

## Midlo Cup 2026 4v4 TOURNAMENT RULES

### General Rules

- 4v4 with NO goalie
- Small-sided field (20yds x 30yds) with a 4'x6' goal and protected goal area known as the 'arc'
- Max roster of 8 players
- Referees are paid by the tournament
- Zero tolerance policy regarding referee abuse

### Rules of the Game

- **Home Team**
  - Listed first on the schedule
  - Must provide game ball
  - Will occupy either the North or West side of the field
- **Game Length**
  - All games (including championships) will be **15-minute halves and a 2-minute halftime**
- **Game Ball**
  - Must be in good condition with adequate amount of air as determined by the referee
    - 6U-8U: Size 3 - 9U-12U: Size 4 - 13U & Older: Size 5
  - Will be provided by the Home team
- **Players**
  - Must meet the age and gender guidelines of the group they are playing in
    - If requested by the tournament, all players must show proof of age. Any government issued ID or school ID is accepted; including birth certificates, school ID, drivers license and military ID.
    - Girls may play in boy divisions, but will not receive "coed" points
  - May play on multiple teams but may only be on one team per division

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- This is not a USYS or AYSO sanctioned tournament - rosters can be made up of any person who wants to play despite teams they currently play on or if they currently play at all. Only players on the roster you create and submit to the tournament will be allowed to play. No guest player forms required.
- Must have at least 3 players on field in order to play (see coed rules).
- **Uniforms**
  - All teams must wear jerseys all of the same color.
  - Home team must change jersey or wear pinnies in the event of a color conflict as designated by the referee
  - Cleats are not required but if worn must not have a toe cleat
  - Jersey numbers are NOT required
- **Adult/High School Coed Teams**
  - Can have any number of female players on the roster but must have at least two female players on the field at all times
  - Female players will be awarded 2 points per goal, male players will be awarded 1 point per goal
    - If a female player kicks the ball into the goal her team is defending (an 'own goal'), the opposing team will be awarded 1 point
- **Substitutions**
  - May take place at any time – “Rolling Subs”
    - Player may only leave the field on the side of their team bench
    - Does not have to notify referee of substitution
    - If more than 4 players for any team are on the field at the same time, the opposing team is awarded a free kick from anywhere on the halfway line.

### Restart of the Ball

- Throw-ins will NOT be used. Players will be awarded a 1 step kick-in from the sideline where the ball went out of play.

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- **3 yards of space is automatic and does not have to be requested.**  
Opposing players may be cautioned for preventing the restart of play by failing to honor the required distance.
- If a player asks for their space, they must wait for the referee's whistle before play begins. If they do not ask for their space, play can begin at the players discretion, but must occur within 6 seconds.
- All corner kicks, goal kicks and free kicks will be 1 step
  - When a goal kick is awarded, the defending team will take the kick from anywhere inside the arc.
- All kicks are direct

### Free Kicks

- All kicks are direct
- All kicks are a 1 step kick
- If a player asks for their space, they must wait for the referee's whistle before play begins. If they do not ask for their space, play can begin at the players discretion, but must occur within 6 seconds.
  - If the infraction occurs less than 1 yard from the goal arc, the opposing team will be allowed to stand on the goal arc
- A free kick will be awarded in the following instances:
  - A foul occurs
  - A player takes more than 6 seconds to restart the ball
  - An offensive player steps into the goal arc of the defensive team
  - More than 4 players are on the field at the same time
    - Taken from anywhere on the halfway line

### Slide Tackling

- Will not be allowed

### Headers

- Allowed for U13 and older only.

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- Intentional heading of the ball for ages U6-U12 will result in a direct free kick for the opposing team

### Scoring Goals During Play

- The ball must be touched from at least the half-line or anywhere on the offensive half of the field to be counted as a goal, therefore, a goal may be scored from kick-off
- A ball kicked from the defensive half of the field which is touched in the offensive half of the field by any player before entering the goal (even as a deflection) will count as a goal.
- All kicks are direct, therefore, a goal may be scored from a kick-in
- During adult/high school coed games, all goals scored by a girl will count as 2 points (except “own-goals” which will be scored as 1 point)

### Goal Arc Area

- Arc will be an 8ft radius around the goal
- If the ball rolls into the goal arc, but does not enter the goal, it becomes a ‘dead ball’ and a goal kick is awarded to the defending team.
- Players may not enter the arc during the game except for a free kick/goal kick
  - If a player on the attacking team enters the goal arc, a free kick is awarded to the defending team from anywhere inside the arc.
  - If a player on the defending team enters the goal arc and interferes with the play of the ball or another player, the attacking team is awarded a goal. This is referee discretion.

### Game Reports

- Will be provided by and brought to each game by the team
- Scores must be uploaded by the winning team (or home team in the event of a tie). Failure to submit the score within 30 minutes after game completion will result in points being docked.

### Tournament Points System

- Teams will be awarded points per game based on the final score as recorded on the game sheet by the referee

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- Win = 6 points
- Draw = 3 points
- Loss = 0 points
- Teams may receive extra points based on the score of each game as recorded on the game sheet by the referee
  - 1 point per goal scored up to 3 points per game
  - 1 point for a shut-out

### Advancing to Championships

- All divisions will have a championship match with the top two teams in each division once all games have been played and all points have been tallied.
- In the event of a tie in teams, the following tie-breakers will be used to determine advancement:
  - Head to head (if more than two teams are tied, this will not be used)
  - Goals allowed (fewest number of goals allowed advances)
  - Goal differential (goals scored minus goals allowed, up to 6 goals allowed per game)
  - Goals scored (most number of goals scored advances, up to 6 goals per game)
  - Golden Goal
    - A 10 minute game will be played. The first team to score a goal will advance. If no goal is scored after 10 minutes, a coin flip will occur with the Home team calling heads or tails.
  - If, after regulation time, the championship game is tied, teams will compete in a best 2 out of 3 “Rock, Paper, Scissors” match.
    - Each team will provide one player to compete head-to-head. There will be no changing of players once the tie-breaker match has begun.