

REGIONAL YOUTH LEAGUES

RULES & REGULATIONS



2025-2026

1. Introduction

As part of youth development programs, the Sports Councils, the UAE Football Association, and their operational partners are organizing regional youth leagues for the 2025-2026 sports season. These tournaments will encompass various age categories, ranging from under 5 to under 23 years old, catering to both boys and girls.

The regional youth leagues are designed to create a fun and supportive environment where players can enjoy football, develop their abilities, and enhance their physical and mental health. The championship will strictly adhere to FIFA and UAE Football Association rules and regulations, alongside approved health precautions and protocols in each emirate, ensuring the safety of all participants.

2. League Format

The UAE Football Association (UAE FA), in collaboration with the regional Sports Councils organises regional football leagues to develop youth football across the country:

Dubai Open for Football Academies (DOFA)

in partnership with the
Dubai Sports Council

Abu Dhabi Open for Football Academies (ADOFA)

in partnership with the
Abu Dhabi Sports Council

Both leagues are held twice a year:

- ➔ Winter League
- ➔ Summer League

These competitions are operated by Delta Allied Sports under the supervision of the UAE FA and Sports Councils to ensure quality, integrity, and consistency in competition standards.

UAE Open – National Championship

The UAE Open is the official inter-state championship for football academies in the UAE and is played at the end of the Winter Leagues of both DOFA and ADOFA, simultaneous with the Summer Leagues.

- i. National leagues are organized for players from U10 onwards, creating an elite-level platform that spans multiple states. These leagues aim to develop elite players by providing high-level competition among young players across the UAE.
- ii. Regional leagues begin at the U5 level and focus on early development within each state. These leagues are organized to develop grassroots football and create a pool of players to identify emerging talent. Managed with the supervision and support of Sports Councils, regional leagues emphasize local competition and growth. The season concludes with interstate finals, offering an introduction to broader competition and helping to recognize high potentials.

1. Format

Age Categories:

- Boys: U10, U11, U12, U13, U14, U15
- Girls: U12, U14

Qualification:

- Top 4 teams from the DOFA Winter League
- Top 4 teams from the ADOFA Winter League

(8 teams per age group)

2. Competition Format

- A single round-robin played between the 8 teams
- Matches are hosted alternately in Dubai and Abu Dhabi

3. Finals

- **The top 2 teams** from the round-robin standings qualify for the UAE Open Final

- Finals are played at a central venue
- The winner of each final is crowned the UAE Open National Champion of the UAE in their age group.

3. Player Eligibility – Regional Leagues

1. Registration Requirements

- All players must be fully registered with the UAE Football Association (FA) before the start of the league.
- Clubs may add new players during the season, provided they are registered with the FA prior to participating in any official match.
- Players must be either UAE citizens or hold a valid Emirates ID (physical or digital/PDF issued by the UAE Government).

2. Participation Rules

- A player may only represent one club or academy during the season in the regional leagues.
- **Violation Penalty:** The team fielding the ineligible player will lose the match (3-0 loss) and an additional 3-point deduction will be applied. Additional disciplinary sanctions may apply.
- A player who has played in a higher division within an age group may not participate in a lower division of that same age group. **Example:** A player who competes in U11 A Division is no longer eligible to play in U11 B or C Divisions.
- **Violation Penalty:** The second team will forfeit the match (3-0), and an additional 3-point deduction will be applied.
- A player may represent different age groups for the same club, provided they meet the age eligibility criteria for each group.

- A player who is registered with a team in a certain level within the same league and age group cannot later compete in a lower level. Once a player has been selected to play in a higher level, he/she is no longer eligible to return to a lower level in that same age group.

Example: If a U14 player is registered with Team B (Division 2) but is then selected to play for Team A (Division 1), that player cannot later return to compete again for Team B (Division 2) in the same season.

