



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) 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 championship matches teams will follow the FIFA Kicks from the Mark (KFTM) procedure. Refer below to the KFTM procedure in **Appendix A** for reference.

. 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) 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.

F) Ineligible players:

1. Only players listed on an official NSYSA 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 using ineligible player(s) will forfeit all its tournament games and be disqualified from participation.

G) 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.

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

I) 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 Recreation Cup Representative (Rob Ayer reccup@nsysasoccer.org).

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

- a) The referee chooses the goal at which the kicks will be taken.
- b) The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.
- c) Subject to the conditions explained below, both teams take five kicks. The kicks are taken alternately by the teams.
- d) If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
- e) If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks.
- f) A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute.
- g) With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are eligible to take kicks from the penalty mark. If kicks from the penalty mark **are being used as a tie breaker**, where one or both teams are invited back to the field, the head coach from each team will pick any 6 players from their roster - 5 kickers and 1 keeper.
- h) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- i) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- j) Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken.

- k) All players, except the player taking the kick and the two goalkeepers, must remain within the center circle.
- l) The goalkeeper who is the teammate of the kicker must remain on the field of play, outside the penalty area in which the kicks are being taken, on the goal line where it meets the penalty area boundary line.
- m) Unless otherwise stated, the relevant Laws of the Game apply when kicks from the penalty mark are being taken.
- n) If, at the end of the match and before kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its number to equate with that of its opponents and the team captain must inform the referee of the name and number of each player excluded. Any player thus excluded may not participate in kicks from the penalty mark.
- o) Before the start of kicks from the penalty mark, the referee must ensure that an equal number of players from each team remain within the center circle, and they shall take the kick.
- p) Reminder: The goal keeper defending the goal must keep one foot on the touch line until the kick is made. The keeper may move side-to-side on the goal line before the kick.