

APPROVED
At the RSU Student Union
Board meeting 22.04.2026.
Prot. no. 2-STP-1/15/2026

Sports and Active Recreation Festival “Taurenis” 2026

SPORTS GAMES REGULATIONS

1. Aim.

- 1.1. To promote a sporty and healthy lifestyle among students and staff of Rīga Stradiņš University (hereinafter – RSU).
- 1.2. To foster cohesion among students of RSU and other higher education institutions (hereinafter – HEIs), as well as to provide an opportunity for active recreation and to celebrate the arrival of summer together.

2. Place and Time.

- 2.1. The venue of the sports activities: RSU Sports and Recreation Base “Taurene” (Taurene parish, Cēsis Municipality, LV-4119).
- 2.2. The sports program will take place on 13 June 2026 from 10:00 to 14 June 2026 at 16:30.
- 2.3. Registration on 13 June from 08:00 to 09:00.
- 2.4. Group stage matches and round-of-16 games will take place on the first day, 13 June, from 10:00 to 18:30. Quarterfinals, semifinals, and finals will take place on the second day, 14 June, from 09:15 to 16:30.
- 2.5. Individual discipline competitions will take place on 13 June from 12:00 to 17:00.

3. Organisers.

- 3.1. The festival is organised by the RSU Student Union (hereinafter – RSU SU).
- 3.2. Project manager: Eduards Doroņins
- 3.3. Main organisers of the sports section: Rihards Slišāns, Annemarija Priede

4. Referees.

- 4.1. The head referees of the sports section are Rihards Slišāns, Annemarija Priede.
- 4.2. The main sports (streetball, football (frisbee), volleyball, flag football and mini handball) are officiated by referees selected by the sports section organisers.
- 4.3. Individual disciplines and the team relay are judged by the sports section organisers and activists.

5. Participants.

- 5.1. Participants in the sports section primarily include students, alumni, university staff, and management representatives of Rīga Stradiņš University (hereinafter – RSU).

- 5.2. Participation is also open to students, student self-governments, and alumni from other higher education institutions (HEIs).
- 5.3. Participants may take part in the sports section either as members of a previously registered team (in team competitions) or individually.
- 5.4. After the registration deadline, no new participants may be added to a team. If a participant is unable to attend due to unforeseen circumstances, a substitute team member may be registered instead by informing the main organisers of the sports section no later than 18 May at 23:59.
- 5.5. Each team appoints a captain, indicated in the registration form. In the event of a change of captain, the main organisers of the sports section must be informed, and they will decide on the delegation of the captain's duties.
- 5.6. The team roster remains unchanged during sports games.

6. Team roster.

- 6.1. Number of participants: 8–12 people.
- 6.2. Each team must include **at least 3 female and at least 3 male participants**.
- 6.3. Each team must include at least 3 currently enrolled active students, except in cases where the team is composed of RSU staff members, former RSU Student Council members, or alumni who have graduated within the past 3 years.
- 6.4. Rules for participation in team competitions (main sports) for other HEIs:
 - 6.4.1. If a team consists of representatives from a specific HEI student self-government, then it must include only students from that respective institution.
 - 6.4.2. If a team consists of students and alumni from different HEIs, it must include at least 3 participants belonging to one or more of the following categories:
 - 6.4.2.1. RSU student;
 - 6.4.2.2. RSU employee;
 - 6.4.2.3. RSU SU alumni member;
 - 6.4.2.4. RSU graduate who has graduated within the last 3 years.
 - 6.4.3. The rules in Clause 6.5.1 do not apply to teams that have received an official invitation.

7. Registration and application for the sports games.

- 7.1. Team registration takes place from **28 April at 12:00 until 14 May at 23:59** by completing the application form: **<https://sp.rsu.lv/taurenis26teams>**.
- 7.2. The main organisers of the sports section verify the student ID numbers provided in the application forms, as well as the indicated affiliation with RSU, the RSU SU, alumni status, or another HEI or its student self-government. If the data provided is inaccurate, the main organisers inform the respective team and prohibit the individual from participating in the event.