3. Transfers & Mid-Season Movement

- Transfers during the season are generally prohibited, except under the following conditions:
 - The player's original club withdraws or is disqualified from the league.
 - The player obtains a No Objection Certificate (NOC) from their original club and the transfer is approved by the Technical Committee.
- **Transfer Window:** Transfers under these exceptions are only permitted between December 15 and December 31, and only if the sporting integrity of the league is fully guaranteed.

The Technical Committee will evaluate each transfer request to ensure:

- It does not compromise the competitive integrity of the league.
- It supports the player's development and adheres to principles of fair play.

4. Eligibility for UAE Open Finals

- Only players who have actively participated in either the DOFA or ADOFA Winter League with the qualifying club or academy are eligible to take part in the UAE Open Finals, representing the same club or academy.

5. Enforcement and Disciplinary Actions

- The league reserves the right to review player eligibility at any time.

Breaches of these regulations may result in:

- Match forfeiture (3-0 loss)
- Points deduction
- Suspension of players or staff

- Other sanctions in accordance with the league's disciplinary code

6. Integrity Clause

The league retains the authority to review and investigate any suspicious player registrations or transfers.

Any attempt to manipulate eligibility or division placement for competitive advantage may result in disqualification of the player and/or team, along with additional disciplinary measures.

4. Objectives

The regional youth football leagues are organized to foster the development of young players, improve the competitive landscape, and promote a healthy and engaging environment. Here are eight important objectives of organizing these leagues:

1. Increase Competition

Give young players the chance to compete with other academies, helping them improve their level and gain valuable match experience

2. Support Talent Identification

Create the right environment for scouts and coaches to discover and develop promising young footballers

3. Develop Player Skills

Provide a well-structured setting where players can grow technically, physically, and tactically, while building their love for the game.

4. Build Strong Partnerships

Encourage cooperation between academies and clubs to strengthen youth football and share knowledge and resources.

5. Promote Academies

Showcase the work of football academies and recognize their key role in developing the next generation of players.

6. Encourage Fair Play

Promote respect, fairness, and sportsmanship among players from different backgrounds and nationalities.

7. Support Player Well-Being

Focus on both the physical and mental health of players to ensure football supports their overall development.

8. Involve the Community

Engage families and the wider community to create a positive and supportive atmosphere around youth football.

5. Safeguarding

The UAE Football Association (UAE FA), along with its partners and affiliated academies, is committed to providing a safe and supportive environment for every child involved in football. Safeguarding is a shared responsibility, and it is essential that all children are protected from harm and feel emotionally and physically safe at all times. A positive football experience should help children grow in confidence, build friendships, and enjoy the game without fear or pressure.

All clubs participating in UAE FA competitions must have clear safeguarding measures in place. This includes a written Child Safeguarding Policy, a designated Club Safeguarding Officer, and codes of conduct for coaches, staff, players, and parents. These documents must outline expected behaviors and make it clear that any form of abuse, bullying, or inappropriate conduct will not be tolerated.

Coaches, staff, and volunteers working with children must complete background checks and receive basic training in child protection. Clubs must also provide a simple and confidential process for reporting concerns, and make sure that children and parents know who to contact

if something feels wrong. Children must be encouraged to speak up and be assured that their voices will be heard and taken seriously.

Emotional well-being is just as important as physical safety. Clubs must promote an environment where children feel respected, supported, and understood. Coaches and staff should use positive communication, avoid unnecessary pressure, and always act in the best interest of the child.

Parents also play a key role, and each club must have a Parent Policy that outlines how families can contribute to a safe and respectful football culture. This includes guidance on sideline behavior, communication with staff, and how to support their child's mental and emotional health through sport.

6. Licensing

Participation in the regional youth leagues is restricted to clubs or academies licensed by the relevant sports council and the UAE Football Association (UAE FA).

- ➔ All participating clubs or academies must hold a valid license to ensure compliance with established standards and regulations.

7. Technical regulations

All tournament matches adhere to the football laws established by the International Football Association (FIFA) and the UAE Football Association, supplemented by specific rules for this championship.

