

RAY KENNEDY CUP HANDBOOK

RULES & REGULATIONS





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RKC Handbook version 2.0

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tournament, please do contact us



01 Preface

RKC handbook

2. edition.

revised Feb 5th 2023

To ensure all matches are played safely with full consideration of every participant's age, gender and ability It is therefore expected that all players, managers and team members will conduct them selves, accordingly, respecting all fellow participants, including referees and other match officials.



02 Structure of the tournament

- I. Anyone diagnosed with Parkinson's Disease can participate in the tournament
- II. The tournament can be hosted by another European city. IPFA - International Parkinson's Football Association decides who is going to be the host city.
- III. The host of the tournament can invite friendship clubs or any other club (regional) with no PD, but the teams have to be equal.
- IV. Each team is allowed to have a non-PD player on the team who must also meet the age requirement of 55+
- V. The host city can suggest changes for the tournament, and all changes must be decided by the members of the board.
- VI. In general, this tournament follows the football law from the DBU - Danish Football Association which is similar to FA.

03 Rules & Regulations

§ 1 The course

It is played on a court with the ideal dimensions of 68 x 52.5 meters or across an approved 11-man court. See an overview of the track sizes [here](#).

The surface must be either exclusively natural, or - if the tournament regulations allow it - exclusively artificial. The tournament regulations allow an integrated combination of artificial and natural material (hybrid).

An artificial pitch must be green.

The penalty area

The size of the field is 8 x 25 metres.

Goal area and penalty area are identical.

The penalty mark

A cross is placed in the middle of the front line of the penalty area – 8 meters inside the field and in the middle of the goal.

The cross applies as a penalty mark.

The center line and - the circle

The center circle must have a radius of 7 metres.

Measurements

The size of the measurements is 5 x 2 metres.

§ 2 The ball

Cf. The Football Act and tournament regulations. (size 5)

§ 3 The number of players

Up to 12 players, of which 7 must start on the field.

A match cannot start if one of the teams consists of fewer than 5 players.

A match can be completed regardless of the number of players on the team.

Free substitution is allowed throughout the match.

Substitutions must be made from the center of the touchline during a stoppage in play.

03 Rules & Regulations

If a player is given a warning (yellow card), this results in a 5-minute suspension for the player. In the same period, the team is reduced by one player.

If a player is awarded a red card, this results in expulsion for the rest of the match (cf. the Football Act).

The team is reduced by one player for the remainder of the match.

If the referee assesses that a player makes a serious or reckless foul ex. (physical offence) the player will be sent off (red card) and banned for the rest of the tournament.

§ 4 Players' equipment

Security

A player must not carry anything that is dangerous to himself or other players. Any type of jewelry (necklaces, rings, bracelets, earrings, leather or rubber bracelets, etc.) is prohibited and must be removed. It is not permitted to use tape to cover the jewelry.

Basic equipment

A player's basic mandatory equipment consists of the following distinct parts:

- A shirt with sleeves
- Short pants (goalkeepers must wear long pants)
- Socks - if tape or similar material is used on the outside of the socks, it must have the same base color as the sock it is used on or covers
- Leg braces, which must be made of suitable material so that they provide reasonable protection. They must be completely covered by the stockings.
- Footwear.

§ 5 The Referees

All matches must be officiated by a referee who has full authority to administer the laws relating to the match.

The referee makes his decisions to the best of his ability in accordance with football law and the spirit of the game. Decisions are based on the judge's discretion. The referee has the right to take appropriate action within the framework of football law.

The referee's decisions regarding what has taken place during the game, including whether a goal has been scored or not, as well as the result of the match, are final. The referee and the other referee teams' decisions must always be respected.

Contact the administration office.



§ 6 Line referees

Not in use.

§ 7 Duration of a match

The duration of a match, determined by the tournament official(s)

Contact the administration office

§ 8 Starting the game

The initial kick is non-directional.

The players on the team that do not give up the ball must be min. 7 meters from the ball until it is in play.

§ 9 The ball in and out of play

Cf. The Football Act.

§ 10 Conditions for scoring goals

Cf. The Football Act.

§ 11 Offside

The rule is not applied.

§ 12 Inadmissible manner of playing

Cf. Football Law (however, all free kicks are direct).

It is not permitted for the goalkeeper to pick up the ball when putting it back.

