



## FSCI AUGUST FRIENDLIES RULES – 2025

Tournament Headquarters will be located at Patriot Park in Fredericksburg VA  
Tournament Director: [tournaments@fredsoccer.org](mailto:tournaments@fredsoccer.org)

### SECTION 1 - REGISTRATION INFORMATION

Below are the registration requirements for the tournament. A team must submit all documentation two weeks prior to the start date of the tournament unless otherwise approved by the tournament director. The coach must have all documentation listed below and the tournament approved roster before, during, and after the game.

1. **Documentation:** Each team must submit the following documents and have approval from the tournament director prior to participation.
  - a. Approved official roster from a USSF sanctioned organization such as US Club Soccer, US Youth Soccer affiliated state association, etc.
  - b. Player Passes for the 2025-2026 soccer year
  - c. Permission to travel forms (applicable only to US Youth Soccer teams outside of Region 1).
  - d. Guest Player Forms (applicable only if you have a guest player from another club)
  - e. Medical release form for each player

Instructions on how to upload these documents are available on the TEAM CHECK-IN webpage on the tournament website. All uploaded files must be in PDF format. Documents uploaded in other formats will not be accepted.

2. **Guest Players:** The roster must include all guest players. Cross out any non-participating player on the roster. To add a guest player to the roster, write the following guest player information below the existing players on the roster.
  - a. Full Name
  - b. Date of Birth
  - c. Player ID number
  - d. Uniform number
  - e. Sex
3. **Non-US Youth Soccer Member Teams:** Teams that are members of organizations of the United States Soccer Federation but not members of US Youth Soccer (such as US Club Soccer, AYSO or SAY) do not submit a US Youth Soccer "permission to travel form".
4. **Consistency:** All player passes and the roster must associate with the same sanctioning organization. For example, if US Youth Soccer sanctions the team roster, then all players on the team roster including guest players must have US Youth Soccer player passes. If US Club Soccer sanctions a team roster, then all players on the team roster including

guest players must have US Club Soccer player passes. A player may not guest play on a US Youth Soccer roster with a US Club Soccer player pass and vice versa since they are different sanctioning organizations.

5. **Hotel Services:** This is a STAY TO PLAY tournament. A team outside a 70-mile radius from our office or a team looking for a hotel must book hotel reservations through the tournament’s hotel services provider as a requirement to participate in our tournament. If a team does not comply with this mandate, the team will be removed from the tournament with no refund. For hotel reservations, please visit the hotel webpage within the tournament section of our website. Our office is located at 218 Industrial Drive Suite 104, Fredericksburg VA 22408 and serves as the center point of the radius.
6. **Registration Fees:** A team must pay the registration fee by the registration deadline to participate in the tournament pending application approval. A late application will be put on a wait list for review. A team will not be placed on the schedule without payment.
7. **Region 1 Policy Regarding Application To Host A Tournament:** Region I has established the following policy concerning permission to travel when attending US Youth Soccer sanctioned tournaments in Region I. The purpose of this policy is to make it as simple as possible for the US Youth Soccer Region I teams to travel to tournaments within Region I.

The new policy states that any US Youth Soccer State Association teams within Region I that is accepted into a tournament in Region 1 do not need permission to travel papers. Permission to Travel is not required in friendly games within Region 1.

National State Associations in Region I:

- Connecticut Jr Soccer Assn
- Delaware Youth Soccer Assn
- Eastern New York Youth Soccer Assn
- Eastern Pennsylvania Youth Soccer Assn
- Soccer Maine
- Maryland Youth Soccer Assn
- Massachusetts Youth Soccer Assn
- New Hampshire Soccer Assn
- New Jersey Youth Soccer Assn
- New York State West Youth Soccer Assn
- Pennsylvania West State Soccer Assn
- Soccer Rhode Island
- Vermont Soccer Assn
- Virginia Youth Soccer Assn
- West Virginia Soccer Assn

8. **Age Groups:** A team must be in good standing with their sanctioning organization. The event will feature the age groups listed below for the 2025-2026 soccer year:

Age Group	2025-2026 Soccer Year
U9	Players born 1/1/17 and younger
U10	Players born 1/1/16 and younger
U11	Players born 1/1/15 and younger
U12	Players born 1/1/14 and younger
U13	Players born 1/1/13 and younger
U14	Players born 1/1/12 and younger
U15	Players born 1/1/11 and younger
U16	Players born 1/1/10 and younger
U17	Players born 1/1/09 and younger

U18	Players born 1/1/08 and younger
U19	Players born 1/1/07 and younger

9. **Roster Sizes:** Below is the maximum roster size, the number of players that can participate in a game, and the maximum number of guest players allowed.

