

FALLSTON CUP TOURNAMENT RULES (UPDATED 11/13/2025)

1. GENERAL RULES

- a. No protests
- b. All decisions made by the referee are final and may not be protested or appealed
- c. The Tournament Committee reserves the right to decide on all matters pertaining to the tournament and all interpretations of the rules are final. Should a team disregard any decision by the Tournament Committee, all remaining games will be forfeited and the team disqualified from the tournament
- d. Under no circumstances will the Tournament Committee, the host club, or governing body be responsible for any expenses (including tournament entry fee) incurred by any team; including situations in which the tournament or any game(s) is canceled in whole or part
- e. If the event is canceled in its entirety, meaning no games have kicked off for the event, refunds will be determined by the Tournament Committee after all tournament expenses are accounted for. If the event is cancelled in part, the Tournament Committee reserves the right to refund teams with a credit towards future events and will be determined at the conclusion of the event
- f. Any team that withdraws from the tournament will forfeit the entry fee in its entirety
- g. First and second place awards will be presented in each division

2. ROSTER CHALLENGES

- a. All roster challenges must be made prior to the start of the game and cannot interfere with games starting on time
- b. Roster challenges must be made by the head coach regarding their scheduled opponent
 - i. This request should be conveyed to the field marshal of the specific field where the game is scheduled to be played
- c. A tournament official or their designate will preside over the roster challenge
- d. The tournament reserves the right to perform the roster challenge before the game begins, at half-time, or immediately at the conclusion of the game
- e. If a challenge is requested, both teams will be checked using the roster uploaded online prior to the start of the tournament
 - i. Proper proof of age for any written-in guest players must be available upon request
- f. Any team found to have a player not on the tournament roster will forfeit the game as a 0-4 defeat
 - i. The Tournament official may offer an option to complete the game without the unapproved player(s) but the result will be recorded as a 0-4 loss to the offending team regardless of the on-field score

3. LAWS OF THE GAME

- a. All games are played in accordance with IFAB Laws of the Game except as specifically modified by the Fallston Cup tournament rules
- b. Semi-Final and Final games, if regulation ends in a tie, will be determined by **Braveheart (Section 6)**
- c. **Heading the ball is NOT ALLOWED for all 7v7 and 9v9 play**
 - i. If a player whose age denotes they should be playing 7v7/9v9 play is playing up to 11v11, the player's coach is responsible to follow US Soccer and FIFA Laws of the Game regarding heading guidelines for the game(s)

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3b. BUILD-OUT LINE & GOALIE PLAY RULES for 7v7 play

- a. The build-out line in 7v7 play is meant to promote playing the ball out of the back
- b. The build-out line in 7v7 play replaces the midfield line for offsidess: An attacking player cannot be offsidess if he/she is on the defensive side of the build-out line
- c. Goal-Kicks (7v7)
 - i. The opposing team shall make an attempt toward the build out line
 - ii. Should the ball be put into play before the opposing team has retreated to the build out line, the ball is live and may be played immediately by either team
 - iii. The ball is live when it is kicked and clearly moves. The ball does not need to exit the penalty area to be played by another player
 - iv. Players may cross the build out line as soon as the ball is live
 - 1. If the opposing team cross the build out line before the ball is played, the goal kick will be retaken
- d. Goalie Play (7v7)
 - i. Punting and drop kicking are NOT allowed
 - 1. An indirect free kick should be awarded to the opposing team from the goal area line closest to the spot of the infraction
 - ii. When the goalie gains possession, the opposing team shall make an attempt toward the build out line

