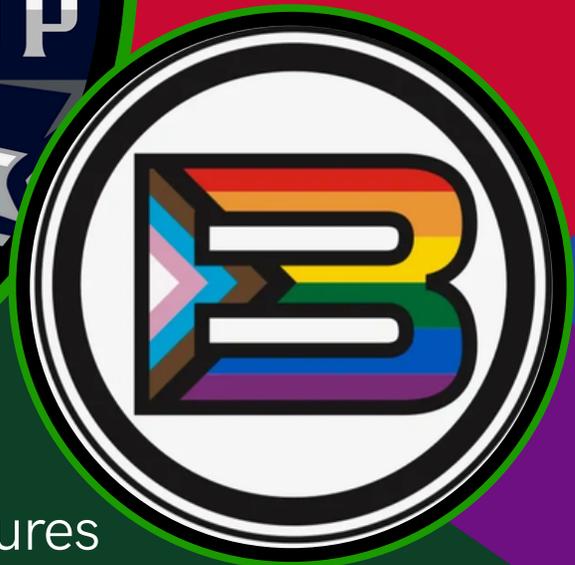




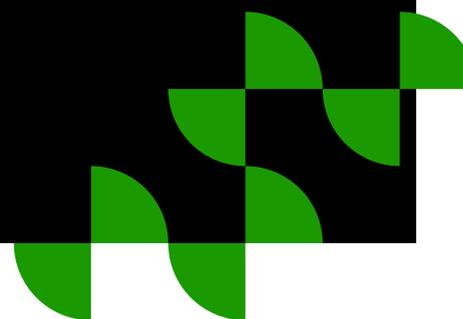
2025

Altitude FC **TOURNAMENT HANDBOOK**



Rules, Schedules, & Procedures

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Our History

Altitude FC (AFC) , is Denver, Colorado's premier LGBTQIA+ soccer club. We are a 501(c)(3) nonprofit organization, registered in the state of Colorado, organized exclusively for charitable and educational purposes to endorse the growth of soccer and facilitate a sense of community for LGBTQIA+ players, spectators, rules officials, volunteers, and supporters; nonprofit partner organizations and other LGBTQIA+ sports clubs; and our friendly allies.

Our Mission

Altitude FC's mission is to endorse the growth of soccer in the greater Denver area, facilitate a sense of community for LGBTQIA+ individuals and allies by providing a venue for the play of soccer, and advance equity and equality for marginalized members of the community on and off the field through education, philanthropy, and normalizing diversity.

BE PART OF SOMETHING

GREAT

Tournament Introduction

Welcome Message

I joined Altitude FC after playing in last year's Mile High Cup, not really knowing anyone - by the end of the day, I felt included, inspired, and energized by the people I'd met and the community I'd found. Over the past year with the club, I've played in several leagues, traveled to an out-of-state tournament, and helped establish a dedicated [FLINTA space](#) within AFC.

I'm excited to be back this year as co-director of the Mile High Cup and to continue supporting the inclusive, welcoming community that makes AFC so special.

We've got a full day of soccer and community ahead! Join us for a Post-Tournament Social at a local Denver LGBTQIA+ venue, where we'll eat, drink, and celebrate our victories - or drown our sorrows!



Tournament Co-Chair
Maddie Sutton

*"SOCCER COMMUNITY
AND COMPETITION - bring
yourself, your energy,
and make the most of
the day on and off the
field"*



Proudly Partnered with Buddies Denver

03

Buddies Denver

504 E. Colfax Ave Denver,
CO 80203

We want to extend our heartfelt gratitude to Buddies Denver for their incredible support in making this tournament possible. Their partnership and generosity embody the true spirit of community — supporting local athletes, fostering connection, and helping create a space where everyone can come together to enjoy the game we love. T

Their continued commitment to inclusion, teamwork, and celebration both on and off the field reflects the same values that drive AFC

By supporting local events like ours, Buddies Denver helps strengthen the bonds that make our community so special.

