

2025-2026 DISTRICT 5 RECREATIONAL TOURNAMENT RULES

If you have questions before the beginning of Cup Play, contact your league president for clarification. Once play has begun, the field marshals and the Tournament Director are your points of contact.

Alcoholic beverages, pets, mechanical or other noisemaking devices, unmanned aircrafts (drones), are prohibited.

Teams will sit on opposite sides of the field. Each team and its' parents and spectators will sit on the half of the field from the assistant referee's sideline.

Verbal abuse and assaults towards anyone including referees and tournament staff will be adjudicated vigorously. Leagues and coaches will be held responsible for their actions and the actions of their players and spectators.

District 5 reserves the right to refuse participation to any coach, player, or spectator whose actions prove to be detrimental.

COACH & PARENT REQUIREMENTS

- A. Coaches and Parents/Guardians of participating players must have completed a head injury/concussion training program per Assembly Bill (AB2007).
- B. Coaches must have a Cal South member pass indicating completion of appropriate licenses for the division(s) they are coaching, current Risk Management Clearance, Concussion Certification, and SafeSport Training Certification uploaded in Cal South's registration system by October 1st.
- C. The format "U" followed by age means that age and younger. No over-aged player shall participate without prior approval from the tournament director and staff.
 - U10 division: minimum of the 7 v 7 online coaching license
 - U12 division: minimum of the 9 v 9 online coaching license
 - U14 + divisions: minimum of the 11 v 11 online coaching license
 - **The "E" license is approved for all age divisions.**

TOURNAMENTS

- A. **Open Cup (U18):** Teams shall consist of outstanding players (All Stars) in their respective recreational divisions as selected by their respective leagues.
- B. **Commissioner's Cup (U10, U12, U14):** Each league may enter two (2) teams per division; teams shall consist only of the respective league's first and second place recreational teams within the District 5 recreational fall season. If the first or second place team is unable to participate, a subsequent team may be sent to fill in as approved by the Director of Tournaments and the District Commissioner. The Director of Tournaments and District Commissioner may make modifications to ensure an appropriate number of team entries.

Teams may only have up to three (3) retained players during the original recreational team draft with no trades allowed. The remainder of the team shall be assembled by a balanced draw.

- C. **President's Cup (U10, U12, U14):** Each league may enter one (1) team per division; teams shall consist of outstanding players (All Stars) in their respective recreational divisions as selected by their respective leagues.
- D. **Tournament of Champions:** Continuation of President's Cup. Rosters may not be modified.

TEAM ENTRIES

- A. Teams must be activated prior to October 1st.
- B. Players and coaches meeting all requirements must be assigned to an activated team in the Cal South registration system prior to October 1st.
- C. Teams shall not exceed two (2) coaches per team.
- D. Over-aged players shall not participate in District 5 post-season tournaments without prior approval from the Tournament Director and volunteer staff.
- E. Team roster maximums:
 - U18: 18 players (11 v 11) minimum of 7 players to begin game.
 - U16: 14 players (7 v 7) minimum of 5 players to begin game.
 - U14: 17 players (11v 11) minimum of 7 players to begin game.
 - U12: 16 players (9 v 9) minimum of 6 players to begin game.
 - U10: 12 players (7 v 7) minimum of 5 players to begin game.
- F. Players playing up during regular fall season will not be allowed to drop back down to their appropriate age group. Exception: Open Cup U16 division if the respective league did not play with such a division during the regular fall season.
- G. Girls playing on a coed team in the fall season may be drafted to a girl's all-star team in the same age group but must choose to participate in the Coed or Girls draft prior to the drafts and may not participate in both.
- H. Players that are playing with any competitive soccer league during the fall season cannot be rostered to a recreational team or participate in any post season district 5 tournaments. Players may not be borrowed or be guest players for more than three (3) competitive soccer games during the season to participate in any post season District 5 tournaments.

COMPETITION

- A. There are no protests.
- B. Format is even brackets to extent possible.
- C. No shows for any scheduled game or lack of notification to the Tournament Director at least five (5) days in advance will result in a \$1000 league fine. This must be paid prior to league participation in the next tournament. Additional penalties for coaches and players may include disqualifications in other D5 tournaments.
- D. Ten Point Scoring Systems for preliminary games. No overtime or shoot-outs in the preliminary rounds.

- Win = 6 points
- Tie = 3 points
- Loss = 0 points
- Goal = 1 point per goal up to three (3) goals
- Shut out = 1 point
- Forfeit = 8 points to opposing team (0-2 score with no shut-out point awarded).

E All preliminary, quarter-final, and semi-final games are as follows:

- U10: 10-minute quarters, 5-minute break between halves, running clock at quarter.
- U12: 12.5-minute quarters, 5-minute break between halves, running clock at quarter.
- U14: 12.5-minute quarters, 5-minute break between halves, running clock at quarter.
- U16: 12.5-minute quarters, 5-minute break between halves, running clock at quarter.
- U18: 15-minute quarters, 5-minute break between halves, running clock at quarter.

F. All final games will be as follows:

- U10: 12.5-minute quarters, 5-minute break between halves, running clock at quarter.
- U12: 15-minute quarters, 5-minute break between halves, running clock at quarter.
- U14: 15-minute quarters, 5-minute break between halves, running clock at quarter.
- U16: 15-minute quarters, 5-minute break between halves, running clock at quarter.
- U18: 17.5-minute quarters, 5-minute break between halves, running clock at quarter.

