



Lakeland Cup Tournament Rules

Indoor & Outdoor

(Should a situation arise that is not covered by these rules, the most current ASA youth competition rule book will be used)

(April 7, 2026)

1. Code of Conduct:

- Members have an obligation not only to abide by the By-Laws and Rules and Regulations of the Association, but also to act in a manner that displays their commitment to the principles and intent of the By-Laws and Rules and Regulations.
- Members shall at all times exhibit behavior that maintains the Association's reputation and shall at no time harm or hinder the Association or its ability to represent the sport.
- No Member shall harass another Member by actions that include, but are not limited to, unwelcome remarks, invitations, requests, gestures, or physical contact that, whether indirect or explicit, has the purpose or effect of humiliating, interfering with, or creating an intimidating situation for that other Member. Harassment shall be considered inappropriate behavior, be it ethnic, religious, or sexual in nature.
- The interaction or involvement of Members under the jurisdiction of the Association shall not result in threats, intimidation, or inflicted physical distress between such Members, whether implied or explicit.

2. Player Eligibility:

- Each club will provide a completed ASA roster for each team participating in Lakeland Cup 7 days prior to the tournament date.
- Players must be registered with Lakeland Soccer by the registration deadline set by the Executive Committee. All players and teams are subject to Lakeland Soccer and the ASA's roster and transfer deadlines.
- Only players listed on the submitted ASA roster will be considered eligible to participate in the Lakeland Cup tournament.
- Guest players may not be used/included on the roster.
- Any team determined to be playing ineligible players will forfeit their game(s).
- Number of Players:
 - OUTDOOR: The game shall be played by two teams, each consisting of 9 (for 9v9) or 11 (for 11v11) players, one of whom shall be a goalkeeper. Teams must dress a minimum of 7 players and a maximum of 20.
 - INDOOR: The game shall be played by two teams, each consisting of 6 players, one of whom shall be a goalkeeper. Teams must dress a minimum of 4 players and a maximum of 20.
 - If at the time of kick-off, a team does not have enough players to begin the game, the referee may delay for a maximum of ten (10) minutes. At the end of that time, if the team is still unable to field the minimum number of players, they will lose the game by a score of 3-0.

3. Team Staff:

- All players, team staff and other people involved in the Lakeland Cup tournament are required to conduct themselves in a manner which will bring credit to themselves, their teams, the host community, the Lakeland District Soccer Association, and the sport of soccer.
- A maximum of four (4) non-playing personnel may be on listed on the team's official roster and are the only team personnel allowed on the team bench during the competition.
 - Teams may name one (1) alternate certified team staff member on the teams official roster who may only replace the initial four in the event of an absence.
- All teams with Youth female members must have an adult female on the official roster and bench during all games.
- All teams with Youth male members must have an adult male on the official roster and on the bench during all games.
- All team staff listed on a roster are required to be certified in accordance with the most recent LDSA Coaching Education Minimum Standards.
- All individuals listed as a Team Staff must be registered with Lakeland Soccer by the registration deadline set by the Executive Committee.

4. Equipment and Uniforms:

- When the colours of competing teams are similar, home teams shall use alternate colors. Each team must have a set of pinnies with them at each game if they do not have alternate jerseys.
- All jerseys must be clearly numbered. The number of the jersey worn by a player must correspond to the number listed with the player's name on the game sheet.
 - All items of jewelry cannot be worn (*tape over jewelry is not permitted*).

5. Tournament Check-In:

- One representative from each team competing in Lakeland Cup must check-in with the Executive Director prior to competing in their first game.

6. Game Duration, Ball Size and Format:

- All competitions will utilize a Size 5 ball. It is the responsibility of the home team to provide two (2) approved game balls for each game.
- The duration of the match will be as follows:
OUTDOOR:

Age Group	Game Duration	Extra Time (if required)
U13	Two 40-minute halves	Two 10-minute halves
U15	Two 45-minute halves	Two 10-minute halves
U17	Two 45-minute halves	Two 10-minute halves
U19	Two 45-minute halves	Two 10-minute halves

- All teams are expected to attend their scheduled games with a minimum of seven (7) players and are expected to compete in every game until completion.
 - Extra time will only be played when a Gold Medal game is tied at the end of regulation time.
 - If the game is still tied at the end of extra time, the winner will be determined through the taking of kicks from the penalty mark in accordance with the FIFA Laws of the Game.

INDOOR:

Age Group	Game Duration
U13	Two 25-minute halves
U15	Two 25-minute halves
U17	Two 25-minute halves
U19	Two 25-minute halves

- All teams are expected to attend their scheduled games with a minimum of four (4) players and are expected to compete in every game until completion.
 - No extra time will be played in indoor.
- Game Sheets: Shall be brought to headquarters by a field marshal if present, or referee.

7. Substitutions:

- The Lakeland Cup tournament will allow for unlimited substitutions.