- 7.3. The maximum number of teams that can register for team sports games is **24**.
- 7.4. The team captain will receive a form electronically, which, once completed, confirms that the team members assume full responsibility for their health during the event. The form must be submitted in paper format on 13 June at registration.
- 7.5. The registration fee for teams is 80.00 EUR until 23:59 on 15 May, but from 16 May through 23:59 on 23 May, the entry fee is 100.00 EUR.
- 7.6. Registration for individual disciplines takes place electronically by completing the form: **sp.rsu.lv/taurenis26individuals from 13 May at 12:00 until 20 May at 23:59**. The participation fee for individual participants per person is 5.00 EUR until 23:59 on 20 May, and 10.00 EUR from 21 May to 23:59 on 23 May.
- 7.7. After receiving the application confirmation email, the team captain must pay the participation fee for the team:
 - 7.7.1. Payment can be made on the website spveikals.rsu.lv (a direct link will be included in the confirmation email);
 - 7.7.2. The participation fee must be paid no later than 23 May at 23:59.
 - 7.7.3. If a team is not approved for participation in the event but has already made the payment, the fee is non-refundable.

NB! Participants of the sports section are not required to pay a participation fee for the Talent Competition.

- 7.8. After participation is confirmed, all participants will have the opportunity to order lunch for both Day 1 and Day 2 (the exact price per portion will be announced when lunch registration opens).
- 7.9. Teams must register at the event venue from 08:00 to 09:00:
 - 7.9.1. If a team does not register within the specified time, participation in the sports games may be denied, and the participation fee will not be refunded.

8. General rules of the sports games.

- 8.1. The match schedule will be announced to teams at least one day before the event. The information will be available via the email provided by each team captain (contact person), in the Taurenis'26 WhatsApp announcement group, and at the event venue.
- 8.2. Upon payment of the team participation fee, each team will be assigned a registration number. These numbers will be assigned in chronological order based on the time of payment on the spveikals.rsu.lv website.
- 8.3. The distribution of teams into subgroups will be determined by the sports section organisers, taking into account the registration numbers assigned as described in Clause 8.2. A maximum of 24 teams may participate in the team sports games. Teams are divided into 8 subgroups, consisting of 3 teams in each sport:
 - 8.3.1. In each sport, teams within subgroups play a round-robin tournament.
 - 8.3.2. In the team relay disciplines, teams are not divided into subgroups.

- 8.4. The sports section organisers reserve the right to adjust team registration numbers, as well as subgroup and group allocations.
- 8.5. After the subgroup stage in each discipline, knockout rounds follow (winner advances, loser is eliminated). A total of 16 teams qualify for the knockout stage based on predefined criteria. The knockout stage starts with rounds of 16, and continues with quarterfinals, semifinals, and finals:
 - 8.5.1. Finals in each team sport may have a different match duration (see specific sport rules);
 - 8.5.2. In all matches, except finals and third-place matches, the duration of one game is 7 minutes;
 - 8.5.3. The playoff bracket is structured using a seeding system, where teams are ranked based on their points earned. The highest-seeded team faces the lowest-seeded team, ensuring a balanced tournament bracket.
- 8.6. The playing time is not paused during the match.
- 8.7. All team sports are played using the appropriate equipment, which is provided by the organisers.
- 8.8. Any disputes arising during the games are resolved by the referees of the respective sport. If the referees are unable to resolve the issue, the matter is escalated to the head referees of the sports section, the project manager, or the Head of Culture and Sports of the RSU SU.
- 8.9. Referees have the right to issue warnings to a team or participant for unethical or unsportsmanlike behavior. If a warning is ignored, the head referees may **disqualify** the team or participant from the respective discipline.
- 8.10. The head referees reserve the right to make changes to the rules and match schedules during the sports games, in coordination with the referees of the respective sports and the Head of Culture and Sports of the RSU SU.
- 8.11. All sports are played according to the internationally recognized rules of the respective sport federations and the match durations are determined on the day of the competition.
- 8.12. The following team sports are included in the festival's sports section: streetball, volleyball, football (frisbee), flag football, mini handball and team relay.
- 8.13. The festival's sports section also includes 5 individual disciplines.