1. Scoring Rules

Goals scored directly from the kick-off at the start of a match, the beginning of the second half, or immediately after conceding a goal is not counted, except in 11-a-side matches.

2. Indoor Pitch Rule

If the ball touches the roof of the indoor pitch, a throw-in is awarded to the opposing team.

3. Ball size

- i. U4-U8: Size 3
- ii. U9-U12: Size 4
- iii. U13-U23: Size 5

4. Results and Ranking:

- i. At the end of the matches, points are awarded as follows:
 - ➔ 3 points for a win
 - ➔ 1 point for a draw
 - ➔ 0 points for a loss
- ii. Teams are ranked in the league table in descending order based on the number of points earned. The club with the highest number of points is ranked first. If two or more teams are tied on points, their ranking is determined by the following criteria:
 - ➔ The team with the highest goal difference throughout the tournament.
 - ➔ The team that scored the most goals throughout the tournament.
 - ➔ The team that won in direct confrontations. If there is a tie between more than two teams, the points difference in the direct confrontations between the concerned teams is considered.
 - ➔ Drawing of lots.

6. Number of players and match format (See attachment A)

The number of players and competition format have been established based on international benchmarks to aid in player development. The emphasis is on maximizing playing time through smaller pitches and fewer players, which provides several benefits. Playing small-sided games allows for more touches on the ball, increased involvement in the game, and enhanced decision-making skills. Additionally, it helps improve technical abilities, spatial awareness, and teamwork. This approach ensures a more engaging and effective learning experience.

7. Field dimensions (See attachment A)

The field dimensions have been established based on international benchmarks to aid player development.

8. Birth year (See attachment A)

Players are eligible to compete based on their birth year or younger. For instance, U10 players can be born in 2015 or later (including 2016, 2017, and so on).

9. RAE – Dispensation players (See attachment A)

- i. To counteract the negative effects of the relative age effect, the UAE FA permits a restricted number of players born in the last quarter of the year to compete in a lower age group. For example, a child born in October 2014 may compete in the U11 age category. This rule aligns with international efforts to provide children born late in the selection year a fair opportunity to compete.
- ii. Attachment A outlines the maximum number of dispensation players allowed in each age category on the match sheet. For instance, the U9 age category can include up to 3 dispensation players.

10. Substitutions (See attachment A)

Attachment A specifies the maximum number of substitutions allowed during a match. In age groups with unlimited substitutions, the match should continue without interruption. A "flying" substitution, made while the ball is still in play, must adhere to the following conditions: the player leaving the pitch must do so from the touchline, crossing over at the designated substitution zone, or near the player's bench.

11. Use of Substitutions

- i. In age categories with unlimited substitutions, players who started the match as substitutes must begin the second part of the match. For example, if 3 players start on the bench, they should start the second part of the match.
- ii. Considering the developmental nature of these youth leagues, it is strongly recommended that all children receive equal playing time during matches. Playing less than 50% of total match time is considered inappropriate and inconsistent with the goals of the competition.

- iii. Particularly in the younger age categories (U5 to U14), the principle of equal playing time should be respected to ensure every child has a fair opportunity to participate, learn, and enjoy the game. Coaches and team officials are expected to prioritize long-term development over short-term results.

12. Total time (See attachment A)

Attachment A specifies the total duration of a match. Each match can include multiple breaks, with a minimum of 2 and a maximum of 4.

13. Goal dimensions (See attachment A)

Attachment A outlines the recommended goal sizes for each age category.

14. UAE Open finals (See attachment A)

Attachment A details the number of teams that will advance to the interstate competition, the UAE Open Finals, following the regular season. Teams will be selected based on their standings in the top tier of each regional league. For example, in the U11 category, the top 4 teams from each regional league (such as DOFA, AD Open, etc.) will qualify to compete in the UAE Open Finals for the title of U11 UAE Open Champion.