§ 13 Free kick

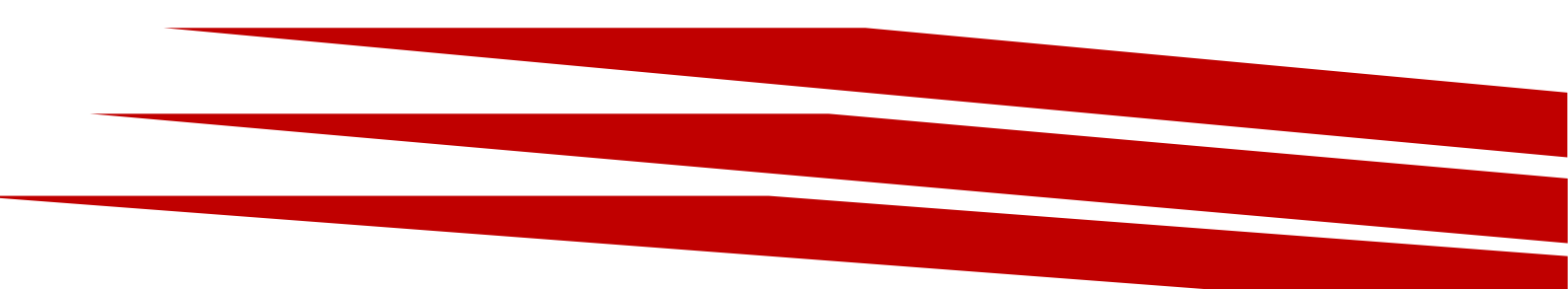
For free kicks, opponents must be min. 7 meters from the ball

All free kicks are direct, however a free kick to the attacking team in the opponent's penalty area, which according to football law would result in an indirect free kick, will result in a direct free kick outside the penalty area - closest to the offence.

§ 14 Penalty kick

Penalty kicks are taken 8 meters from the goal line and in the middle of the goal.

Other players - apart from the goalkeeper - must be behind the penalty mark and min. 7 meters from the ball.





§ 15 Throw-in

A throw-in is awarded to the team that did not last touch the ball when the entire ball has passed the touchline, either in the air or on the ground.

You cannot score directly on a throw-in.

- if the ball goes into the opponent's goal, a goal kick is awarded
- if the ball goes into the thrower's goal, a corner kick is awarded.

Performance

At the moment of throwing, the thrower must:

- face the field
- have part of each foot either on the touchline or on the ground outside the line
- throw the ball from behind over the head with both hands from the point where the ball left the court.

§ 16 Goal kick

For goal kicks and free kicks in their own penalty area, the opponents must be outside the penalty area and min. 7 meters from the ball.

§ 17 Corner kick

Opponents must be min. 7 meters from the ball.





Dansk Boldspil-Union (abbreviation DBU) is the supreme governing body for organized football in Denmark with the aim of promoting football in Denmark. In the aim paragraph it says briefly: DBU's aim is to promote and develop Danish football both nationally and internationally.

Dansk Boldspil-Union (abbreviation DBU)
Is the same as FA –The Football Association

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The Football Association (known by its abbreviation **The FA**) is the governing body of association football in England and the Crown Dependencies of Jersey, Guernsey and the Isle of Man. Formed in 1863, it is the oldest football association in the world and is responsible for overseeing all aspects of the amateur and professional game in its territory.

Legal & Governance Division
The Football Association

[Download the law of football 2022-2023 pdf](#)

05 The History

Ray Kennedy Cup is an international football tournament for people with Parkinson's disease and has been held in the city of Copenhagen, Denmark. The tournament is named after the football player Raymond "Ray" Kennedy, who himself got Parkinson's Disease at the end of his career.

The tournament was founded by Eigil Sabroe and physiotherapist Finn Egeberg Nielsen who realized the movements in football could greatly benefit those with Parkinson's disease.

The benefit of football

As a sporting activity, football training is an obvious choice for people with Parkinson's disease. In football, demands are made on footwork, flexibility, extension of the joints, rhythms, twists/turns, suspensions, awareness of the center of gravity, acceleration/deceleration and the use of muscle power. In this context, movement strategies are challenged, as demands are placed on timing, balance and rhythm. Training is with symmetrical and asymmetric movements, crossing movements, including across the middle of the body; they train independently with the right/left side, train the balance function and body movements as well as eye/hand, hand/foot coordination. Football training can thus help to prevent rigidity, improve balance in twists and turns, and reduce initiation problems for people with Parkinson's disease.



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