

UNIMEGAMES 2026 RULES

The disciplines chosen for the fifth edition are:

DISCIPLINE	NO. OF PLAYERS	SUBSTITUTES	TOTAL
Football	11	9	20
Basketball	5	5	10
Volleyball	6	6	12
Table tennis	1		1
Men's singles tennis	1		1
Women's singles tennis	1		1
Mixed doubles tennis	2		2
Swimming – 4x50 mixed relay (3+1) (2+2)	4		4
Swimming 100 m (men's)	1		1
Swimming 100 m (women's)	1		1
Mini Marathon 10.5km	4		4
Running – 100 m	1		1
Running – 4 x 100 m (relay)	4		4
Running – 400 m	1		1
High jump	1		1
Long jump	1		1
Shot put	1		1

Each Department's teams must be made up EXCLUSIVELY of athletes belonging to that Department, under penalty of disqualification. Checks are carried out throughout all stages of the tournaments; therefore, the organisers may disqualify a team that does not comply with the rules even during the finals.

To take part in the UniMeGames, all athletes must hold a medical certificate of fitness for non-competitive physical activity. Random checks will be carried out during the event and, if the certificate is not presented, an individual disqualification will be applied.

All team sports may be played by mixed teams; registration will therefore be open to both men and women, but without this being mandatory. **This requirement is mandatory only for doubles tennis and the swimming relay.**

For **athletics** events, registration will be open to both men and women in the same competition (there will be no separate events by gender). However, if at the close of the registration form there are at least 6 athletes of the minority gender (male or female) from different Departments, a double competition divided by gender will be created (e.g.: Running – 100m; should 20 male athletes and 6 female athletes register, two separate competitions will be held, leading to 2 separate rankings and therefore additional points counting towards the medal table.)

In light of the table above, each Department will be allowed to enter only one representative team for the following sports: Football, Volleyball, Basketball, Marathon. For Table tennis, Tennis, Swimming and all athletics events, the maximum number of teams per department will be 3. **In any case, only one team from the same department will be admitted to the final stages, following an appropriate selection. The organisers nevertheless reserve the right to revise the above based on the total number of teams registered for the tournaments.**

For **registration**, each team must register for the tournaments by completing the appropriate form no later than **the deadline of 13 September (inclusive)**, so as to allow time to prepare the match schedule and complete the T-shirt purchasing procedures.

Should more than one team per department request to register for Football, Volleyball and Basketball, the captains will be contacted so that the athletes can choose and select the final representative team, to be communicated no later than one week after registration closes. If no indication of the chosen team is received within the set time, none of the previously registered teams will be able to take part in the event.

The organisers nevertheless reserve the right, should there be departments that do not field even one team in the aforementioned sports, to also admit any second or third teams to the games (e.g.: Engineering 1, Engineering 2), ensuring through the draw that these face each other in the first stage of the tournament.

Registration for more than one sport is permitted, but **not recommended**. In the event of simultaneous matches in different sports, the schedule will be followed with no possibility of rescheduling. Anyone wishing to register for more than one sport should therefore make sure they can be replaced should they need to choose where to play.

Athletes are asked to be fully available for all 3 days, as it will in no way be possible to bring forward or postpone matches once the schedules have been published.

Detailed rules

Football

Teams must consist of 11 players with a maximum of 9 substitutes. Teams must arrive on the pitch 15 minutes before kick-off for athlete identification and the subsequent warm-up. A maximum of 10 minutes will be allowed for the pre-match warm-up.

If either team fails to arrive at the pitch within 10 minutes of the scheduled kick-off time, the match will be considered lost by forfeit with a score of 3-0 in favour of the other team. If the team arrives within the maximum permitted delay, the match will start without any additional warm-up time being granted.

The rules are the same as those of 11-a-side football championships, except for the number of substitutions and the length of the two halves. There is in fact no limit to the number of substitutions, and once a player has left the pitch they may return an unlimited number of times. Each half will last 20 minutes plus any added time at the referee's discretion. Half-time will last 5 minutes. In the event of a draw, the match will be decided by penalties (5 + sudden death). The semi-finals and finals will be played over two 30-minute halves with a 10-minute interval.