4. GAMEDAY REGULATIONS

- a. Players must wear unique numbers on the back of their uniforms
- b. Players are required to wear shin guards in accordance with IFAB Laws of the Game
- c. All jewelry is forbidden, the referee may allow medical alert aids
- d. **NO HARD CASTS** even if wrapped in bubble wrap, foam, or other soft materials
- e. If uniform colors are similar, the schedule's designated home team will change colors
 - i. Pinnies are allowed for teams without a second jersey
- f. Both teams (players and coaches) will be on the same sideline and all spectators will take the opposite side of the pitch
- g. No one is allowed behind either end line (goal)
- h. Teams are limited to three adults on the player sideline
- i. Game balls are provided by the tournament at the start of the day. If the ball provided is lost or damaged throughout the course of the day, the home team will provide a game ball
- j. Regardless of weather conditions, teams must appear on the field ready to play as scheduled
 - i. Failure to appear within 5 minutes of the scheduled kick off time will result in a 0-4 forfeiture of the game by the offending team
 - ii. Only referees and/or the Tournament Committee can postpone or cancel a match
- k. Any team responsible for the termination of a game will forfeit the game as a 0-4 loss regardless of the recorded score
- l. Length of Games, Ball Size, Heading the Ball
 - i. U8 thru U10, 7v7, 25 minute halves, ball size 4, no heading the ball
 - ii. U11 & U12, 9v9, 25 minute halves, ball size 4, no heading the ball
 - iii. U13 and older, 11 v 11, 25 minute halves, ball size 5, heading the ball is allowed
- m. Minimum player requirements
 - i. Minimum number of players required to start a 7v7 game is (5) players
 - ii. Minimum number of players required to start a 9v9 game is (7) players
 - iii. Minimum number of players required to start an 11v11 game is (9) players
 - iv. Once a game has started, it may not continue with fewer than the stated minimum players
 - v. If a team cannot start or continue due to a team having fewer than the minimum required players, that team shall forfeit the game a 0-4 loss
- n. Game substitutions

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- i. All substitutions must enter the playing field from the midfield line with the permission of the referee. The referee may disallow any request for substitution if, in the referee's judgment, a request is intended to delay the play of the game
- ii. Substitutions may be done at the following stoppages of play during regular game play
 1. Free substitutions by either team at goal kicks, corner kicks, throw-ins, after a goal is scored, prior to the start of the second half
 2. One for one substitution for an injured player
 3. A player receiving a yellow card must be substituted for when the card is presented and that player may not return to the field until that team's next legal substitution
- iii. Substitution rules are different for **Braveheart (Section 6)**

5. DIVISION WINNERS / TIE-BREAKERS

- a. Points are awarded in each division as follows
 - i. (3) points for each win
 - ii. (1) point for each tie
 - iii. (0) points for each loss
- b. Tie-Breaker System after division play
 - i. Head-to-head competition (if there is a 3 or more team tie, proceed to the next tie-breaker)
 - ii. Goal differential (capped at 4 per game)
 - iii. Fewest goals against (capped at 4 per game)
 - iv. Most goals scored (Capped at four per game)
 - v. Most shutouts
 - vi. Penalty Kicks (PK) – IFAB penalty kick procedure
 - 1. A tournament director will reach out to coaches to confirm this process
 - 2. Most PK shootouts occur before the first games on Sunday to ensure both teams are present, but occasionally we can schedule them on Saturday after the last game
 - vii. If a three-way tie cannot be separated by steps 1 – 5 above, then the following procedure will be followed using a two PK shootout format
 - 1. This format will be held Sunday morning
 - 2. The three tied teams' designates will enter a three-way coin flip. If a team designate cannot be present, a tournament official will stand in for that team
 - a. If the coin flip results in three like sides (all heads) then the coins are flipped again
 - b. The team with the different value has a first-round bye and will participate in the second shootout
 - c. The two teams with the same value will participate in the first shootout
 - i. The loser of the first shootout is ranked third of the three teams
 - ii. The winner of that shootout immediately proceeds to a second shootout with the team that had the first-round PK bye
 - d. The second shootout is held between the winner of the first shootout and the team given the first-round bye
 - e. The winner of the second shootout places first and the loser places second
- c. When the tie-breaker system is used, the criteria are followed in order until one team is eliminated and then the criteria starts over again at the top of the tie-breaker system. Rules are repeated until one team remains.
- d. The Fallston Cup uses a different method to determine semi-final and final matches. Please see Section 6 on our "**BRAVEHEART**" rules.