15. Out of play (See attachment A)

Attachment A outlines the procedure for returning the ball to play after it has gone out of play along the sideline. To promote team play and reduce headers in the younger age categories, players must either dribble or pass the ball (keeping it below 1 meter in height, or hip height) when reintroducing it into play. Additionally, opposing players must maintain a distance of at least 3 meters from the ball during this process

16. Goalkeeper after catching the ball (See attachment A)

Attachment A outlines that the younger age categories, goalkeepers are no longer permitted to kick the ball from their hands. This rule is designed to encourage playing from the back and to reduce the number of headers from high balls. Instead, goalkeepers are allowed to throw the ball or place it on the ground to initiate play.

17. Free-kick (See attachment A)

Attachment A outlines the use of free-kicks across all age categories. In the younger age groups, all free-kicks are indirect (with the referee holding their hand in the air).

18. Eligibility (See attachment A)

All players in the regional leagues should be residents holding a valid UAE ID, except for the U23 leagues.

19. Classification (See attachment A)

Youth football, when focused on classification, can often prioritize performance over development, potentially leading to stress and diminishing enjoyment for young players. Fun, personal growth, and a love for the game should be the primary motivations for participation. In many European countries, youth leagues are played without classification until players are around 12 or 13 years old. The UAE FA is implementing a pilot project for all age categories up to U7, where matches and leagues will be played without classification to emphasize development and enjoyment over competitive results.

20. Referees (See attachment A)

In the youngest age categories, up to age 7, no referees will be used. Instead, the coaches of the teams are permitted to enter the field and make decisions. The UAE FA encourages players to make their own decisions regarding fouls and balls out of play. Coaches should only intervene in the event of a dispute. Each coach is responsible for managing their own half of the field, with both coaches making decisions within their respective defensive halves.

21. Girls (See attachment A)

In the youngest age categories, girls are permitted to participate in boys' leagues up to U14 for regional leagues. Both boys and girls are expected to adhere to the specified age bands and any relevant exceptions.

8. Match Schedule

- i. The organizing committee is committed to preparing the match schedule for the competition, and all matches will be held according to the scheduled timetable. However,

changes to the date or venue of matches may be made as necessary for the public interest.

9. Match Time

- i. All teams must be present and ready at least 30 minutes before the scheduled kick-off time and submit the official roster using the approved template. This allows the match observer and referee to verify players' identification before the match begins. Any player without a UAE ID (PDF documents provided by the government are allowed) will not be permitted to participate.
- ii. If a team fails to arrive by the designated kick-off time, the referee will wait for 5 minutes. If the team still does not arrive, they will forfeit the match with a 3-0 loss, unless a valid excuse, defined as a force majeure event and approved by the match observer, is provided. The match observer may extend the waiting period by an additional 10 minutes if deemed necessary.

10. Match Suspension

- i. If the referee suspends a match before the end of regular time due to force majeure or other incidents:
- ii. The match will be temporarily suspended for a period of 10 minutes, allowing time for conditions to improve sufficiently for the match to resume. However, the referee and match observer may decide to resume the match before the end of this 10-minute period if conditions permit.
- iii. If the match is resumed, the participating teams are entitled to an additional 5 minutes for preparation and warm-up. If the match cannot be resumed within the 10-minute suspension period, it will be canceled, and the organizing committee will make a decision regarding the next steps.

11. Administrative Affairs

1. Team Officials Registration

- i. At least two individuals, who may be coaches, administrators, or team managers, must be registered and are responsible for all technical and administrative matters related to the team.
- ii. Coaches are strongly recommended to have a coaching license.

2. Officials Authorized to Sit on the Bench

- i. A maximum of five (5) staff members are permitted on the substitutes' bench for age categories U10 to U23.
- ii. A maximum of three (3) staff members are permitted on the substitutes' bench for age categories U5 to U9.
- iii. Coaches from the same club or any other club are not permitted to coach players from the sidelines unless they are officially registered as part of the match staff.
- iv. All individuals on the bench must be registered wear tournament-specific identification cards. The match observer has the authority to stop the match and remove anyone who does not have their card.