BASKETBALL

Teams must consist of a minimum of 5 players, and the rules of play will be the same as the official basketball rules (FIP regulations), with the sole exception of the length of the periods.

Teams must arrive on the court 15 minutes before the start of the game for athlete identification and the subsequent warm-up. A maximum of 10 minutes will be allowed for the pre-game warm-up.

If either team fails to arrive on the court within 10 minutes of the scheduled start time, the game will be considered lost by forfeit with a result of 20-0 in favour of the other team. If the team arrives within the maximum permitted delay, the game will start without any additional warm-up time being granted.

Games will consist of 4 periods of 8 minutes each. The clock runs continuously except for free throws. The break between the first and second periods and between the third and fourth periods will be 2 minutes. The break between the second and third periods will instead be 5 minutes.

Each team will have four *time-outs*. Two for the first and second periods and two for the third and fourth periods.

During the finals, the game clock will be stopped (effective playing time), with four periods of ten minutes each.

If the two teams are tied at the end of the four periods, the game will continue with additional 5-minute overtime periods until one of the two teams wins at the end of an overtime period.

Volleyball

For the volleyball category, all rules of play contained in the official FIVB rules will apply. Therefore:

- the maximum number of players allowed in a team is 12
- only the game captain is authorised to speak to the referees
- since no coach is provided for, only the game captain is authorised to request time-outs
- substitutions do not need to be requested; the player simply has to go to the substitution zone
- the presence of Libero players is allowed, up to a maximum of two (1st and 2nd Libero)
- Libero replacements are unlimited and must take place when play is stopped and in the designated zone
- all faults will be penalised: attack, block, positional, rotational, screening, holding, double contact, service, net faults, penetration into the opponent's space above the net and under the net
- delays in the game will be penalised
- penalty, expulsion and disqualification sanctions (by means of cards) will be applied if the players' conduct requires it.

In the pre-final stages, matches will be played best of three sets. In the final stages, matches will instead be played best of five. Sets in the early stages will be played to 15 points. In the event of a tie, the third set will be played to 8 points, with teams changing sides at 4. Sets in the final stages will be regulation sets, i.e. to 25 points. In the event of a tie, the fifth set will be played to 15 points, with teams changing sides at 8.

Teams must arrive on the court at least 20 minutes before the official start time for identification, the coin toss and the official warm-up. If at least 6 members of the team do not arrive within 10 minutes of the official start time, the match will be considered lost by forfeit with a result of 2-0 (3-0) and a score of 15-0 (25-0) for each set. Only registered players will be allowed to sit on the bench.

Table tennis

The following rules will apply to the table tennis category: the umpire's decision cannot be contested and, in the case of a doubtful point, the umpire has the final say ("lets" are not allowed unless both players agree). 5 minutes of warm-up will be allowed before the start of the match.

In the preliminary stages, matches will be played best of three sets; each set is played to 11 points and, in the event of a 10-10 tie, play continues until one of the two players gains a two-point lead.

The serve must be performed in accordance with the official rules: the ball must be tossed vertically upwards at least 16 cm, must be struck as it is falling and must bounce first on the server's own side and then on the opponent's side, remaining visible to the opponent at all times. If during the serve the ball touches the net but lands correctly on the opponent's side, the serve is considered a "LET" and must be repeated.

The serve changes every 2 points and, in the event of a 10-10 tie, alternates after every point. Players must change ends at the end of each set; in any deciding set, the change of ends will take place when one of the two players reaches 5 points. During a rally, players may not touch the table with their free hand or move it, under penalty of losing the point to the opponent; moreover, the point is lost if the ball does not clear the net or leaves the playing area without bouncing on the opponent's side. Complete silence must be maintained within the playing area out of respect for the players. Teams must arrive in the playing area at least 20 minutes before the official start time for identification and the official warm-up. Should any member of the team fail to arrive within 10 minutes of the official start time, the match will be awarded by forfeit with a score of 3-0 (11-0 / 11-0 / 11-0).

From the moment only one team per department remains in the tournament, the same rules of play will apply, but the 3 sets will be played to 21 points, with the serve changing every 5 points.