G. If teams are tied in points at the end of the preliminary round, the tie breaker shall be as follows.

- Head-to-head competition (exception: does not apply if more than two teams are tied or if the teams have not played each other)
- Number of goals allowed.
- Number of goals scored.
- Number of shutouts for
- Shoot out.

H. Forfeit One Forfeit All (FOFA): Teams intentionally forfeiting any game in bracket rounds shall forfeit all games and automatically be eliminated from continuing in said tournament. Coaches and players may be subject to additional penalties.

I. Coaches shall possess medical release forms for all players with signatures (including electronics) at each match.

J. Coaches shall wear a Cal South member pass tournament badge to always be visible during each match. Badges are not transferable. If ejected from a game, the badge shall be relinquished to the official at that time. The badge can be retrieved prior to the next game if appropriate.

K. Teams will present their players, and their member passes to the tournament check-in facilities a minimum of one (1) hour prior to their first game of the tournament and then to the referees prior to each subsequent game along with the team's game card.

L. Hard casts are not allowed. Once Tournament officials determine a player is ineligible due to a cast, that player will remain ineligible for the entire tournament.

M. Heading is **NOT** allowed for U10 or U12 divisions (modification of Cal South rules). Intentional heading will result in an indirect free kick. For U10, if heading occurs within the penalty area, indirect kick will be taken from the top of the penalty area nearest where the infraction occurred. Persistent

heading may be subject to a yellow card and possible coach ejection.

- N. U10 will not use the build-out line. Goalkeepers are allowed to dropkick the ball, but they are not permitted to punt the ball. Punting the ball will result in an indirect free kick awarded to the opposing team will be taken from the top of the penalty area nearest where the infraction occurred.
- O. Participating players must play at least 50% of the game as monitored by the team, participating league officials, or match officials. Teams that violate the 50% play rule will forfeit the game and may be subject to additional disciplinary action.
- P. Home teams are listed first on the schedule. Each team shall supply a game ball for each match.
- Q. Teams have 15 minutes from the scheduled game time to arrive before a forfeit is awarded to the opposing team.
- R. Coaches are to remain within 10 yards of the center line and within the designated area.
- S. Players must dress uniformly with easily readable jersey numbers and no player names. Hoodies sweats and undergarments under the uniform may be allowed for inclement weather but needs to be neutral in color or match the color of shorts. The entire team must be uniform in color. Uniforms must remain on until the field is cleared of all players.

Should there be a color conflict as determined by the referees, the home team will be required to change jerseys or wear bibs.

Hair accessories with metal and/or hard plastic are not allowed. This includes clips, beads, and ponytail bands with metal or hard plastic. Any player refusing to remove such items will remain ineligible to play until these items have been removed.

Cleats with toe studs are allowed. Metal studs are not allowed in U10, U12, U14, and U16 divisions. Studs must not have sharp edges.

- T. Cautioned players must leave the field until the next stoppage of play but may be substituted at the coaches' discretion. If the player is substituted, that player may not return until the next quarter.

Rude, hurtful, or disrespectful verbal or physical behavior is punishable by a send-off (red card). This includes words uttered in frustration and in the referee's opinion is loud enough to be heard outside the field of play and/or words or actions directed towards any individual.

Individuals ejected from a game must leave that game and will not be able to participate nor attend that team's next game. If it is the last game of that tournament, the suspension will carry over to the next tournament. Further disciplinary action may be taken.

If a coach is ejected during a game and the team has no approved assistant coach, the team may have a board member with an approved license and risk management step in. The ejected coach will not be eligible to participate nor attend that team's next game. This includes tournament to tournament suspension.

U16 and U18 division, any team accumulating a third red card (player or coaches) during the tournament will forfeit that teams remaining games in the tournament. The game during which the third red card was issued will be played to completion unless terminated by the referee, District Commissioner (DC), or the DC's designee.

- U. Substitutes are made at the quarter with a running clock. This is **NOT** a water break or rest period. Intentional delay of the game may result in a coach receiving a yellow card for unsporting behavior.

- V. A player who leaves the pitch after being assessed and/or treated on the pitch may only return after play has restarted and the referee has signaled for the player to do so. If the player is substituted, that player may return the same quarter for the players that substituted for them as allowed by the referee.
- W. **Championship Overtime Procedure:** When ending in a tie, all teams must maintain a minimum of five players, or a forfeit will occur.

Golden Goal

Four 5-minute overtime periods.

Players picked to play in overtime will not be substituted except for injury.

Any red cards issued will result in the team playing short for remainder of the game. Fifty percent play rule does not apply.

If still tied: FIFA Shoot Out.

- U10/U16: First overtime period played with seven players; second overtime period one player is removed; third overtime period one additional player is removed; fourth overtime period the same remaining five players continue.
- U12: First overtime period one player is removed; second overtime period one additional player is removed; third overtime period one additional player is removed; fourth overtime period one additional player is removed leaving five players to continue.
- U14/U18: First overtime period played with eleven players; second overtime period two players are removed; third overtime period two additional players are removed; fourth overtime period two additional players are removed.

REFEREES

- A. All leagues are responsible for providing a minimum of a four-man referee team for all tournaments play whether teams from that league have or have not been eliminated from the tournament. Failure of a league to notify the District Referee Coordinator of a potential shortage of referees a minimum of five days prior to the tournament check-in date will result in a \$500 league fine. This must be paid prior to the league participation in the next tournament.
- B. If a referee(s) does not show up for any scheduled game or the crew is incomplete, the league will be charged \$40 per referee per game. If youth referees are utilized, they shall be a minimum of two years older than the age group they are officiating.