

NSYSA / REGION 4 REC CUP TOURNAMENT PLAYING RULES

AGE GROUP	FORMAT	HEADING	PUNTING	BUILD OUT LINE	OFFSIDES LINE	MATCH TIME
U9	7 V 7	NO	NO	YES	MIDLINE	25 MIN
U10	7 V 7	NO	NO	YES	MIDLINE	25 MIN
U11	9 V 9	NO	NO	YES	MIDLINE	30 MIN
U12	9 V 9	YES	NO	YES	MIDLINE	30 MIN
U13+	11 V 11	YES	YES	NO	MIDLINE	35 MIN

A) All games will be played under WYS Rules of Competition, WYS Code of Conduct and WYS Judicial and Ethics Policies and Procedures unless stated herein.

B) It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager, club official shall be held primarily accountable for the conduct of spectators for or from their respective teams.

C) At all Recreational Cup matches there is zero tolerance for foul and/or abusive language which includes racial slurs, offensive or insulting language or behaviors directly or indirectly made at or by a player, parent, coach, team manager, match official, a tournament representative or staff before, during or following a match. Violations of this rule in accordance with FIFA laws of the game, will result in a Washington Youth Soccer Disciplinary hearing, in which the determination of the committee will be final.

D) All matches are scored based on a point system. Teams are awarded points based upon:

- 6 points for each Win
- 3 points for each Draw (Tie)
- 0 (zero) points for a loss
- 1 point for each goal scored (up to a maximum of 3 points per game for both teams)
- 1 point for a shutout (holding an opponent scoreless). In the event of a 0-0 tie, both teams will be awarded 4 points.
- Forfeited games will be scored as a 2-0 win to the showing team (a total of 9 points awarded)

E) Tie Breakers / Championship matches **must** have a winner:

1. Head-to-Head competition is the first tie breaker.
2. If tied at the end of bracket matches (in points) or championship matches teams will follow the FIFA Kicks from the Mark (KFTM) procedure. Refer to the KFTM procedure in **Appendix A**.

F) Uniform Color Conflict:

The designated “home team” will be responsible for changing the color of the team uniforms in the event of a color conflict. The “home team” will be the team listed first on the schedule.

G) Ineligible players:

1. Only players listed on an official roster will be permitted to play in the Recreational Cup and those players must meet all requirements as detailed in the Registration sections of the Small-sided and Full-sided Operating Procedures documents from NSYSA;
2. Ineligible players will be reviewed, and the final decision will be made by the Recreational Cup Committee;
3. Any team determined to be using ineligible player(s) will forfeit all its tournament games and be disqualified from participation.

H) Goal Size: USSF, USYS, and WYS recommend a 6-foot by 12-foot to 6-foot 6 inch by 18-foot 6 inch for U10 age groups, a 6-foot 6 inch high by 18-foot 6-inch goal for to a 7 foot by 21-foot goal for U11 and U12 age groups. When possible, these goals should be used and will likely be used during the State Cup semifinals and finals.

I) NO drinks other than water and NO food is allowed on turf fields. NO PETS are allowed on the fields.

J) Heading, Build Out Lines, Punting:

For U9 – U19, the 2025 revised WYS Rules of Competition modifications will be used (see the table at the beginning of the document)

Additional Tournament Rules, Changes, Definitions: Any additional tournament rules, special rules, requirements, procedures, and administrative and organizational information necessary for staging please contact your Region Recreational Cup Representative (reccup@nsysasoccer.org).

Appendix A: Kicks from the Penalty Mark Procedure (KFTM)

Before kicks

1. The referee tosses a coin to choose the goal. The captain who wins the toss chooses to kick first or second.
2. Only players on the field at the end of the match (including extra time) may kick. For a tie-breaker (if teams are invited back to the field): Each head coach selects 6 players from the roster: 5 kickers and 1 keeper.
3. A team with more players than its opponent must reduce to equal numbers. The captain tells the referee the name and number of each excluded player. Excluded players may not kick.
4. The referee ensures equal numbers of players from each team are in the center circle.

During kicks

1. Teams alternate five kicks each. Kicks stop early if one team has scored more than the other team could reach with its remaining kicks.

2. If tied after five kicks each, kicks continue in the same order until one team leads after an equal number of kicks.
3. Each kick is taken by a different player. All eligible players must kick before any player kicks again. (Tie-breaker teams: once all six have kicked, the order repeats.)
4. Only kickers and match officials may be on the field. All other players, except the two goalkeepers, stay in the center circle. The kicker's goalkeeper stands on the goal line where it meets the penalty area boundary.
5. An eligible player may swap places with the goalkeeper at any time.
6. A goalkeeper who is injured and cannot continue may be replaced by a named substitute or a player excluded under step 3. The replaced goalkeeper may not kick.
7. The defending goalkeeper must stay on the goal line, with at least part of one foot on or in line with it, until the ball is kicked. The keeper may move side to side along the line.
8. Unless otherwise stated, the relevant Laws of the Game apply when kicks from the penalty mark are being taken.