3. Matchday Conduct, Disputes, and Protest Procedures

A.. Fair Play Obligation

All players and team officials participating in the competition must adhere to the principles of sportsmanship and fair play in all matches.

B. Authority on Matchday

The Match Commissioner is the highest authority on-site during matchday and is responsible for overseeing the organization and fair conduct of the match.

In the absence of a Match Commissioner, the Referee shall assume full authority over all matchday decisions, including but not limited to:

- Match format (e.g., number of players, duration)
- Field and equipment compliance (e.g., goal size, pitch dimensions)
- Environmental conditions and match safety
- Player eligibility (based on visible documents or registration lists)

C. Obligation to Comply

All participating teams are required to respect and comply with the decisions made by the Match Commissioner or Referee. Matches must be played as scheduled and may not be unilaterally cancelled, delayed, or boycotted by either team.

D. Protest Procedure

If a team believes that a decision taken by the Match Commissioner or Referee violates the competition regulations, a formal protest may be submitted after the match in accordance with the following procedure:

A written protest must be submitted via official email to the Organizing Committee within 24 hours of the match's conclusion.

- a. The protest must clearly state the issue, cite the regulation allegedly breached, and include supporting evidence (e.g., photos, videos, written statements).
- b. The Organizing Committee will review the protest and may consult the Match Commissioner, Referee, and any other relevant parties before issuing a decision.
- c. **Note:** Protests related solely to referee judgment calls (e.g., fouls, offside, penalties) will not be accepted, in line with FIFA and UAE FA regulations.

E. Disciplinary Matters

The Organizing Committee is also responsible for addressing cases of misconduct by players or team officials, in accordance with the established disciplinary regulations.

F. Appeals

Appeals may be submitted either:

- ➔ Within 24 hours of receiving a decision from any relevant committee.
- ➔ Appeals must be submitted via official email and must include a clear explanation of the case, along with proof of payment of the appeal fee.

G. The appeal fee

The appeal fee is AED 1,000 and will only be refunded if the appeal is successful or deemed admissible by the relevant committee.

The decision of the appeal committee is final and binding.

12. Prizes

1. Team Prizes

- i. **Winning Team Trophies:** Awarded to the first-place team in each age category.
- ii. **Top Three Teams Medals:**
 - Gold Medal
 - Silver Medal
 - Bronze Medal

2. Individual Awards

- Best Player in each category
- Best Goalkeeper in each category
- Best Coach

Note: Players are selected by the tournament's technical committee, composed of representatives from (Sports Council, UAE Football Association, and the organizing committee).

13. Medical and Health Aspects

- i. Participating teams are strongly encouraged to have their own medical team.
- ii. The organizing committee will provide medical support, including ambulance services, throughout the tournament.
- iii. All players must have personal medical insurance to cover any medical needs during their participation in any of the leagues of the UAE FA.
- iv. Clubs and academies are required to sign a medical waiver and liability form before the league starts. No team will be permitted to participate without this signed waiver.

14. Player Equipment

- i. Participating clubs must adhere to the equipment regulations set by the tournament's organizing committee, which specify the clothing and gear players must wear during matches. These regulations include:
- ii. **Footwear and Protection:** Players must wear football boots and leg protection (shin guards). Playing without these items is prohibited and is the team's responsibility.
- iii. **Kit Submission:** Each club must provide a sample of their first and second team kits, as well as the goalkeeper kit, to the organizing committee before the tournament begins. Any changes to the kits during the season must be reported to the committee. Additionally, clubs must provide distinguishing uniforms (bibs) in a color that contrasts with the playing kit. The home team will play with their first team kit, while the away team should wear contrasting colors.
- iv. **Player Numbers:** The numbers of players participating in tournament matches must be clearly displayed on the back of their shirts, ensuring visibility for both the refereeing team and the audience.
- v. **Inspection:** The match referee and inspector have the right and responsibility to inspect players' clothing and equipment on the field and to disallow any equipment that does not comply with the regulations.