9. Rules for Team Sports Competitions

9.1. Streetball

- 9.1.1. Each team consists of three players, with a minimum requirement of one female player on the court at all times.
- 9.1.2. Before the game, under the supervision of the referee, a draw is conducted to determine which team will start the game on offense.

- 9.1.3. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each game is played with a duration of 7 minutes.
- 9.1.4. The bronze medal game and the final are played for 10 minutes or until one team reaches 21 points, whichever occurs first.
- 9.1.5. A successful field goal scores 1 point; however, attempts made and converted from behind the three-point arc are valued at 2 points.
- 9.1.6. Each successful free throw is worth 1 point.
- 9.1.7. In the event of a held ball (tie-up situation), possession is awarded to the defensive team.
- 9.1.8. Player substitutions may be made after a scored basket, after points are awarded, or when the ball is out of bounds.
- 9.1.9. An injured player may be substituted at any moment during the game.
- 9.1.10. ONLY in knockout-stage games, in the event of a tie at the end of regulation time, the game continues in overtime until the first successful field goal is scored. Overtime is initiated by the team that started the game on defense. (Winning by a two-point advantage IS NOT required)
- 9.1.11. All other rules are applied in accordance with the official international 3x3 basketball regulations: STREETBALL REGULATIONS.

9.2. **Beach Volleyball**

- 9.2.1. Each team consists of four players, with at least one female player required to be on the court at all times.
- 9.2.2. Before the start of the match, under the supervision of the referee, a coin toss is conducted to determine the choice of serve, receive, or side of the court.
- 9.2.3. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each match is played with a duration of 7 minutes.
- 9.2.4. In knockout-stage matches, if the score is tied at the end of the allotted playing time, play continues until the first point is scored. A two-point advantage is not required in this case.
- 9.2.5. The bronze medal match and the final are played until one team reaches 21 points with a minimum two-point advantage over the opponent. If a team reaches 21 points without a two-point lead, the match continues until a two-point advantage is achieved.
- 9.2.6. All other rules shall be applied in accordance with the official international beach volleyball regulations: BEACH VOLLEYBALL REGULATIONS.

9.3. **Football**

- 9.3.1. Each team consists of six players, with at least two female players required on the field at all times.
- 9.3.2. Before the start of the match, under the supervision of the referee, a coin toss is conducted to determine the choice of ends and initial possession.
- 9.3.3. The use of **football boots with studs is strictly prohibited** during the match.
- 9.3.4. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each match is played with a duration of 7 minutes.
- 9.3.5. The bronze medal match and the final are played in two halves of 5 minutes each (2 × 5 minutes), with teams switching ends at halftime. The halftime interval shall be 1 minute.
- 9.3.6. When the ball crosses the touchline, play is restarted with a kick-in awarded to the opposing team.
- 9.3.7. A goal scored directly from a kick-in shall not be awarded unless the ball has touched another player before entering the goal.
- 9.3.8. The offside rule shall not be applied.
- 9.3.9. The goalkeeper is permitted to handle the ball only within **4 meters** of the goal.
- 9.3.10. In the knockout stage, if the match is tied at the end of regulation time, a penalty shootout shall be conducted. Each team nominates three players to take penalty kicks.
- 9.3.11. If no winner is determined after the initial three kicks per team, the penalty shootout shall continue in a sudden-death format, with one kick per team, until one team scores and the other does not.
- 9.3.12. In all other respects, the match shall be governed by the Laws of the Game issued by FIFA (2021/2022 edition): FOOTBALL REGULATIONS.

