



FQ Academy
Inter-Conference
Carnival
Rules of Competition
2026

Mackay
April 14 - 17

FQ Academy
Mackay Inter-Conference Carnival Rules 2026

Competition Rules and Protocols for Players, Coaches, Match Officials and Team Staff

MATCH DURATION

1. Match duration shall be set by the competition administrators in conjunction with the Senior Regional Manager. Factors such as the number of teams competing, the number of days available, the weather conditions and squad sizes shall be considered. Player welfare shall be an overarching criterion, and the timing of the carnival in the calendar year will indicate relative player preparation levels.
2. All matches shall be conducted under the Laws of the Game unless otherwise stated herein.
3. In all cases, no additional time is to be played.

NOTES

- Teams and Match Officials are to be at the field 5 minutes prior to the scheduled kick-off time. Matches that do not start at time will have halves shortened.
- Teams and Match Officials are to remain at the field of play during the half-time interval.
- If the 2nd half starts late, time shall be deducted from the playing time.
- Teams are expected to display the spirit of the game and not waste time in order to deliberately shorten matches.

MATCH TIMES

- | | | |
|-----------------------|-------------------|-----------------|
| • Under 14 – 16 Boys | 2 x 25 min halves | 5 min half-time |
| • Under 14 – 16 Girls | 2 x 25 min halves | 5 min half-time |
| • Under 13 Boys | 3 x 15 min thirds | 3 min breaks |
| • All Junior Matches | 3 x 15 min thirds | 3 min breaks |

INTERCHANGE and SUBSTITUTION

1. In all games interchange shall only be permitted at the scheduled breaks in play, unless there is a safety concern for player welfare (eg. Injury or player fatigue)
2. There is no limit to the number of players that can be interchanged at each break. Coaches should be prepared for these changes so as not to delay the game.
3. A player may be **substituted** where an injury warrants the removal of the player from the field of play. Players should not be substituted if the injury is a temporary hindrance to game participation. A player substituted for an injury may be replaced by:
 - a. An unused player
 - b. An unused player (preference) or a player interchanged at a [previous break.
4. A player is substituted if either of sections 2 or 3 in Yellow and Red cards applies.
5. A **substituted** player may not return to the game.
6. An injured player may be replaced with an interchange at any time, but caution is advised before returning the player to the same game.

NOTES

- Parents and coaches should note that, for the development of game understanding and the need for players to work together in game scenarios, the constant changing of players can disrupt the momentum of play, disturb the problem-solving processes of players and upset players.

- The assessment and treatment of a player with an injury should not delay a match for an extended period of time. Where a player needs to be removed from the field of play for a brief period for treatment, no replacement player should be used. If treatment is to be of an extended nature, a substitution should be used.
- Players with head injuries should be removed and substituted immediately. Assessment of further participation in the day or carnival should be made by a qualified medical professional.

YELLOW and RED CARDS

1. The Match Referee shall issue a **Yellow card** as deemed appropriate under their responsibilities to enforce the Laws of the Game.
2. Where a player or players have infringed the Laws of the Game to the extent where a second yellow card would be issued to that player(s) the referee shall issue a second yellow card and that player is to be removed from the field of play. A substitute player shall replace the player and the player leaving the field shall not be permitted to return for the remainder of that match.
3. Where the Match Referee determines that a player seriously infringes the Laws of the Game to the extent whereby a **RED card** is warranted, the referee shall issue a red card and that player is to be removed from the field of play. A substitute player shall replace the player and the player leaving the field shall not be permitted to return for the remainder of that match.
4. Sanctions for players who are removed from the field of play under parts 2 or 3 shall be determined by the regional CDA and the FQ Technical Managers.

Match Sheets

Teams will not be required to submit Match Sheets prior to games to the Match Officials.

All teams must, however, ensure that the shirt numbers for each player in the U14 to U16 age groups correspond to the FQ Academy database so that player identification is clear. FQ Academy events are always used for talent identification. It will be important for players to wear their correct shirts.

Match Formats

All age groups U14 and above (Male and Female)

- Matches are 11 v 11. Up to 6 players may be used as interchange players.
- Size 5 football shall be used.

Under 13 Boys

- Matches are 9 v 9
- Up to 5 interchange players may be used.
- Offside applies and, especially when there are no Assistant Referees, shall be at the discretion of the central referee.
- Field size shall be min 60m x 40m, max 70m x 50m
- Ball size 4

Junior Matches

U10 – U12 Boys, U11/12 Girls & U12/13 Girls.

- Matches are 9 v 9
- Size 4 ball
- No offside however coaches are asked to monitor player positioning

U9 Boys

- Matches are 7 v 7
- Size 3 ball

U9-11 Girls & U9-10 Girls

- Match format will be adjusted for player numbers/availability.
- Size 4 ball