So after the matches, we encourage players, fans, and friends to stop by Buddies Denver — grab a drink, share some laughs, and experience firsthand the warmth and camaraderie that make them such an essential part of Denver's LGBTQ+ community.

From all of us at AFC, thank you, Buddies Denver, for being part of our family and for continuing to unite our community.



Code of Conduct

All tournament participants and spectators agree to follow and uphold a Code of Conduct Pledge in alignment with the Altitude FC Code of Conduct, as promoted by the organizing organization, Altitude FC.

Code of Conduct Pledge

"I commit to upholding the highest standards of sportsmanship, respect, and fair play, as outlined in the Altitude FC Code of Conduct."



Core Values

Respect should be shown to all individuals involved in the sport, including opponents, teammates, coaches or team captains, referees, fans, and the Board. Sportsmanship is essential—players should win with humility and accept losses with grace. Fair play must always be upheld by adhering to the rules and regulations of the game. Teamwork involves supporting and communicating effectively with teammates to achieve common goals. Integrity is demonstrated through honesty, transparency, and accountability both on and off the field.



Expected Behavior

Players should treat others with respect and kindness at all times. They are expected to listen to and follow the instructions of coaches and team captains. Supporting teammates and encouraging positive behavior fosters a strong and united team environment. Referees' decisions should be respected, and any disagreements should be communicated respectfully through team captains. Adhering to rules and regulations is essential, as is maintaining a positive attitude and composure, even under pressure.



Prohibited Behaviors

Unsportsmanlike conduct, such as arguing, showing dissent, or engaging in verbal abuse, is not tolerated. Acts of discrimination, harassment, or bullying are strictly prohibited. Violence or physical intimidation of any kind is unacceptable. The use of unfair tactics or cheating undermines the integrity of the game and will not be allowed. Additionally, any form of disrespect toward opponents, teammates, coaches or team captains, referees, or the Board is considered a serious violation of conduct expectations.

"I agree to abide by this Code of Conduct and understand that violating it may result in expulsion from the tournament with no reimbursement of fees".

Tournament Venue

The Eddy

05

111 Havana Street,
Aurora, CO, USA.

Operated by the Colorado Rapids Youth Soccer Club, The Eddys features four futsal-sized turf fields, providing excellent playing conditions for competitive matches. For this tournament, two of these turf fields will be used to host the games.