9.4. **Flag Football**

- 9.4.1. Each team consists of four players, with a minimum of two female players required to be on the field at all times.
- 9.4.2. Before the start of the game, under the supervision of the referee, a coin toss is conducted to determine which team will start on offense.
- 9.4.3. The use of **football boots with studs is strictly prohibited** during the game.
- 9.4.4. Players can use personal mouthguards during play.
- 9.4.5. Each player wears a flag belt with attached flags.
- 9.4.6. A player must not deliberately cover, block, or interfere with access to their own or a teammate's flags by any means, including hands, body, or objects.
- 9.4.7. The flags must hang freely from the flag belt and remain clearly visible and

accessible at all times.

- 9.4.8. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each match is played with a duration of 7 minutes.
- 9.4.9. The bronze medal match and the final are played for 10 minutes.
- 9.4.10. A team is permitted to complete an ongoing attacking action after the expiration of playing time, provided that the point difference is less than 6 points.
- 9.4.11. No timeouts or halftime breaks are provided.
- 9.4.12. Before initiating an attack, players are assigned positions (1 playmaker, 1 center player, and 2 attackers).
- 9.4.13. Each play begins with a pass from the center player to the playmaker.
- 9.4.14. The playmaker is not permitted to run with the ball beyond the center player after receiving the initial pass from that player during the play:
 - 9.4.14.1. The center player must be positioned two steps ahead of the playmaker.
- 9.4.15. All passes from the playmaker must be directed forward, sideways, or backward, or executed as a handoff.
- 9.4.16. After **the scrimmage line** no passes are allowed.
- 9.4.17. Players are permitted to obstruct defenders; however, when doing so, players' hands must remain behind their backs, feet must remain at ground, and tripping opponents with their legs is strictly prohibited.
- 9.4.18. A play is stopped, and a new one begins when any of the following occurs:
 - 9.4.18.1. The flag is pulled from the ball carrier;
 - 9.4.18.2. The ball carrier steps out of bounds;
 - 9.4.18.3. A touchdown is scored;
 - 9.4.18.4. The knee of the ball carrier touches the ground, or their flag falls off;
 - 9.4.18.5. The pass is not caught and touches the ground.
- 9.4.19. The attacking team has up to three plays prior and after the centre line to score (six passes overall). If the team fails to score within these attempts, possession is turned over to the opposing team, and roles are reversed.
- 9.4.20. When a team is in the defensive phase, all players act as defenders:
 - 9.4.20.1. Defenders attempt to remove the flag from the ball carrier without making contact with any other part of the opponent's body or clothing;
 - 9.4.20.2. Defenders are permitted to block or intercept passes while the ball is in the air and not in contact with any player.
- 9.4.21. A team scores 6 points when it successfully reaches the opponent's end zone.

- 9.4.22. Additional points may be earned if, after scoring a touchdown, the team successfully completes an additional play, choosing between a 1-point or 2-point conversion attempt:
- 9.4.22.1. 1 point is awarded if the additional play is initiated from the starting line of the “safe zone”;
 - 9.4.22.2. 2 points are awarded if the additional play is initiated from the end line of the “attacking zone”.
- 9.4.23. In knockout-stage matches, except for the bronze medal match and the final, if the match ends in a draw, the winner shall be the team that has spent the least amount of time in attack.
- 9.4.24. In the bronze medal match and the final, if the match ends in a draw, the winner shall be the team that first reaches 6 points in extra time. The team that started the match in defence shall begin the extra time in possession.
- 9.4.25. All other rules shall be in accordance with the National Flag Football official rulebook: FLAG FOOTBALL REGULATIONS.

9.5. **Mini Handball**

- 9.5.1. Each team consists of five players (four court players and one goalkeeper), with at least two female players on the court at all times.
- 9.5.2. Before the start of the match, under the supervision of the referee, a coin toss is conducted to determine which team will start the game in possession.
- 9.5.3. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each match is played with a duration of 7 minutes.
- 9.5.4. The bronze medal match and the final are played in two halves of 5 minutes each (2 × 5 minutes), with teams switching ends at halftime. The halftime interval shall be 1 minute.
- 9.5.5. The court dimensions are 20 × 13 meters.
- 9.5.6. The goal area is 5 metres from the goal line.
- 9.5.7. The penalty throw is taken from 6 metres from the goal.
- 9.5.8. Dribbling the ball is not permitted.
- 9.5.9. Each player is allowed a maximum of three steps, after which they must either pass the ball or attempt a shot at goal.
- 9.5.10. Each player may hold the ball for no longer than 3 seconds.
- 9.5.11. Each successful goal is awarded 1 point.
- 9.5.12. Following a goal, play is restarted with a throw by the opposing team’s goalkeeper.