Tennis (men's and women's singles and mixed doubles)

The following rules will apply to the tennis category: matches are self-umpired, and "lets" are not allowed unless both players agree. 10 minutes of warm-up will be allowed before the start of the match.

When the total number of games played is odd, players must change ends and will be allowed two minutes of rest (except after the first game, when players may not sit down). Complete silence must be maintained on court out of respect for the players, who may be accompanied solely and exclusively by one person acting as coach (supporters may not stay near the court but must remain in the designated stands). During the serve, the server may not place a foot on the baseline; doing so constitutes a foot fault. If during the serve the ball touches the net cord it is a "LET": in this case the server must repeat the serve.

Up to the quarter-finals, matches will be played over 2 sets of 4 games and, in the event of a tie (one set each), a 10-point tie-break will be played. The semi-finals and finals will be played best of 3 sets of 6 games. In the event of a tied score (40-40), the killer point will be played. Teams must arrive on court at least 10 minutes before the official start time for identification, the coin toss and the official warm-up. Should even one member of the team fail to arrive within 10 minutes of the official start time, the match will be awarded by forfeit with a score of 6-0/6-0.

In mixed doubles tennis, each team MUST include one man and one woman.

Swimming (men's and women's individual and mixed relay)

Relay teams must consist of **4 swimmers, who may be split 3+1 or 2+2 (e.g.: 3 men and 1 woman or 2 men and 2 women)**. Under no circumstances may more than one team from the same department compete in the final. There will in fact be a selection round, followed by the lane qualifiers and the final.

4 x 2.5km Relay

A maximum of 4 athletes per team may take part. **There is no gender requirement in the composition of the teams.** If, at the start, the team is not complete due to unforeseen circumstances, it may still take part in the competition provided that one team member makes up for the performance of the absent athlete.

Since internal pre-selections within the various departments are not feasible, the following criterion applies: if more than one team from the same department finishes on the podium, only the best result will be considered for the awards, and therefore for the medal and the medal table (E.G.: if Team 1 and Team 2, both from the same department, finish first and second in a given sport, only Team 1 is awarded, as the best representative of that department)

Athletics

Since internal pre-selections within the various departments are not feasible for all disciplines, the following criterion applies to athletics events: for the purposes of selecting the best athlete per department, and therefore for the medal and the medal table, only the best result for each department in each sport will be considered (E.G.: if Athlete 1 and Athlete 2, both from the same department, finish first and second in a given sport, only Athlete 1 is awarded, as the best representative of that department)

Running

For running, depending on the number of entrants, selections will first be held among athletes from the same Departments (so that only one athlete per Department is admitted to the finals), and heats will then be created that will progressively lead to a total of 6 finalists (the number of available lanes). The same criterion will apply to the 4 x 100 relay.

Jumping

In the jumping events, internal selections within the departments will be held first, followed by the final event, which will be contested by a maximum of one member per Department.

Throwing

In the throwing events, internal selections within the departments will be held first, followed by the final event, which will be contested by a maximum of one member per Department.

PRIZES and MEDAL TABLE: Gold, silver and bronze medals will be awarded respectively to the first, second and third place finishers in each sport. A trophy will be awarded to the Departments that finish on the podium.

The “weight” of the medals will be counted as follows: 3 POINTS GOLD, 2 POINTS SILVER, 1 POINT BRONZE.

NOTE

IN THE EVENT OF UNSPORTSMANLIKE CONDUCT TOWARDS THE EVENT’S ORGANISING STAFF, SPORTS OFFICIALS (REFEREES, MANAGERS, ETC.), OTHER TEAMS OR SPECTATORS, NOT ONLY WILL THE ENTIRE TEAM BE IMMEDIATELY DISQUALIFIED FROM THE GAMES, BUT DISCIPLINARY MEASURES WILL ALSO BE TAKEN REGARDING THE UNIVERSITY CAREER OF THOSE RESPONSIBLE.

The organisers reserve the right to make changes to these rules due to organisational and/or technical requirements. All registered athletes implicitly and fully accept the rules and any subsequent amendments.