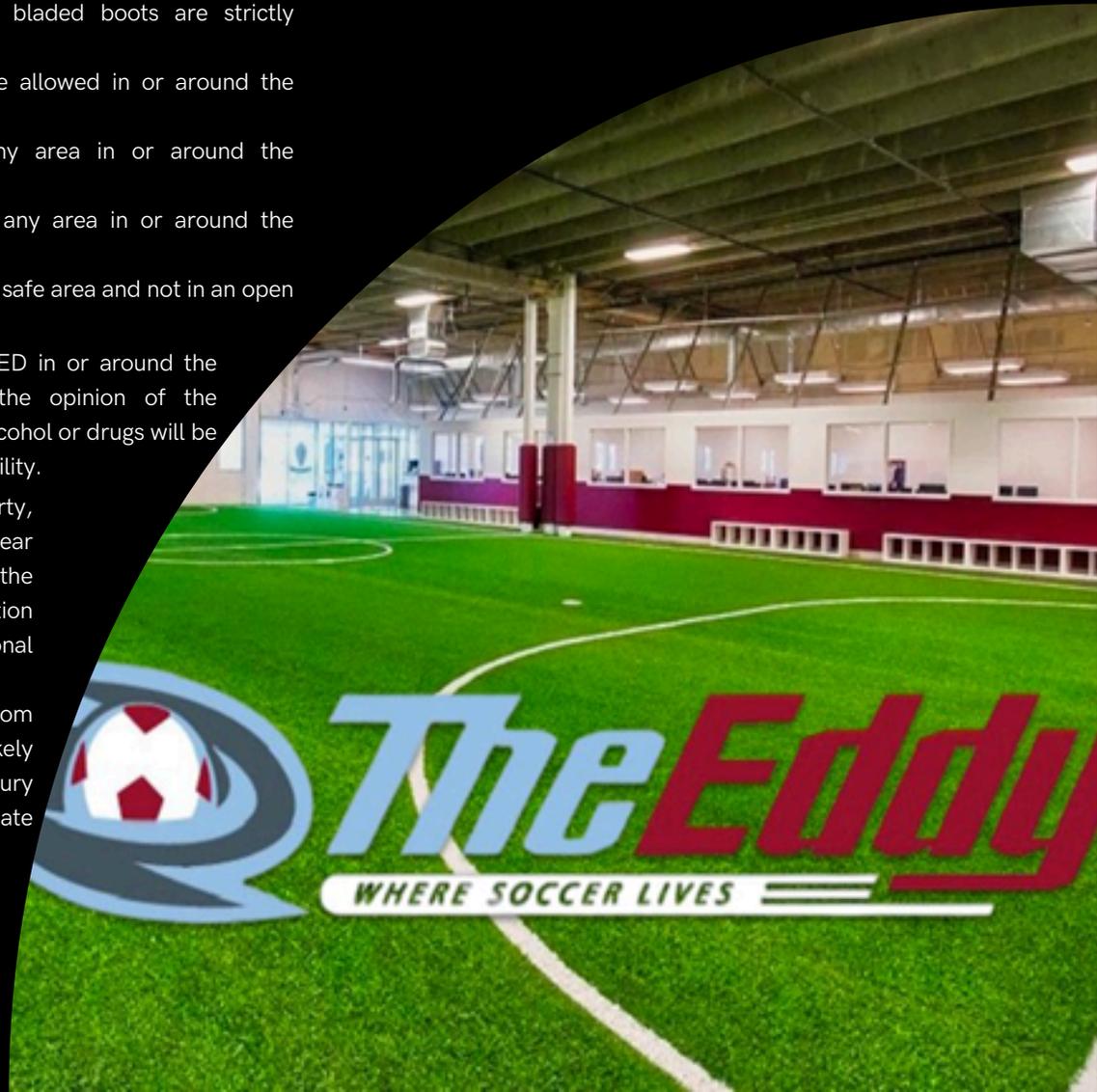
Returning players will recognize the spacious hangout area at The Eddys, which is equipped with chairs, couches, and tables, offering a comfortable space for players, spectators, and fans to relax, socialize, and enjoy the lively tournament atmosphere. Accessible restroom facilities are also available for your convenience.



THE EDDY: Conduct & Conditions

- No items should be taken on to the pitch, except those needed to play the activity for which the facility was booked. Drinks, tracksuit tops etc. should be left at the side in the interests of user safety.
- Footwear must consist of either, soccer shoes, running shoes or molded football cleats. Cogs and bladed boots are strictly prohibited.
- No glass containers or bottles are allowed in or around the facilities/sports hall.
- Smoking is not permitted in any area in or around the facilities/sports hall.
- Chewing gum is not allowed in any area in or around the facilities.
- Money/valuables should be left in a safe area and not in an open area on view at any time.
- Alcohol or drugs are NOT ALLOWED in or around the pitch and no person who is in the opinion of the Management under the influence of alcohol or drugs will be admitted or allowed on or near the facility.
- Any damage done to facilities, property, or equipment, fair wear and tear excepted, must be made good by the individual, group, club or organization responsible for the damage. Additional charges may apply.
- Climbing on the nets, swinging from crossbars and any other behavior likely to lead to damage to the facility or injury is forbidden and will lead to immediate expulsion from the facility.

- Management accepts no responsibility for items lost/stolen on the premises or grounds, or for any loss, damage, or injury occurring in or in the vicinity of the pitch, or for any injuries to persons participating in any activity in or on its facilities.