- 9.5.13. A penalty throw (free throw) is taken from a position 1 meter outside the goalkeeper's area line. The attacking player must execute the throw without lifting the pivot foot.
- 9.5.14. In a tie game, a penalty shootout shall be conducted and continues until the first missed attempt.
- 9.5.15. In all other respects, the match shall be governed by the official international handball rules as established by the International Handball Federation: INDOOR HANDBALL REGULATIONS.

9.6. If the football pitches are deemed unsuitable for play due to weather conditions or other circumstances, the football competition shall be replaced with Ultimate Frisbee. Participants shall be notified of this change at least one week before the event.

9.7. Ultimate Frisbee

- 9.7.1. Each team consists of five players, with a minimum of two female players required to be on the field at all times.
- 9.7.2. Before the start of the game, under the supervision of the referee, a coin toss is conducted to determine the choice of end zone and initial possession of the disc.
- 9.7.3. The use of **football boots with studs is strictly prohibited** during the game.
- 9.7.4. In the group stage, as well as in the round of 16, quarterfinals, and semifinals, each game is played with a duration of 7 minutes.
- 9.7.5. A point is scored when a player successfully catches the disc within the opposing team's end zone. Each successful catch in the end zone results in one point.
- 9.7.6. Following a scored point and upon the opposing team's readiness signal, the scoring team initiates play with a pull (throw-off), without crossing their own end zone line.
- 9.7.7. During play, a player in possession of the disc may pass it while maintaining a pivot foot; running with the disc is not permitted.
- 9.7.8. A player may hold the disc for no longer than 8 seconds.
- 9.7.9. The defending team is permitted to block or intercept the disc.
- 9.7.10. Players are allowed to mark opponents; however, all defensive play must be non-contact.
- 9.7.11. No halves or timeouts are provided.

- 9.7.12. Player substitutions may be made before each pull.
- 9.7.13. If the disc contacts the ground or goes out of bounds, possession is awarded to the opposing team, and play is restarted from the point of turnover or from the out-of-bounds line.
- 9.7.14. In all other respects, the game shall be governed by the WFDF Rules of Ultimate 2021–2024 as established by the World Flying Disc Federation:
ULTIMATE FRISBEE REGULATIONS

9.8. Team Relay

- 9.8.1. Each team consists of six participants, with a minimum of two female participants required.
- 9.8.2. The team relay will take place on 13 June from 11:00 to 18:00.
- 9.8.3. Each team can complete the relay only once.
- 9.8.4. The objective of each team is to complete the relay in a single attempt in the shortest possible time.

10. Team captains’ competition

- 10.1. The team captain participates in the Team Captains’ competition.
- 10.2. If the team captain is unable to participate due to unforeseen circumstances, another team representative delegated by the captain may take part instead.
- 10.3. The tasks and evaluation criteria are determined by the sports section organisers.
- 10.4. Detailed information about the Team captains’ competition will be announced on the first day of the festival.