Age Group	Maximum Roster Size	Max Players that can participate in a game	Max Guest Players
U9	14	14	7
U10	14	14	7
U11	16	16	8
U12	16	16	8
U13	22	22	11
U14	22	22	11
U15	22	22	11
U16	22	22	11
U17	22	22	11
U18	22	22	11
U19	22	22	11

## SECTION 2 - MODIFICATIONS TO THE LAWS OF THE GAME

The tournament will follow FIFA's Laws of the Game with the following modifications below.

1. **Ball Size:** Below is the size of the ball for each age group.

Age Group	Ball Size
U9-U12	4
U13-U19	5

2. **Game Duration and Playing Format:** There shall be no halftime. There shall be no stoppage time. The maximum length of each game and playing format for each age group are as follows:

Age Group	Game Length	Playing Format
U9	30	7v7
U10	30	7v7
U11	30	9v9
U12	30	9v9
U13	35	11v11
U14	35	11v11
U15	40	11v11
U16	40	11v11
U17	40	11v11
U18	40	11v11
U19	40	11v11

3. **Game Duration – Weather:** If the heat index exceeds 86 degrees or the Air Quality Index is between 100-150, then a 2-minute rest break must occur midway through the half. The clock will not stop for rest breaks. The tournament director reserves the right to increase the rest break period, add additional rest break periods, increase the length of halftime, or shorten the length of a game.

4. **Substitutions:** Substitutions are unlimited and can occur at any stoppage. The substitute player shall inform the referee at the midfield line that they wish to enter the game. The substitute enters the field upon referee permission.
5. **Goal Size:** The following goal size shall be used:

Age Group	Goal Size
U9-U12	6x18 or 7x21
U13-U19	8x24

6. **Player's Equipment:** The following requirements apply to all players.
  - A player must wear shin guards.
  - A player cannot wear metal-rimmed glasses.
  - Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass must be covered on all exterior surfaces with no less than ½ inch thick, high-density polyurethane, or an alternate material of the same thickness and similar physical properties to protect the injury.
  - A medical release signed by a licensed physician for a player that uses a cast, splint, or body brace in a game must be provided to the tournament director prior to the game.
7. **Coin Toss:** There shall be no coin toss. The designated home team on the schedule shall kick off to start the match. The designated away team on the schedule shall choose which half of the field to defend.
8. **Heading Rule for U9, U10, and U11 Age Groups:** Play stops when the ball strikes a player in the head. The proper restart depends on whether the player deliberately played the ball with their head.
  - If deliberate, the proper restart is an indirect free kick to the opposing team.
  - If deliberate and within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
  - If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.
  - This rule also applies when there is a combined U11 and U12 bracket.
9. **Build Out Rules for U9 and U10 Age Groups:** The build out line promotes playing the ball out of the back in a less pressured setting.
  - The Build-Out Line is a line extending from touchline to touchline halfway between the penalty area and the center line.
  - Where a physical line is not present, the referee may mark the line with appropriate soft cones, pennies, or other markings placed off the field.
  - When the goalkeeper has the ball in hand or a team has been awarded a goal kick, the team not in possession of the ball shall retreat behind the Build-Out Line until the ball is put back in play. The team in possession of the ball is not required to wait until the opposing team retreats behind the Build-Out Line.
  - A player on the team not in possession of the ball shall not be deemed to be in an offside position if such player has not crossed the Build-Out Line at the time the ball is played.
  - There are no punts or drop kicks by the goalkeeper. If the goalkeeper punts or drop kicks the ball, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the nearest point to where the offense occurred.

