



UNITY CUP 2026

Participant Briefing, Rules and Safety Information

Thank you for registering for the Unity Cup Campus Heats. This briefing outlines the key rules, expectations, and safety guidance for all participants. Please read this carefully before attending your fixture.

This is a fun, competitive tournament where all ARU students are welcome to get involved, whether or not they're part of a sports club.

GENERAL RULES (ALL SPORTS)

Eligibility and conduct

- All participants must be current ARU students.
- Good sportsmanship is expected at all times.
- Abusive language, aggressive behaviour, or dangerous play will not be tolerated.
- Event staff and officials have the authority to remove players if necessary.

Event delivery

Match formats, timings, and group structures may vary depending on the number of entries, available time slots, and venue scheduling. Final formats will be confirmed on the day.

Teams and kit

- Teams are strongly encouraged to wear the same or similar coloured sports t-shirts where possible to help officials and opponents identify teams easily.
- All participants should wear appropriate sports footwear for the surface being used.

Safety & Officiating

- Matches will be overseen by appointed officials/referees who have full authority to enforce rules, stop play, and manage safety.
- Participants must follow all instructions given by officials and event staff.

FIRST AID AND EMERGENCIES

- A qualified first aider will be present on site for all fixtures.
- If an injury occurs, play may be stopped to allow assessment.
- In the event of a medical emergency, event staff will follow standard procedures and contact emergency services if required.
- University Safety and Security are informed of event timings and venues.

SPORT-SPECIFIC RULES AND SAFETY GUIDANCE

Men's Five-a-Side Football

Squad size

- 5 players on the pitch
- Up to 5 substitutes
- Maximum squad size: 10 players

Rules and safety

- Rolling substitutions are allowed.
- No slide tackles are permitted.
- Dangerous or reckless challenges are not allowed.
- Players are strongly advised to bring and wear their own shin pads.
- Any suspected head injury will result in play being stopped for assessment.

Standard five-a-side football rules apply unless stated otherwise.

Mixed Volleyball

Squad size

- 6 players on court
- Up to 4 substitutes
- Maximum squad size: 10 players

Gender requirement

- A minimum of 2 women must be on court at all times.

Performance player rule

- A maximum of 2 high performance players per team are permitted.

Rules and safety

- Rolling substitutions are allowed.
- Standard volleyball rules apply.

Women's Netball

Squad size

- 7 players on court
- Up to 7 substitutes
- Maximum squad size: 14 players

Rules and safety

- Rolling substitutions are allowed.
- No jewellery is to be worn
- No sharp fingernails
- Standard netball rules apply.

Doubles Table Tennis

**Team format**

- Teams consist of 2 players.
- Open pairing – any gender combination is allowed.

Sign-ups

- Students may sign up as a pair.
- Individual sign-ups may be paired where possible.

Rules and safety

- Standard table tennis doubles rules apply.
- Players should be mindful of space around tables and surrounding courts.

Mixed Doubles Badminton**Team format**

- Teams consist of 2 players.
- Each team must include 1 male and 1 female.

Sign-ups

- Students may sign up as a pair.
- Individual sign-ups may be paired where possible.

Rules and safety

- Standard badminton doubles rules apply.

IMPORTANT FINAL NOTES

- Please arrive on time for your fixture to allow check-in and briefing.
 - Warm up properly before playing to reduce injury risk.
 - If you have any existing injuries do not compete as you will only make the injury worse.
- If you have any health concerns, please speak to a medical professional prior to the event.
- If you are unsure about anything on the day, speak to event staff.

The Unity Cup is about representing your campus, meeting new people, and enjoying sport in a positive environment. Thank you for helping us make it a safe and successful event for everyone.