11. Scoring of team sports games

- 11.1. The overall team ranking is calculated according to the following points system:

Place	Team sports	Team captain’s competition
1.	12	3
2.	9	2
3.	7	1
4.	5	-
5. - 8.	3	-
9. - 16.	2	-

17. - 24.	1	-
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- 11.2. The ranking in the subgroup stage is determined based on points earned according to the established scoring system:
 - 11.2.1. A win in subgroup matches (volleyball, football (frisbee), streetball, flag football, mini handball) earns 3 points;
 - 11.2.2. A draw earns 1 point;
 - 11.2.3. A loss or no-show earns 0 points.
- 11.3. In case of equal points within a subgroup:
 - 11.3.1. Between 2 teams - the result of the head-to-head match is considered;
 - 11.3.2. Between 3 teams – points earned in head-to-head matches among those teams are considered;
 - 11.3.3. If still tied - the point difference (e.g., in streetball – scored vs. conceded points) is evaluated;
 - 11.3.4. If a tie still remains - the teams’ results in the team relay are compared.
- 11.4. After the subgroup stage, the top 2 teams from each subgroup advance to the knockout stage in each sport.

12. Rules for individual sports disciplines.

- 12.1. Individual disciplines are announced at least 5 days before the sports games.
- 12.2. The rules for each discipline are determined by the sports section organisers and are explained to participants before the start of each discipline.
- 12.3. The sports section organisers may establish specific rules for each discipline.
- 12.4. The organisers determine the time allocated for completing each discipline.
- 12.5. If all team members compete in at least one individual discipline, the team receives an additional 1 point toward its total score.**

13. Participant responsibility

- 13.1. Each participant is materially responsible for any damage caused to the venue, equipment, other participants, or organisers of the event.
- 13.2. Each participant is responsible for their own health condition and personal belongings, and confirms this with their signature before the start of the sports games.
- 13.3. Each team is obliged to arrive at the designated sports venue presenting a unified team identity (e.g., uniforms, slogan, visual elements).
- 13.4. Each participant is responsible for completing all disciplines in good faith, respecting opposing teams and the decisions of the referees.

14. Warnings and disqualification

- 14.1. Referees, sports section organisers, the project manager, and the Head of Culture and Sports of the RSU SU are entitled to issue warnings to a team or participant and apply penalties for unethical or unsportsmanlike behavior, which may result in point deductions from the team's final score.
- 14.2. Unsportsmanlike behavior is evaluated according to the following system:

Violation	Penalty (in points)
Offensive behavior (use of swear words, discrimination, racism, etc.) directed at participants of other teams, volunteers, organisers, the project manager, or other event attendees	-1 point
Intentional damage or destruction of event equipment or property belonging to participants or other attendees	-1 point
Physical violence against participants of other teams, volunteers, organisers, the project manager, or other event attendees	- 3 points
Intentional delaying of the game or disruption of the competition process	-1 point
Recording or photographing other teams' participants, volunteers, organisers, the project manager, or other attendees with the intent to ridicule, humiliate, or otherwise harm them	-1 point
Use, possession, distribution of illegal intoxicating substances, being under their influence on the event territory, or encouraging others to use such substances	Disqualification

- 14.3. In case of a violation, a verbal warning is issued for the first time.
- 14.4. Starting from the third warning, each subsequent violation described in Clause 14.2 of the sports regulations results in a deduction of points from the team's final score.
- 14.5. Upon reaching -5 points, the team is disqualified.**

15. Award ceremony

- 15.1. The awards ceremony will take place on 14 June 2026.
- 15.2. The best results in individual sports disciplines will be awarded separately in the overall ranking.

- 15.3. The top 3 teams in each team sport, as well as in the overall team ranking, will be awarded:
- 15.3.1. All prize winners in individual sports and overall rankings will receive sponsor-provided prizes and diplomas;
 - 15.3.2. 1st place winners in each sport, as well as 2nd and 3rd place winners in the overall ranking, will receive medals;
 - 15.3.3. The team that achieves 1st place in the overall ranking will be awarded the Sports and Active Recreation Festival “Taurenis” 2026 Cup.

16. Contacts and additional information.

- 16.1. Participant coordinator: Madara Elza Rudzīte, e-mail: madara.elza@gmail.com
- 16.2. Sports section organisers: Rihards Slišāns, e-mail: rihardss2712@gmail.com and Annemarija Priede, e-mail: annemarija.priede@gmail.com
- 16.3. Project manager: Eduards Doroņins, e-mail: doroninseduards@gmail.com