

## **RULES AND REGULATIONS FOR CITADEL CHALLENGE CUP TOURNAMENT**

### **1) INTRODUCTION**

- a) This tournament is held annually and is sanctioned by Soccer Nova Scotia.
- b) The format of the tournament shall be as designated by the Citadel Women's 7 aside Soccer League.

### **2) PLAYER/TEAM ELIGIBILITY**

- a) This tournament shall be open to players/teams playing in the Citadel Women's 7 aside Soccer League for the current Summer Season and registered with Soccer Nova Scotia in the Women's 35 & over division.
- b) A player must play on the team they are registered with for the current Summer Season, except as per use of guest players (2c below)
- c) Use of guest players.
  - i. A team, having a minimum of 7 of their own players available, may enter the tournament and add guest players to increase their roster.
  - ii. Teams may add up to 5 guest players to a maximum of 15 players on their roster for the tournament.
  - iii. Guest players must be registered on a Citadel 7 aside soccer league team which is not entering the tournament or Provincials.
  - iv. 45+ teams may add league players who are 35+.
  - v. Guest players are bound to one team only. They will be added to that team's game sheet for the weekend and may participate in one or all of the team's games.

### **3) LOCATION OF TOURNAMENT**

Mainland Commons and/or any other HRM field as may be required. (Directions will be given for other fields if required).

### **4) DURATION OF GAMES**

2 halves of 30 min each and a 5-minute 1/2 time.

### **5) RULES OF PLAY**

**FIFA Laws of the Game apply to Women's 7 aside with the following modifications:**

- a) **Field of Play:** The field of play shall be no less than half of a minimum regulation sized field. Field markings may be reduced proportionally. Goals 6 yards wide and 6 feet high if possible
- b) **Players:** not more than 7 players on the field. A match may not start if either team consists of fewer than 5 players.
- c) **Substitutions:** unlimited, on any stoppage of play, at the discretion of the referee.
- d) **Duration of Match:** usually 60 minutes including a 5 minute 1/2 time.
- e) **The Start and Restart of Play:** opponents shall be 6 yards from the ball.
- f) **Offside:** there is no offside
- g) **Fouls And Misconducts:** If a player slides on the ground within playing distance of another player in an attempt to play the ball, an **indirect free kick** is awarded to the opposing team.

## 6) GAME SHEETS

Game sheets MUST be completed electronically and submitted at 1/2 time.

## 7) TOURNAMENT FORMAT

- a) All teams will play in a pool/s as formed by the Organizing Committee. The # of pools and teams per pool, will be determined by the final # of teams participating in the tournament.
- b) Round Robin Format.
- c) Three (3) points shall be awarded for a win and one (1) point for a draw. If two or more teams amass an equal number of points the following formula will be used to determine the final standing. Forfeited games will be considered 3-0. Game sheets **MUST** be completed and given to the Referee at ½ time.

1. ***Previous Match Results***

The team with the best record in games involving only the tied teams shall be awarded the higher standing (not applicable if three (3) or more tied)

2. ***Goals Difference***

The team with the best goal difference (total goals for minus the total goals against) shall be awarded the higher standing. A maximum difference of (5) goals shall be awarded in each game.

3. ***Least Goals Against***

The team having the fewest goals against shall be awarded the higher standing.

4. ***Goals For***

The team having the most scored the most goals shall be awarded the higher standing.

5. ***Penalty Kicks***

If two or more teams are stilled under criteria (1)-(4), then the higher standings shall be decided by kicks from the penalty spot.

**6. In a three-team round-robin, the third game should be played to a decision if the team not participating in that game has six or zero points.**

## 8) RED & YELLOW CARDS

Yellow card - 2 cards result in a one game suspension

Red card – 1 card will result in a one game suspension -2 cards will result in the suspension from the tournament. All tournament discipline is at the discretion of the Tournament organizing committee

## 9) TEAM COLOURS

Where home team colors are similar to or identical with colors of the visiting team, the visiting team (listed 2<sup>nd</sup> on the schedule) must change into colors distinct from the home team. Pinnies are suitable.

## 10) OFFICIALS

There will be 1 Referee for each game.

## 11) LEG BRACES

Permission to use leg braces will be at the discretion of the official. Players are encouraged to ensure that the brace is properly wrapped prior to the inspection by the referee.

## 12) AWARDS

1<sup>st</sup> and 2<sup>nd</sup> place awards will be awarded

### **13) SPORTS THERAPY**

Sports Therapy Trainers will be present during the games.