



North Rockland Soccer Association

Father's Day Cup 2026

Rules & Regulations

FIFA/USYSA rules apply unless amended below

- All teams must upload the following documentation, in PDF format, through GotSport.
 - Signed copy of these rules
 - Tournament Roster (must include at minimum players name and uniform number)
 - Player ID/Proof of Birth - (must include players name, photo, player ID number, and birth date)
 - League approved rosters that have all required information (uniform number, photo, ID number, and birth date) can be used to satisfy both the Roster and Player ID requirements.
- Coaches/managers are responsible for uploading all documentation into GotSport for all players that are participating in the Tournament. Players that do not have proper documentation uploaded are ineligible to participate. Teams that field ineligible players during a game will forfeit that game and will not be eligible for awards.
- Coaches/managers must have a valid medical release form for all players in their possession throughout the duration of the tournament, and must be able to provide Medical Waiver forms on request.
- It is the responsibility of the coach to confirm the score with the referee at the end of the game to ensure that the game score is recorded correctly. All scores submitted on the Match Card are final.
- Goal Differential Rule.**
 - Teams are not allowed to finish a game with a goal differential greater than 7 goals.
 - Any game that ends in more than a 5 goal differential will be recorded as a 5 goal differential from the losing teams score.(ie. 6-0 becomes 5-0, 8-2 becomes 7-2, 9-1 becomes 6-1, etc)
- Forfeits will be scored as a 1-0 win. Any team that forfeits for any reason will be ineligible for any awards. Any team intentionally walking off the field or intentionally not fulfilling its schedule commitments will be disqualified for the remainder of the tournament. Tournament fees will not be refunded for forfeits.
- Division rankings are determined by points, (3 points for a win and 1 point for a draw). Tie breaking will be as follows:

1 - Head to head win	4 - Most shutouts
2 - Most wins	5 - Larger goal differential (goals scored – goals against)
3 - Fewest goals against	6 - Shootout following Rule 18
- The duration of the game shall be 50 minutes. Game start times are firm--no grace periods. Tournament Chairperson may amend kickoff times due to extenuating circumstances.
 - The start and end of the games, including half time, will be signaled by a horn.
 - There will be a 3-minute halftime signaled by a horn at the 25-minute mark, at which time the teams will switch ends.
 - Teams must be ready to play when the horn blows to start the game or half. Coaches are responsible for having their team ready. Teams not ready to start will be guilty of Delay of Game which will result in disciplinary action.
 - THERE WILL BE NO STOPPAGE TIME ADDED FOR ANY REASON (except due to extenuating circumstances as determined by Field Marshall). At the sound of the horn the game is over regardless of the current state of play.
- Game format is as follows:
 - U9 and U10 will play 7v7, will use a single referee, and will use a size 4 ball. (No heading for U9 and U10)
 - U11 and U12 will play 9v9, will use a single referee, and will use a size 4 ball. (No heading for U11)
 - U13 and above will use the 3-referee format with center referee and two assistant referees and will use a size 5 ball.
- A player or coach that is red carded from a game or ejected from the tournament grounds may not participate further in the tournament and no refund will be offered. The State Association will be notified. A player or coach receiving a third yellow card will also be banned from participating further in the tournament.
- Substitutions may be made at any stoppage of play, but only with the permission of the referee. Players are to be at the halfway line prior to the stoppage to be able to enter the field of play.

Initial

Date

12. The home team is listed first and for any match will change uniform colors when the referee determines uniforms are too similar. During a playoff match, the team with the higher standings shall have a choice of which shirt to wear.
13. Players, coaches, managers and supporters are expected to conduct themselves within the spirit of sportsmanship at all times. Those failing to meet acceptable standards will be ejected from the grounds.
14. Players, Rosters and Uniform Numbers
 - U9, U10 divisions maximum roster size is 14. U11 and U12 divisions maximum roster size 16. U13 and older divisions maximum roster size 18. A maximum of 3 guest players are allowed per team, cards, rosters, and other documentation must be uploaded/updated to GotSport prior to the start of the tournament.
 - A player cannot play for more than one team within the same division in the tournament.
 - Players uniform number must match the official Tournament Roster provided by each team at check-in. Any uniform number changes must be approved by the Tournament Chairperson prior to the start of any games in which the number change will be in effect.
 - Players determined to be in violation of this rule will be ejected from the remainder of the tournament, along with the team's coach. No refund will be provided.
15. Schedules will be posted on the GotSport website the weekend before the tournament. Coaches are responsible for monitoring on-line schedules to ensure they have the latest and up to date schedule. Email notification will be sent through GotSport in the event of schedule changes.
16. All games will be played rain or shine. Games will only be canceled/postponed in the event of lightning, thunder or extreme weather, as determined by the Field Marshall. Cancellations will be posted on the NRSA website, and emails will be sent through the GotSport platform.
17. In case of a tie at the end of regulation in a playoff game, or under Rule 6, the following Shoot-out format will be used
 - Shooting roster must be presented to the referee in order with players' jersey numbers listed. – only those players on the field at the end of the game
 - Best of five wins, if even after five shooters, go to 1 vs. 1 until there is a winner.
 - Each team must go through all players that were on the field at the end of the game (everyone must shoot once) before returning to the beginning of the roster. Teams cannot change up the shooting order once submitted. If a player was red carded, therefore uneven numbers the opposing team must use the same number of shooters.
18. Teams are to be located on opposite sides of the field from the spectators and on opposite sides of the halfway line. Spectators may not sit on the same side as the teams and must remain at least 6 ft back from the touchline. (Subject to change based on current State and Local health guidelines)
19. No jewelry is to be worn by any player taking part of the games. No hard cast or bracing of any kind.
20. Pets, alcoholic beverages and the smoking of tobacco products and vaping are strictly prohibited from the grounds. No open flames, charcoal, barbeque or grilling of any kind will be allowed--violators will be ejected from the grounds and may not be allowed to attend future events. No solicitations from unregistered vendors will be allowed.
21. Tents are permitted and encouraged. Tents must be located around the perimeter of the complex, and may not be between fields. (Except in cases where a tent is temporarily placed to cover the team bench during a game due to weather conditions). Tents may not be placed in front of the Clubhouse and patio area. All tents **must** be firmly staked and secured to the ground. Please consolidate all trash and clean up after your team. Air horns are strictly prohibited.
22. The NRSA reserves the right to merge age groups or brackets for scheduling, but will not merge teams from different formats (7v7, 9v9, 11v11) without coaches consent.
23. Awards will not be distributed until all scores have been verified, confirmed and entered for the division and flight. Teams must send one adult representative to the Score Table to pick up awards.
24. Certification - I have read, understand and accept the Tournament Rules as stated above. I also certify that I have explained the Tournament Rules to all players and spectators and they understand and accept the rules as stated above.

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Team Name

Age Group

Print Name

Signature

Date