15. Match Filming and Use of social media

- i. Teams are permitted to film their matches using one or more technical cameras (video), provided that the number of cameras and their designated locations comply with the regulations.
- ii. Video or photo materials may not be used on social media or other media platforms (except for content related strictly to players or staff of the own team) without written approval from the organizers.
- iii. By participating in the tournament, all teams authorize the organizers to publish photos and videos of their teams, players, and officials. Participation in the tournament implies consent for such use.

16. Fair Play

- i. All players are required to adhere to the fair play rules established by the UAE FA and the Sports Councils. Failure to comply with these rules may result in suspension from participation.
- ii. The sports councils and the UAE Football Association are committed to promoting fair play and ethical behavior during the tournament.

1. Staff Commitment

- i. **Respect:** Show respect for everyone involved in the game, including match officials, opponents, coaches, and spectators
- ii. **Cooperation:** Work collaboratively with the organizing committee and officials to follow the tournament schedule and procedures.
- iii. **Fair Play:** Promote fair play and uphold high standards of behavior
- iv. **Respect for Referees:** Always respect the referee's decisions and refrain from public criticism of match officials
- v. **Positive Conduct:** Do not engage in or tolerate any abusive, disrespectful, or offensive language or behavior

- vi. **Anti-Bullying:** Do not engage in or tolerate any form of bullying
- vii. **Player Responsibility:** Encourage each player to take responsibility for their behavior and performance.
- viii. **Collaboration:** Fully cooperate with others involved in football, such as officials, medical staff, and club officials.

2. Handshake

Players and staff are required to shake hands with the opposing team before and after the match. The referee and match observer will oversee and manage this handshake procedure. A team that refuses or neglects to follow this protocol may face a ban from participating in future matches.

17. Disciplinary Regulations

A. Article 1: Preliminary Provisions

These regulations define the disciplinary rules and violations that constitute breaches of the game, specify the penalties to be imposed in response, and outline the procedures and actions of the committee responsible for making disciplinary decisions, both before and after issuing the decision.

B. Article 2: Scope of Regulations

These regulations apply to:

- i. Clubs participating in the tournament.
- ii. Academies participating in the tournament.
- iii. Players.
- iv. Coaching and administrative staff.
- v. Match officials.

- vi. Spectators.

C. Article 3: Violations and Penalties

General Violations

- i. **Yellow and Red Cards:** Issued from age groups U8 and above, at the discretion of the match referee.

D. Disciplinary Actions for Specific Violations

TYPE OF VIOLATION	PENALTY
<ul style="list-style-type: none"> i. Using foul language towards the referee, their assistants, the match observer, or the organizing committee, accompanied by rude gestures. 	One-match suspension (penalty doubles upon repetition).
<ul style="list-style-type: none"> ii. Using obscene language towards the audience and inciting violence. 	One-match suspension (penalty doubles upon repetition).
<ul style="list-style-type: none"> iii. Attempting to assault or physically harm the referee, their assistants, or the match observer. 	Suspension until case is presented to the UAE FA and the case will be sent to UAE FA disciplinary committee
<ul style="list-style-type: none"> iv. Assaulting players from the opposing team. 	Team loss of the match, the player(s) will be suspended until case is presented to the UAE FA, and the case will be sent to UAE FA disciplinary committee

TYPE OF VIOLATION	PENALTY
v. Making racist gestures, signs, or actions (based on religion, ethnicity, gender, etc.)	Two-match suspension (perpetrator banned upon repetition). <u>The committee reserves the right to take additional actions or to send the case to the UAE FA or authorities.</u>

The organizing committee and the disciplinary committee reserve the right to impose additional penalties for the violations listed above.

