

Match style

GAME DURATION	10 minutes. Time breaks between games are 5 minutes.
NUMBER OF PLAYERS	5 persons including the goalkeeper. When one or more women play on the court, 6 persons are allowed to play.
GOAL SCORING	2 points added when women or men aged over 40 make a goal.
NUMBER OF TEAMS	12 at maximum.
POOL MATCH	3 teams play round robin league match at first stage. Ranking will be determined on the basis of standing points, as follows: 3 points for a win; 1 point for a tie, and 0 points for a loss.
TOURNAMENT MATCH	The champion is decided in the final tournament. The top two teams from each group go on to the final tournament. The other one team from each group goes on to the booby prize tournament. If there is a draw, winner is decided by penalty-kick shootouts (PKs) by 3 persons.