Tournament Rules



The Game

There are no goalkeepers in this format

- **Field Size:** Approximately 20 yards x 40 yards (indoor, no walls)
 - **Goals:** Approximately 4 feet x 4 feet
 - **Ball:** A size 5 ball will be used during all matches, provided by the tournament.
 - **Game Duration:** Games are 15 minutes long, no halftime
 - **Game Clock:** Will run continuously
 - **Players on the Field:** 5 (no goalkeeper)
 - **Minimum Players Required:** 4 players (games cannot be played with fewer than this)
 - **Team Formation:** Teams will be selected using randomized process to ensure a fair mix of player levels across all teams.
- Field monitors:** Each field will have a field monitor to track time and score. As this is a friendly match, players are expected to demonstrate a level of professionalism and self-referee. Any disagreements regarding the rules (e.g., out of bounds, fouls, etc.) shall be resolved between the team captains. However, the field monitor will have the final say if the captains cannot come to agreement.
- **Player Waiver:** Must be completed and submitted prior to the tournament. Only players listed on the original roster are eligible to participate.



Player Equipment

- **Bandanas-** A bandana will be provided to each player at check-in to indicate their assigned team.
- **Shin Guards:** Shin guards are required for all players on the pitch—because we don't want anybody to end up hurt!
- **Jerseys/Pennies:** The tournament will provide either an AFC jersey or pennies for each team.



Fouls & Free Kicks

- **Offside Rule:** Does not apply in the 5v5 format.
- **Slide Tackling:** NOT ALLOWED and will result in a yellow card. A direct free kick will be awarded to the opposing team. Sliding is permitted to save an uncontested ball from going out of bounds.
- **Kick-ins:** Standard kick-in rules will apply when the ball goes out of play. No throw-ins are allowed. The five (5) second rule also applies for kick-ins.
- **Goal Kick:** Indirect kick; taken from the end line, not the goal box.
- **Corner Kick:** Direct kick taken from the corner arc or corner.
- **Fouls:** All fouls result in indirect kicks, except for corner kicks, sliding tackling, and penalty kicks.

Note- Indirect kicks means it must touch another person before scoring.

Tournament Rules



Goal Scoring

- **Scoring Rule:** A goal may only be scored from a touch (offensive or defensive) within the offensive half of the field where the goal is located. The ball must be completely in that half and cannot be touching the midfield when last touched.
- **Defensive Half Play:** If a player in their defensive half kicks the ball across the midfield and it then hits another player before entering the goal, a goal is awarded.
- **Goal Kick:** If the ball is kicked from the defensive half of the field and is not touched before entering the goal, a goal kick is awarded.



The Goal Box

- **Ball Contact:** No ball contact is allowed within the goal box, including its lines.
- **Goal Awarded:** A goal is awarded if the defensive team touches the ball while any part of the ball is within the goal box.
- **Goal Kick:**
 - A goal kick is awarded if the offensive team touches the ball while any part of the ball is within the goal box.
 - A goal kick is also awarded if the ball stops within the goal box.
- **Player Entry:** Any player may enter or pass through the goal box as long as they do not touch the ball while in the box.



Substitutions

- **On-the-Fly Substitutions:** Teams may substitute players at any time during the game and anywhere in the field.



Misconduct

- **Yellow card:** Any player who receives a yellow card must temporarily leave the field but can return on the next dead ball if their team chooses to allow it. The team may replace the player with another team member during this time.
- **Red card:** Any player who receives a red card will be asked to leave the field immediately, and the team will play a man down for the remainder of the game.
- **Offensive language:** Any offensive language used towards another player will result in ejection from the game (red card).
- **Violent conduct:** Any violent conduct (hitting, pushing, spitting, etc.) toward another player during play, after play, or off the field will result in ejection from the game (red card).



