

2022 Sports for Life! Annual Soccer Tournament Rules

DIVISIONS

- 50+ Division: Players must be 50 years old by 12/31/22.
- 55+ Division: Players must be 55 years old by 12/31/22. May have a maximum of 3 players who will be 53 years old by 12/31/22.
- 60+ Division: Players must be 60 years old by 12/31/22. May have a maximum of 3 players who are 58 years old by 12/31/22.
- 65+ Division: Players must be 65 years old by 12/31/22. May have a maximum of 3 players who will be 63 years old by 12/31/22.
- 70+ Division: Players must be 70 years old by 12/31/22. May have a maximum of 3 players who will be 68 years old by December 31, 2022.

ROSTERS AND CHECK-IN

- Each team in the 50+ and 55+ divisions may have a maximum of 20 players on the roster and play 11 v 11.
- Each team in the 60+, 65+ and 70+ divisions may have a maximum of 14 players on the roster and play 8 v 8.
- Team rosters must be submitted 30 minutes prior to a team's first game. Rosters can be revised up until the start of the last games on Saturday, 4/23.
- **Rosters must be filled out completely. Name, complete address (street, city, state, and zip), signature, birth year and an email address, if they have one. Incomplete player information will not be, and the player will not be allowed to register until the information is complete and submitted.**
- Birthdates will be verified, and wristbands issued for field access. Players can take the wristband off on Saturday after their games. A new wristband will be issued on Sunday.
- **All players must check in BOTH DAYS of the tournament and have a valid photo ID showing date of birth.**
- A player can play on two teams if those two teams are not in the same division.
- Once a player plays in a tournament game with one team, that player cannot switch teams and play on a different team in the same division.
- As long as a player's name and information is complete and on the team roster on Saturday, the player can sign the roster at any time prior to play.

UNIFORMS

- All teams must have matching uniforms with numbers.
- All teams must also bring alternate matching jerseys (or pennies) of a different color.
- If the jersey colors are similar, the home team (listed first on the schedule) is required to change.
- Shin guards are mandatory.
- Jewelry is not allowed, with the exception of flat bands covered by tape.
- Soft visors and prescription glasses are allowed.

ATHLETIC ACCESSORIES

- All athletic accessories, such as braces for the knee, ankle, wrist, arm, etc. must be comprised of soft, malleable fabric.
- Any structural portions of a brace which are made of metal or hard plastics or similar material, must be padded and covered, or they may not be worn during play.

STARTING PLAY AND FORFEITS

- Teams must be ready to compete at the assigned field at the assigned time.
- There will be a 5-minute grace period as timed by the referee.
- To start a game, teams must have, at least, 7 players in a division that plays 11 v 11, or at least 5 players in a division that plays 8 v 8.
- A team with fewer than the minimum number of players at the end of grace period will forfeit the game.
- The home team will provide the game ball.

LENGTH AND NUMBER OF GAMES

- All games, other than medal games, will be 25-minute halves. Medal games (gold, silver or bronze) will be 30-minute halves.
- Teams will be scheduled for a minimum of 3 games.

SUBSTITUTIONS

- Unlimited substitutions are allowed at any stoppage in play.

OFFSIDES

- For the 8 v 8 games with 1 referee assigned, offsides will not be enforced.
- For the 11 v 11 games with 2 referees assigned, offsides will be enforced.

SLIDE TACKLING; CHARGING THE GOALKEEPER

- Slide tackling is not allowed and will result in a free kick.
- The goalkeeper may slide within the penalty area to stop the ball or secure the ball as long as the goalkeeper does not slide feet-first in a dangerous manner.
- Charging the goalkeeper is not permitted at any time when the goalkeeper is within his or her own penalty area. The rule applies regardless of whether the goalkeeper has or does not have possession of the ball.
- No bodily contact may be made with the goalkeeper if it can be avoided. Violation of this rule will be considered dangerous play.

COACHING

- The coaches of opposing teams may be on the same sideline during play.
- Each coach must remain on their half of the field and cannot advance down the sideline on their half of the field more than ten yards from the center line.

CAUTIONS: YELLOW CARDS AND RED CARDS

- Any player receiving a yellow card must leave the field of play for a minimum of five minutes. A substitution is permitted.
- A second yellow card to the same player within one game will result in that player receiving a red card.
- Any player receiving a red card, for any reason, is ejected from the remainder of the tournament. The wristband will be removed, and the Tournament Director will be notified.
- Additional penalties may also be assessed by the tournament officials.
- Two points will be deducted from the team's points for each red card received.

TEAM STANDINGS

Standings will be determined by awarding points in each game played as follows:

- 6 points for each win
- 3 points for each tie
- 0 points for each loss
- 1 point for a shutout
- 1 point per goal, up to a maximum of 3 per game
- The maximum number of points possible per game is 10.
- A forfeit will be scored as a 1-0 win for the non-forfeiting team (8 points in the standings).
In the event of a tie at the end of the preliminary games, standings will be determined as follows:
 - Head-to-head competition
 - Least goals allowed
 - Goal differential (max. of 4 goals per game)
 - Most goals scored (max. of 4 goals per game)
 - Penalty kicks per FIFA rules

SEMI-FINAL AND FINAL GAMES

- Playoff format will be determined by the number of teams in each division.
- Playoff games ending in a tie will be determined by penalty kicks per FIFA rules beginning immediately after regulation play (no overtime periods).

AWARDS

- The 1st, 2nd and 3rd place teams in each division will receive Gold, Silver and Bronze medals.

RULES

- FIFA rules will apply, except as modified by these Rules.
- Tournament officials will decide any situations not covered by either FIFA rules or these Rules.
- All decisions by the tournament officials will be final. There will be no appeals or protests. These decisions include behavior (by a player, coach, fan/spectator or referee) that is deemed to be detrimental to the tournament or its participants.
- Persons responsible for such detrimental behavior may be expelled from the tournament site, and possibly prohibited from attending future tournaments, depending on the severity of the infraction(s).
- In previous years, teams have not shown up to play on the second day of the tournament. This is unfortunate for the teams that do show up to play. If a team does not show up to play their scheduled games, will not be invited to play in the following years' tournament.



Updated 2/22