E. Equipment and Eligibility Violations

TYPE OF VIOLATION	PENALTY
i. Involving an unregistered player in the match scoresheet.	Team loses 3-0 and receives a warning.
ii. Involving a player older than the specified age.	Team loses 3-0 and receives a warning.
iii. Involving a non-resident player without a valid residence ID card.	Team loses 3-0 and receives a warning.
iv. Coach or team administrator's refusal to present players' personal cards for inspection.	Team loses 3-0 and receives a warning.
v. Involving a player registered with another academy or club.	Team loses 3-0, all matches with the player are forfeited, and 3 points are deducted from the team.

TYPE OF VIOLATION	PENALTY
vi. Involving a player or their presence on the substitutes' bench while administratively suspended.	Team loses 3-0.
vii. Presence of a team official on the substitutes' bench during or between halves of the match while under administrative punishment.	Team loses 3-0.
viii. Involving a player from clubs in the development level (Level 3).	Team loses 3-0 and is disqualified from the competition.
ix. Failure to assist the team in verifying the eligibility of a player.	Team loses 3-0 and is disqualified from the competition.
x. Team withdrawal from the match.	Team loses 3-0, gets an additional 3 point deduction and receives a warning.
xi. If a team withdraws before completing all of its scheduled matches.	All results involving that team shall be annulled and removed from the standings to preserve the fairness and integrity of the competition. Additional disciplinary measures may be taken against the withdrawing team, including possible suspension from future competitions.
xii. Changing the personal ID card with the intention to deceive match officials and the organizing committee.	Team loses 3-0, is disqualified from the competition, and the matter is referred to the relevant committees in the Sports Council and the UAE Football Association.

TYPE OF VIOLATION	PENALTY
xiii. Not showing up for a match without informing the organizers in writing at least 24 hours before the match, except for a force majeure.	Team loses 3-0, is disqualified from the competition, and the matter is referred to the relevant committees in the Sports Council and the UAE Football Association.

F. General Provisions

- **Verification Requests:** In cases of doubt regarding the legitimacy of a player, the coach or team official may request the organizing committee to verify the player's credentials. This must be done after the match by filing the match report (Match Card) or by sending an official letter to the championship's email within 24 hours from the end of the match.
- **Verification Conditions:**
 - i. A deposit of AED 200 (cash or via the championship's bank account) must be paid.
 - ii. If the protest is found to be unfounded, the deposit will not be refunded.
 - iii. If the protest is upheld, the deposit will be refunded, and appropriate penalties will be applied to the violator.
 - iv. If the violating player/team fails to undergo verification or cooperate, penalties will be applied.
- **Rule Interpretation and Enforcement:** The organizing committee's decisions regarding the application, interpretation, and enforcement of rules are final. All teams must accept these decisions.
- **Rule Amendments:** The organizing committee reserves the right to change or amend the tournament rules and implement disciplinary procedures as needed.
- **Liability:** The organizing committee is not responsible for any financial liabilities or injuries incurred by players, officials, or spectators during the league.
- **Personal Property:** All personal items brought to the championship are the owner's responsibility.

- **Media Waiver:** All players, coaches, administrators, and parents waive any rights to photos or videos captured for use by the championship management in various media and for investigating player eligibility.
- Given the high temperatures and challenging weather conditions that can occur in the UAE, it is the sole responsibility of parents or legal guardians to ensure that their children are adequately protected during all outdoor matches and training sessions. This includes, but is not limited to:
 - Applying sunscreen prior to arrival and ensuring reapplication if necessary
 - Providing sufficient drinking water for hydration
 - Bringing personal cooling measures such as a cooler box with ice packs, cold towels, or cooling sprays
 - Monitoring their child's physical condition before, during, and after matches
 - If there are any doubts about a child's fitness or ability to safely participate in matches under hot or humid conditions, parents must consult a qualified physician and refrain from allowing the child to participate unless medically cleared.
 - By registering a child in the competition, parents and legal guardians acknowledge and accept full responsibility for the child's health and well-being under such conditions. The organizing committee, the UAE Football Association, Sports Councils, host venues, and any affiliated staff or volunteers disclaim all liability for any health issues, injuries, or complications arising from exposure to heat or inadequate preparation on the part of the parent or guardian.
- **Applicable Rules:** The rules and penalties of the Sports Councils, UAE Authorities, FIFA, and the UAE Football Association apply to any situations not specifically covered in these regulations.