Tournament Rules



Group & Knockout Stage

- **Group Stage:** In the group stage, every team will play each other once. Games can end in a tie. Points are awarded as follows: 3 points for a win, 1 point for a tie, and 0 points for a loss.
- **Progression:** The top teams from each group will progress to the A-side knockout stages, while the last two teams will enter the B-side knockout stages.
- **Tied Games:** For any knockout game (quarter-final, semi-final, or championship) that ends in a tie, the game will proceed directly to penalties. Each team will take 3 penalty kicks.
 - Sudden Death: If the score remains tied after the initial 3 kicks, sudden death will take place.
 - Penalty Location: Penalties will be taken from the center of the midline.
 - Participation Rules: All team members on the roster must kick (unless injured) before any player can take a second shot. Only players on the field at the end of regulation may participate in the penalties
- **Seeding Tie-Breakers**
 - **Two-Team Tie-Breaker**
 1. When two teams from one pool are tied in record following pool play games, ties will be broken as follows:
 - **Head-to-Head Competition:** The team that won the game in head-to-head competition will be the higher seed.
 - **If Tied or No Game Played:** If the game between the two tied teams resulted in a tie or if they did not play each other, proceed to the three-team tie-breaking rules listed below.
 - **Three-Team (or More) Tie-Breaker**
 2. When three or more teams from one pool are tied in record following pool play games, ties will be broken as follows:
 - **Head-to-Head Results:** Evaluate the head-to-head win-loss record among the three tied teams.
 - **Goal Difference:** Calculate the goal difference in head-to-head games among the three or more tied teams.
 - **Goals Against:** Count the goals against in head-to-head games among the tied teams.
 - **Goal Difference in Pool Play:** Assess the goal difference in pool play games for the tied teams.
 - **Goals Against in Pool Play:** Count the goals against in pool play games for the tied teams.
 - **Goal Difference in All Games:** Evaluate the goal difference in all games played for the tied teams.
 - **Fewest Goals Against:** Determine the fewest goals against in all games played for the tied teams.

Note: The Mile Cup Tournament Committee reserves the right to modify the rules at its discretion to ensure the smooth flow of the tournament. The Committee will have final authority on any suspensions, rule discrepancies, or controversial issues that may arise during or after play. In the event of a disagreement among committee members, the committee directors, Madi & Sean, will have the final say.

Tournament Day Schedule



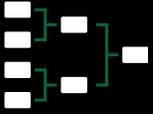
- 8:00 - 8:30 AM: Player Check-in
- 8:30 - 8:55 AM: Team Meet & Greet
- 8:55 - 9:00 AM: Tournament Group Photo
- 9:00 - 11:40 AM: Group Stage Games
- 11:40 - 12:00 PM: Lunch Break & Team Photos
- 12:00 - 12:25 PM: Quarterfinal Games
- 12:25 - 12:45 PM: Semifinal Games
- 12:45 - 1:10 PM: 3rd Place Game
- 1:10 - 1:30 PM: Championship Game

Please note that the schedule below is tentative and will change. Please check back for final confirmations as the tournament approaches.

Note that schedules may be adjusted throughout the day to ensure a smooth flow of the tournament. Please check the board for updates on scores, seedings, and any changes.



GROUP STAGE



Group Stage Structure

In the group stage, everyone will play each team once. The group stage will determine placements for the playoffs.

Teams will earn 3 points for a win, 1 point for a tie, and 0 points for a loss.

Note that schedules may be adjusted throughout the day to ensure a smooth flow of the tournament.

Field A		
Time	Home	Away
9:00	Blue Team	Red Team
9:20	Orange Team	Black Team
9:40	Red Team	Orange Team
10:00	Blue Team	Green Team
10:20	Purple Team	Orange Team
10:40	Blue Team	Orange Team
11:00	Blue Team	Black Team
11:20	Green Team	Orange Team

Field B		
Time	Home	Away
9:00	Purple Team	Green Team
9:20	Blue Team	Purple Team
9:40	Green Team	Black Team
10:00	Red Team	Black Team
10:20	Red Team	Green Team
10:40	Purple Team	Black Team
11:00	Red Team	Purple Team

Please note that the group stage schedule is tentative and will be adjusted as the tournament gets closer. CHECK BACK!!



Altitude
FC



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