



2026 Cal South State Cup Recreational Tournament of All-Stars Rules of Play

General Information

Format: Round Robin/Pool Play

Team Eligibility:

1. All applying and participating teams must be properly registered with a Recreation League.
2. All players must have played in a recreational team during the 2024-2025 Fall Season.
3. All players must be registered and rostered to their current Fall league under the 2024-25 Fall Season.
4. Players may only participate for one team registered in the tournament.
5. Current laminated cards will be required for all players and coaches. Coaches must possess a current ID Card.

A. PLAYING RULES

1. U10 age bracket will play a 7v7 format on a 47yrd x 30yrd – 70yrd x 50yrd field size range with 6'x18' or 7'x21' goal size
2. U12 will play 9v9 format on a 45yrd x 55yrd- 70yrd x 80yrd field size range with 6'x18' or 7'x21' goal size
3. U14 will play an 11v11 format within FIFA Standard field ranges with regulation 8'x24' goal size
4. For Pool play games the game lengths will be the following:

U10 – 20 Min halves – 40 Min Games + 5 minute halftime break
U12 – 25 Min halves – 50 Min Games + 5 minute halftime break
U14 – 30 Min halves – 60 Min Games + 5 minute halftime break

5. Any game played at least to half time shall be considered an official game.
6. All round robin games can end in a tie.
7. Semi-Final and Finals with ties at the end of regulation time will go straight to penalty kicks FIFA rules.
8. Each team will be given a 10-minute grace period for the minimum number to arrive for the game. Failure to field a team of 5 players for U10 teams and to field a team of 7 players for U12 through U14 teams will result in a forfeit.
9. Unless previously notified of a postponement, both teams must show up at the field, be ready to play and be certified as ready to play by the referee.
10. All Age brackets will have free substitution. It is the direct responsibility of the Coach to ensure that a player's 50% minimum playing requirement is never breached. (It is strongly urged that most players receive 75% playing time). Playing Time infractions will be dealt with by the Tournament Director. Infractions could result in a game forfeiture. Injured players may be substituted for during the game and the injury documented on the game card.
11. All substitutes shall be at the discretion of the Center Referee. Substituted player infractions are not protestable.
12. A size 4 soccer ball shall be used for all U10 through U12 games. Size 5 soccer ball shall be used for all U14 games.
- 13. For U10 Age Group we will play with a Build Out Line**
- 14. For U10 Age Group PUNTING by the goalkeeper will not be permitted**
15. Off-Sides:
 - a. The current off-sides rules shall apply. There will be no revised rules related to off-sides.
16. Heading:
 - a. There is **NO HEADING** in 7v7 U10 group (9 and under thru 11 and under).
 - b. If a player deliberately heads the ball in a game an indirect free kick shall be awarded to the opposing team from the spot of the offense.
 - c. If a defensive player deliberately heads the ball inside of their own penalty area, an indirect free kick shall be awarded to the attacking team parallel to the spot of the infringement **OUTSIDE THE PENALTY AREA.**
 - d. If an attacking player deliberately heads the ball inside of the opposing team's penalty area, an indirect free kick shall be awarded to the defending team from the point of the infringement.

- e. There will be no attempt by Referees to identify players playing up on older teams. Compliance of the Youth Heading Policy is left to the coach to implement and monitor.

B. UNIFORMS

1. Every team should have a set of colored pennies at each game
2. Knit caps, sweatshirts under the jersey, bicycle or sliding shorts of any color, or similar items may be worn. Socks shall cover the players shin guard. Goalies may wear gloves, leg coverings, elbow and kneepads.
3. Shin guards are mandatory for all players in practices, games, and tournaments within Cal South.

C. STANDINGS AND TIE BREAKER RULES

1. In the age bracket standings, each team will be awarded 3 points for a victory, 1 point for a tied game and zero points for a loss. All forfeit games shall be considered a score of 1-0. Should a team drop from the tournament bracket, all remaining games for that team shall be considered forfeit games (1-0F).
2. If more than two (2) teams are tied at the end of the preliminary round, the tiebreaker criteria listed below shall be used in the order shown until one team is advanced or one team is eliminated, or both. If the remaining teams are still tied at this point in the tie-breaking process, they will then be compared beginning again with step 1 until another team is either advanced or eliminated.
 1. Head-to-Head
 2. Goal Differential (5 goal max per game)
 3. Goals Allowed
 4. Goals Scored
 5. Most Shutouts
 6. Least Number of Yellow Cards
 7. Least Number of Red Cards
 8. FIFA/IFAB kicks from the penalty mark

