- Avoid grooming or exploiting a child for personal or financial gain.
- Not engage in any sexual relationship with any player under 18 years of age, which includes refraining from making sexually suggestive comments to a child.