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6. "BRAVEHEART" (SUDDEN DEATH) RULES FOR SEMIFINAL AND FINAL GAMES

- a. Braveheart is a sudden death overtime procedure where the game is decided with the first score ending the game
- b. There is no offsides
- c. There are no goalies
- d. There is no substitution
 - i. An injury would result in the team playing a player down
 - ii. The injured player may return to the field at the next permissible substitution opportunity
 - iii. If the player cannot continue, the team plays a player down for that single period
- e. At the end of regulation time, only players on the field of play are eligible to continue in Braveheart
 - i. All players on the field may not leave the field of play and must report to the center circle
 - ii. One coach may enter the field of play to the center circle to select players to remain on the field
 1. Once the coach makes the selection, all other players must leave the field of play
 - a. Goalies may be selected to play in Braveheart but they must continue as a field player and may not use their hands
 2. Players are selected to be removed from the field as follows:
 - a. 11v11 & 9v9 will remove 4 players
 - b. 7v7 will remove 3 players
 3. If regulation ended with a team playing man-down due red card(s), play will continue in Braveheart format with that team still man-down. *This is why the rule is written as "removing" a certain number of players from the field*
- f. A coin flip is held with the home team calling the flip. The winner of the toss selects which goal to defend
- g. Play begins with a contested drop ball
- h. Each period lasts 5 minutes
 - i. If there is no score at the end of the 5 minutes
 1. All players on the field again may not leave the field
 2. An additional player is removed from each team
 - a. The coach has 30 seconds to designate a player to be removed. If the coach does not do so in the allotted time, the referee may select a player to go off and then play resumes
 - b. Teams that ended the period a player down due to injury in that period do not remove a player for the next period
 - ii. TEAMS SWITCH SIDES FOR EACH NEW PERIOD and begin play with a contested drop ball
- i. Cards given during this overtime are treated like a regular game. Red cards result in the team playing a player down. Yellow cards result in the player leaving the field, only to return at the next appropriate substitution opportunity.
- j. If a penalty kick is awarded, the defending team may place a defender on the goal line in front of the net. This defender may not use their hands.
- k. If no score has been recorded by either team following the 3v3 level of play, each team removes one more player and then play resumes with a drop ball at midfield with 2v2 play until a goal is scored. There is no time limit when the 2v2 level of play is reached. Teams play until someone scores.

7. CONDUCT

- a. NO smoking or vaping is permitted on any tournament grounds
- b. NO pets are permitted on any tournament grounds
- c. NO alcohol is permitted on any tournament grounds or parking areas
- d. NO fire and/or propane devices are permitted on any tournament grounds or parking areas
- e. NO artificial noise makers permitted
- f. Everyone present is expected to conduct themselves within the spirit of the law as well as the Laws of the Game
- g. Harassment of any tournament officials, referees, coaches, players, or spectators before, during, or after a match will not be tolerated and may result in ejection

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- h. The Tournament Committee reserves the right to suspend any players, coach, nonplayer, or team from the tournament for unruly conduct
- i. Additional penalties may be imposed, as deemed fit and necessary by the Tournament Committee
- j. Player ejection due to a red card or accumulating (2) yellow cards in one game
 - i. The minimum penalty for a red carded player is a one game suspension where they will not be permitted to play in the next scheduled game with his or her team.
 - ii. Violent behavior may subject a player to a multi-game suspension or ejection from the tournament at the discretion of the Tournament Committee
 - iii. A player receiving a single yellow card in multiple games will not be subject to a yellow card accumulation penalty
 - iv. A player may serve their suspension at the next game on the team bench provided they are not in uniform
 - v. If a team allows a suspended player to participate in the game he or she should be sitting out, that team will automatically forfeit the game as a 0-4 defeat
- k. **Non-player ejection**
 - i. This section addresses ejection of any individual(s) who may be reasonable construed as being associated with a team such as coaches, bench personnel, managers, relatives, and spectators
 - ii. Referees and tournament officials are empowered to eject non-players from the game location
 - iii. If a non-player is ejected, he or she must leave the field immediately and go to their vehicle
 - iv. The ejected non-player must comply without delay to be out of sight and sound of the field of play
 - v. Failure to comply may result in game termination and the non-player's team forfeiting as a 0-4 defeat
 - 1. Should an ejected non-player refuse to leave the game location immediately or should the non-player leave and return to the game location either during or after the game, the team associated with the ejected non-player will forfeit the game as a 0-4 defeat
 - vi. Should a team's coach be ejected and that team does not have another rostered non-player present, the match shall be terminated and the team without a coach will forfeit the match as 0-4 defeat
 - 1. Spectators and/or parents who are not on the tournament roster will not be permitted to take on the role of the ejected coach
 - vii. The minimum penalty for a non-player ejection is a one game suspension from the next competition game of the same team from which the ejection occurred
 - 1. Coaches of multiple teams will be permitted to coach the other team(s) on the same day without penalty
 - 2. Parents/spectators associated with multiple children will be permitted to attend a different child's match
 - viii. Ejected non-players will not be with the team during the next match. They may not be within sight or sound of the field and may only be at the tournament location in the parking lot, inside their vehicle
 - 1. If an ejected non-player is found to attend that team's next scheduled match, that team will automatically forfeit the game as a 0-4 defeat
 - ix. Violent behavior or repeat ejections may subject a non-player to ejection from the tournament