D. ADVANCING OUT OF POOL PLAY/ROUND ROBIN

1. In age brackets where teams have the following:
 - 4 Groups of 4 in a bracket the 1st place team from each group advances to the semi finals
 - 3 Groups of 4 in a bracket the 1st place team from each group advances to the semi finals plus the 2nd place team with the best record/points
 - 2 Groups of 4 in a bracket the 1st and 2nd place teams advance to the semi finals
 - 3 Groups of 3 in a bracket the 1st place teams plus the 2nd place team with the best record/points advance to the semi final

E. ID CARDS AND MATCH REPORTS

1. Each coach shall complete and sign the Official Match Report /Game Card prior to the game and present it to the referee along with the team's CAL SOUTH ID cards at player check-in. After player check-in and before the game starts, it is highly recommended that player cards be returned to the coach/team. (Coaches sign their own game card before the game verifying all information on the card is correct. Coaches sign the opponent's game card after the game to verify the final score). The Official Match Report /Game Cards are the official records of the Cal South Commissioners Cup.
2. Each team, coaches, administrators, and spectators shall be on opposite sides of the field, wherever possible. Coaching and encouraging players shall occur from that team's side of the field only.
3. Both teams will keep the completed game cards, along with any additional information about sideline conduct, cautions or ejections. All results, yellow cards, red cards are reported online immediately following the game. Individual player ID cards or coach ID cards shall not be taken from the coach/team should a red card be issued. The League/Club Coordinator will review the game cards and forward to the Cal South office only those game cards that have yellow card, red card or sideline conduct problem information.

F. CONDUCT/SUSPENSIONS

1. The safety of all participants and maintaining an atmosphere of good sportsmanship is the responsibility of all members.
2. Any player/team found responsible for promoting violence, instigating, or enticing a team disturbance, causing the referee to suspend play prior to the completion of regulation time, will have forfeited that game (even if they are winning at the time of the incident).
3. Coaches are responsible for all conduct on their sidelines. This includes themselves, team administrators, players, parents, friends, visitors and spectators. Any player, coach, administrator, parent or spectator promoting violence, enticing team dissent, or generally in violation of sub-paragraph a (above) should be brought before the Tournament Director for possible disciplinary action (including suspension or removal of that player, coach, administrator, parent and spectators).
4. Conduct on the field offenses shall be subject to suspension (These guidelines will be inclusive and apply to all circuit activities including seasonal play and post-season play):
 - a) Any player, coach or administrator receiving three (3) yellow cards (warning / caution) may be brought before the Tournament Director. An individual receiving a fourth yellow card (warning/caution) shall be suspended for the next scheduled game. After a suspension of this type, the count of yellow cards is set to one (1).
 - b) Any player, coach or administrator receiving a red card (ejection/send off – whether by a straight red card or 2 yellow cards) from the referee shall be suspended for that game and their team's next scheduled game. (An ejection caused by two yellow cards shall not be counted as yellow cards described in sub-paragraph a. above).
 - c) Any player, coach or administrator receiving two (2) red cards (ejection / sendoff) in one season will be suspended from playing, coaching or attending games until that person has been brought before a committee for a review of the ejections. The Committee shall determine the eligibility of the player, coach, spectator or administrator in question.

5. Player Safety (from Cal South Rules and Regulations 2.4 Player Safety)
 - a) No player should be allowed to play in any regularly scheduled league or tournament game with an injury which can be aggravated by playing or which constitutes a danger to others.

G. PROTESTS

1. NO PROTESTS ON REFEREE JUDGMENT CALLS WILL NOT BE ALLOWED.

H. APPEALS

1. The Tournament Director shall hear all appeals.
2. The Tournament Director determination on the appeal is final.

I. OTHER TOURNAMENT RULES

1. Round Robin Games Only, the following applies:
 - a. Home Team chooses direction to attack, Visitors Kick Off. No Coin Flip.
 - b. Home Team has choice of sidelines.
 - c. Home Team must change Jersey if there is a conflict.

J. AWARDS

1. Champions and finalists will be awarded awards in each age group. Teams must be present for award presentation.