










The City of Sacramento's 50+ Wellness Program presents the 4th Annual...

# Sports for Life! SOCCER TOURNAMENT April 30 & May 1, 2011

Cherry Island Soccer Complex  
Sacramento, CA

-  Separate Brackets for Men 50+ and Women 50+
  - Age determined as of 12/31/11.
  - See next page for age allowances and tournament rules
  - **Have a 55+ or 60+ team? Notify us by 2/18/11 and if 4+ teams are fielded, that age group will be added.**
-  Two fun-filled competitive days of play - all teams play a minimum of three games.
-  Medals for top places in each division and/or bracket.
-  T-shirts to all registered participants (best fit available).
-  Limited beverages will be provided to athletes both days of competition. Lunch will be provided to athletes only on **first day** of competition.
-  An information packet including captains letter, team roster, additional copy of tournament rules, and map to venue will be sent to team captains upon receipt of entry. Captains will receive game times by April 15, 2011. Complete player rosters are due one hour before first game.
-  **Entries must be received by 5pm Friday, March 25, 2011.** Postmarks are not accepted. Coordinator may close registration earlier if brackets are full. Entries after this date at the discretion of Coordinator and are subject to a \$50 late fee. Refunds only due to a weather cancellation. Mail attached entry form along with payment to:



50+ Wellness Program  
Sports for Life! Soccer  
2921 Truxel Road  
Sacramento, CA 95833

**\$500 per team**  
**\$25 early bird discount if received**  
**by March 14, 2011!**

Need more info or are a free agent? Call 916-808-1593 or email [fiftypluswellness@cityofsacramento.org](mailto:fiftypluswellness@cityofsacramento.org)  
[www.cityofsacramento.org/fiftypluswellness](http://www.cityofsacramento.org/fiftypluswellness)

**Sports for Life! 2011 SOCCER TOURNAMENT**

Team Name & City \_\_\_\_\_ Men/Women \_\_\_\_\_

Team jersey color \_\_\_\_\_ Team Captain \_\_\_\_\_

Captains Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

I prefer to receive information packet via email

**\*Complete next page for payment options**

## 2011 Sports for Life! Soccer Tournament Rules

- FINAL ROSTER:** Each team may have up to 18 players. Substitutions are not permitted after roster has been submitted. All players must check in both days at tournament prior to taking the field. A valid ID is required for check in.
- MINIMUM AGE:** The minimum age for 50+ teams is 50 years old by 12/31/11; however, 55+ teams may have a maximum of two players who will be age 53, and 60+ teams may have a maximum of two players who will be age 58 by 12/31/11.
- START TIMES:** All games will start within five minutes of the scheduled time. If a team has not taken the field with a minimum of seven (7) players within the grace period, the games will be forfeited to the team with at least seven (7) players present.
- LENGTH OF GAMES:** A minimum of three games (25" halves) will be used to establish standings within each division. Championship games will consist of two 30" halves. All games will be final and protest will not be accepted.
- HOME TEAM:** The team listed first on the schedule is the HOME TEAM. If there is a conflict in jersey colors, the HOME TEAM will change colors. All teams must come prepared with proof at registration of alternate jerseys with numbers. The HOME TEAM provides the game ball.
- POINT SYSTEM:** Standings will be determined as follows: 6 points for a win, 3 points for a tie, 1 point for a shutout, and NO points for a loss. Each goal up to 3 goals will count 1 point. The maximum number of points possible per game is 10 points. Example: a 0-0 ties gives each team 4 points (3 for tie, 1 for shutout), a 1-1 tie also gives each team 4 points, (3 for tie, 1 for goal). Forfeits are scored 1-0, the winning team receiving 8 points.
- BREAKING TIES:** If teams are tied for points, standings will be determined in the following order: (a) head to head record, (b) goal differential-max. of 4 per game, (c) team with least goals scored against, (d) team with most goals scored-max. of 4 per games, (e) coin flip. For the playoff games, ties will be broken at the end of regulation play using FIFA penalty kicks.
- AWARDS:** Awards will be given to top places in each bracket and/or division.
- FIFA Rules:** FIFA rules will apply. Tournament officials will decide any situations not covered by either FIFA rules or the rules listed above. That decision is final.
- SUBSTITUTIONS:** Unlimited substitutions are allowed at any stoppage in play.
- SLIDE TACKLING:** Slide tackling will not be allowed and will result in a free kick.
- CHARGING THE GOALKEEPER:** Will not be permitted at any time when player is within his or her own penalty area. This rule applies regardless of whether the goalkeeper has or does not have possession of the ball. No bodily contact with the goalkeeper may be made if it can be avoided. Violation of this rule will be considered dangerous play.
- COACHING:** Coaches of opposing team must remain in 10 foot coaching area that begins 5 feet from the sideline.
- CAUTIONS:** A player receiving a caution (yellow card) may be substituted if the referee has stopped play. A second card to the same player within one game equals a red card. Any player receiving a red card is ejected from the game, will not play in the next game and **two points** will be deducted from the team's points for that game, which may result in the team receiving negative points for that game; additional penalties may also be assessed by the Tournament PAD committee.

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### 2011 SPORTS FOR LIFE! SOCCER PAYMENT SLIP

PAYER \_\_\_\_\_ AMOUNT ENCLOSED \$ \_\_\_\_\_

Check or Money Order (payable to *City of Sacramento*) Check # \_\_\_\_\_

Credit card: Visa \_\_\_\_\_ OR Mastercard \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Authorized signature \_\_\_\_\_