### SECTION 3 – COMPETITION FORMAT

1. **No Standings:** This friendlies event will not record scores or maintain standings.

2. **Eligibility:** The tournament director or tournament director's designee is the sole authority to determine the eligibility of a team, player, coach, manager, or team representative participating in the tournament.
  - a. The tournament director or tournament director's designee reserves the right to check the tournament approved roster and player passes against the participating players on the field at any time during, before, or after each game.
  - b. A player shall not participate in the tournament without a player pass or play on more than 1 team.
  - c. At the discretion of the tournament director, a team can use a maximum of 2 overage players under the following procedure.
    - i. The overage player is declared 60 days in advance of the tournament.
    - ii. A club director provides proof that the overage player will not provide a materially competitive advantage to the team.
    - iii. A club director provides proof that the overage player serves a development purpose.
    - iv. If approved, the tournament director shall provide signed approval in writing.
    - v. The tournament director reserves the right to revoke the overage player approval at any time.
3. **Home Team:** When the schedule lists a team first, the team carries the "home team" designation. The home team is responsible for the following:
  - a. Change jerseys when the referee determines a color conflict to exist.
  - b. Supply the game ball for the match.
4. **Team Sideline:** Both teams must sit on the designated "team side" of the field. The tournament only allows an individual to be on the "team side" of the field if that individual holds a player pass, holds a coach pass, or is a tournament official.
5. **Eligibility:** The tournament director is the sole authority to determine the eligibility of a team, player, coach, manager, or team representative participating in the tournament.
  - a. The tournament director or designee reserves the right to check the tournament approved roster and player passes against the participating players on the field at any time during, before, or after each game.
  - b. A player shall not participate in the tournament without a player pass or play on more than 1 team.
  - c. If there is a safety issue as determined by the tournament director, the tournament director can remove the eligibility of a team, coach, or player from any further participation in the tournament.
  - d. At the discretion of the tournament director, a team can use a maximum of 2 overage players under the following procedure.
    - i. The overage player is declared 60 days in advance of the tournament.
    - ii. A club director provides proof that the overage player will not provide a materially competitive advantage to the team.
    - iii. A club director provides proof that the overage player serves a development purpose.
    - iv. If approved, the tournament director shall provide signed approval in writing.
    - v. The tournament director reserves the right to revoke the overage player approval at any time.
6. **Forfeit:** The tournament director is the sole authority to declare a forfeit. A team that forfeits will have their score reported as a 3-0 loss. A team that forfeits a game is not be eligible to win the tournament, advance in a semifinal game, or participate in the penalty kicks tiebreaker. A forfeit shall occur in the following situations.
  - a. A team without a minimum number of eligible players at the scheduled game time plus any grace period provided at the discretion of the tournament director. The clock starts at the scheduled start of the game. Any grace period does not stop the clock from running at the scheduled start time of the game.
    - i. 11v11 age groups = minimum of 7 eligible players
    - ii. 9v9 age groups = minimum of 6 eligible players
    - iii. 7v7 age groups = minimum of 5 eligible players
  - b. A team that uses an ineligible player or coach which can include but is not limited to the following
    - i. A team uses a player that received a red card in the previous game.

- ii. A team uses a player without a player pass.
    - iii. A team uses a player not on the tournament approved roster.
    - iv. A coach that coaches a game that received a red card in the previous game
  - c. Behavior issues outlined in the next section.
7. **Behavior Towards Referee:** Harassment, physical abuse, or verbal abuse of a referee by coaches, parents, spectators, or players will not be tolerated. The following procedure will be in use at games.
- a. If harassment, physical abuse, or verbal abuse occurs, the referee shall stop the match and instruct the coach of each team to direct their parents, spectators, coaches, or players to cease the behavior.
  - b. If the game is stopped, the clock continues to run.
  - c. If a safety issue continues to exist, the referee can terminate the game.
  - d. When there is a game termination, the referees shall report to the tournament director specifics pertaining to the cause of the termination and anyone that specifically instigated the abuse within 1 hour of the game termination.
  - e. When the tournament director determines that a parent, player, coach or other representative of a team instigated the abuse that led to the game termination, the team that instigated the abuse shall forfeit the match. If both teams instigated the abuse that led to termination of the match, both teams shall forfeit the match.
8. **Send-offs:** If a player receives a red card or two yellow cards during a match, that player will sit out the rest of that match and their next match. A coach sent off during a match must leave the field immediately and must remain at least 100 yards away from the field for the rest of the current match and the team's next match. The tournament director reserves the right to ban a player or coach from the entire tournament.
9. **Protest:** There will be no protests. All officiating decisions are final.