Regulations Youth 2025-2026 - U5-U10

Age groups 25-26	U5	U6	U7	U8	U9	U10
# Players	4	4-5	5	6-7	6-7	7
Field	30x20m	30x20m	30x20m	45x30m	45x30m	50x35
Birth year	2021	2020	2019	2018	2017	2016
RAE (Max. number of players born in the former year in the last 4 months (same school year))	1	1	1	2	2	2
Subs (U5-U10 / Players on the bench need to start the 2 nd half)	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Total Time	30	30	30	40	40	40-50
Offside	No	No	No	No	No	No
Goal	2.50x1.25m	2.50x1.25m	5x2m	5x2m	5x2m	5x2m
Sub	Continuous	Continuous	Continuous	Continuous	Continuous	Continuous
UAE open Finals after the season (teams per state)						4 Teams
Out	Dribble or pass	Dribble or pass	Dribble or pass	Dribble or pass	Dribble or pass	Throw-in
Goalkeeper after catching the ball	No goalkeeper	No goalkeeper	No long kick from the hands	No long kick from the hands	No long kick from the hands	No long kick from the hands
Free-kick	Indirect	Indirect	Indirect	Indirect	Indirect	Indirect

Age groups 25–26	U5	U6	U7	U8	U9	U10
Residents	Open	Open	Open	Open	Open	Open
Classification	No / everybody wins	No / everybody wins	No / everybody wins	Yes	Yes	Yes
Referees	Coaches	Coaches	Coaches	Yes	Yes	Yes
Girls in Boys league	Same age	Same age	Same age	Same age	Same age	Same age

Regulations Youth 2025–2026 – U11–U14

Age groups 25–26	U11 Reg	U12 Reg	U13 Reg	U14 Reg	U15 Reg	U16 Reg	U18 Reg	U21 Reg
# Players	7–9	9	9	9	11	11	11	11
Field	50x35	60x40	60x40	60x40				
Birth year	2015	2014	2013	2012	2011	2011	2008–2009	2005/2006/2007
RAE (Max. number of players born in the former year in the last 4 months (same school year))	2 in a 7v7 format. 3 players in a 9v9 format.	3	3	3	3	3	0	0
Subs	Unlimited	Unlimited	Unlimited	Unlimited	All bench players	All bench players	All bench players	All bench players
Total Time	40–50	40–60	40–60	60–70	60–80	70–90	70–90	90
Offside	Offside	Offside	Offside	Offside	Offside	Offside	Offside	Offside
Goal	5x2m	5x2m	5x2m	Regular	Regular	Regular	Regular	Regular

Age groups 25-26	U11 Reg	U12 Reg	U13 Reg	U14 Reg	U15 Reg	U16 Reg	U18 Reg	U21 Reg
Sub	Contin- uous	Contin- uous	Referee	Referee	Referee	Referee	Referee	Referee
UAE open Finals after the season (teams per state)	4 Teams	4 Teams	4 Teams	4 Teams	4 Teams			
Out	Throw-in	Throw-in	Throw-in	Throw-in	Throw-in	Throw-in	Throw-in	Throw-in
Goalkeeper after catching the ball	No long kick from the hands	No long kick from the hands	Normal	Normal	Normal	Normal	Normal	Normal
Free-kick	Indirect	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Residents	Open	Open	Open	Open	Open	Open	Open	Open
Classification	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Referees	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Girls in Boys league	Same age	Same age	Same age	Same age	No	No	No	No