## SECTION 4 – DISCLAIMERS

1. **PROHIBITED** - No alcoholic beverages or propane grills are allowed at any of the game sites.
2. **SCHEDULING** – A team must be available to play at any time during the day of the tournament.
  - a. A team can submit a schedule request no later than 45 days prior to the tournament start date for the tournament director's consideration.
  - b. The tournament director will deconflict schedules for a coach that operates at most 2 teams during the opening round games provided that the coach informs us 45 days prior to the tournament start date. We cannot guarantee that the tournament will deconflict schedules for a championship game, semifinal game, or penalty kick shootout.
  - c. Requests to schedule games at specific game times or certain parts of the day will not be considered.
  - d. The tournament reserves the right to combine age groups for this event as deemed appropriate.
3. **SCHEDULE MODIFICATIONS** - Schedule is subject to change due to inclement weather, field closure, or unforeseen circumstances. The Tournament Director reserves the right to make the following changes:
  - Relocate and/or reschedule a match.
  - Change the division structure.
  - Reduce the game length of a match.
  - Cancel the match.
4. **TEAM WITHDRAWAL** - All team withdrawals must be done in writing. An email is ok.
  - Teams that withdraw prior to being accepted will receive the full amount back.
  - Teams that withdraw after being accepted will not receive any money back.

5. **COMMUNICATION** – Communication will be via email, the tournament website, and our twitter/X account. It is the responsibility of each coach, team manager, parent, and player to check all communication platforms often. The team manager and coach must ensure that all contact information is correct on the registration form.
6. **INCLEMENT WEATHER AND SAFETY** – A team must appear on the field ready to play as scheduled unless stated otherwise by the tournament director. Failure to appear will result in a possible forfeit.
7. **SAFE CONDITIONS** - The tournament director or referee may terminate a match due to unsafe conditions. If there is a game termination, the game score will stand regardless of whether it is the first half or second half unless there is an eligibility issue or behavior towards referee issue as outlined above. The game will not be replayed, restarted, or rescheduled.
8. **CANCELLATIONS** – Every effort will be made to play the tournament. Cancellation can occur in whole or in part if the field owner closes the fields, inclement weather, or the fields have been deemed unplayable. The tournament has no control over the weather or control over the field owner.
9. **FULL RESPONSIBILITY BY THE COACH** – The head coach is fully responsibly for knowing the eligibility of each player that participates in a game and compliance with all the rules.
10. **REFUND POLICY - IF THIS EVENT IS CANCELLED, THERE WILL BE NO FULL REFUNDS. WE WILL PROVIDE EITHER A PARTIAL REFUND OR A DISCOUNT ON THE REGISTRATION FEE OF ANOTHER FSCI TOURNAMENT EVENT OCCURING WITHIN A YEAR.**

**THE AMOUNT OF THE REFUND OR DISCOUNT WILL BE DETERMINED AFTER EVENT EXPENSES ARE CALCULATED. A DECISION WILL BE MADE WITHIN 2 WEEKS AFTER THE EVENT.**

**ONCE YOUR TEAM IS ACCEPTED, WE IMMEDIATELY MAKE PAYMENTS ON A VARIETY OF SUNK COST ITEMS. THIS INCLUDES FIELD RENTAL COSTS, FIELD PREPARATION COSTS, REFEREES, REFEREE ASSIGNING SERVICES, EQUIPMENT, AWARDS, AND OTHER EVENT MANAGEMENT COSTS. THESE SUNK COSTS CAN NOT BE RECOVERED EVEN IF THE EVENT IS CANCELLED. THIS IS WHY WE ARE UP FRONT WITH EVERYONE ON THIS DISCLAIMER.**