8. Tie Breaking Procedure:

- Three (3) points will be awarded for a win, and one (1) point for a tie.
- ROUND ROBIN: Standings will be determined by total points won at the completion of the round robin.
 - The following criteria will be used to determine the final standings if two (2) or more teams have an equal number of points at the end of the round robin. This tie breaking procedure must be carried through in its entirety; no tie breaking rule will be used twice:
 - Head to Head.
 - Greater goal difference in matches between the teams tied (if more than two (2) teams are tied);
 - Greater goal difference in all group matches;
 - Least number of goals scored against in all group matches;
 - Taking of kicks from the penalty mark in accordance with the Laws of the Game or Rules of Indoor Soccer whichever is applicable
- If a result is required to advance (i.e: Semi-Final, Knock-Out Stage), tie-breaking kicks from the penalty mark will be conducted as follows: Two (2) teams tied: at a time and place decided by the Lakeland Representative
- Three (3) teams tied: Each team is designated A, B, or C as determined by a random draw by the Lakeland Representative.
 - Three (3) mini-games will be played, A vs B, B vs C, and C vs A.
 - Each mini-game will consist of five (5) penalty kicks at a time and place determined by the Lakeland Representative.
 - All five (5) penalty kicks must be taken
 - Three (3) points will be awarded for a win and one (1) point for a tie.
 - The standings after these three (3) mini-games will be determined per the criteria above.
- Four (4) teams tied: Each team is designated A, B, C, or D as determined by a random draw by the Lakeland Representative.
 - Six (6) mini-games will be played; A vs B, C vs D, A vs C, B vs D, D vs A, and C vs B.
 - All five (5) penalty kicks must be taken.
 - Three (3) points will be awarded for a win and one (1) point for a tie.
 - The standings after these six (6) mini-games will be determined per the criteria above.
- When teams are tied on points but have played an uneven number of group games the tie-breaking procedure will be conducted as followed:

- Total points divided by the number of games played
- Total goals scored divided by the number of games played
- Plus/Minus divided by the total number of games played
- Kicks from the Penalty Mark

9. **Field Marshals:**

- Field Marshalls will be provided by the host community as part of the hosting requirements for the tournament.
- OUTDOOR: There must always be at least 1 field marshal on each field of play.
- INDOOR: There must be at least 2 field marshals at each game.
- Marshals must be wearing safety vests or identifiable lanyards.
- Please refer to the current LDSA Field Marshal Description for full description of duties.

10. **Game Abandonment and Suspension:**

- All games involving a team that does not fulfill all its playing obligations within the round-robin portion of the competition will be recorded as a 3-0 win for the opposing team.
- If at the time of kick-off, a team does not have enough players to begin the game, the referee may delay for a maximum of ten (10) minutes. At the end of that time, if the team is still unable to field the minimum number of players, they will lose the game by a score of 3-0.
- Where a game must be stopped due to any cause beyond the control of the participating teams, games will be restarted wherever possible.
 - When a game cannot be restarted and more than seventy percent (70%) of the game has been played, the result at the time of abandonment will be recorded as the final score.
 - If a game is abandoned and the score is tied but the competition requires a winner, the winner shall be determined by penalty kicks. If at the discretion of the Lakeland District Soccer Representative, a penalty shootout cannot be conducted, a winner shall be determined by the flip of a coin.
 - When a game cannot be restarted and less than seventy percent (70%) of the game has been played, the following shall occur:
 - The Lakeland District will attempt to reschedule the game. Only the remaining time shall be played, and the score at the time of abandonment shall carry forward.
 - If, at the discretion of the Lakeland District Representative, the game cannot be rescheduled, a winner will be determined using kicks from the penalty mark.
 - If, at the discretion of the Lakeland District Representative, kicks from the penalty mark cannot be scheduled, a winner will be determined using a coin toss

11. **Discipline:**

- Three (3) yellow cards accumulated by any individual player will automatically generate a one (1) game suspension.
- All red cards in a Lakeland Cup tournament are subject to review by the Lakeland District Representative, following guidelines set forth in the LDSA Discipline and Complaints Policy.
 - Any player, Team Official or spectator who is dismissed by the Referee(s) from an LDSA game, must leave the field of play and spectating area immediately without retrieving their belongings
 - Any Youth player serving a suspension will be required to sit separate from the team and may not be dressed in team kit. It is the responsibility of the team staff to supervise any players serving a suspension.
- Any team staff who receives a yellow card will serve a one (1) game suspension, during which they will not be allowed on the bench.

12. **Awards:**

- The winners of Lakeland Cup will be awarded keeper trophies that they are not required to return to the Lakeland District Soccer Association.
- Medals will be awarded to teams in 1st, 2nd, and 3rd place in their division.

13. **Injuries:**

- If bleeding occurs where other participants may be exposed to blood, the individual's participation must be interrupted until the bleeding has stopped the wound must be securely covered.
- All clothing soiled with blood must be replaced prior to the athlete resuming competition.
 - If a player must replace a blood-stained jersey with one of a different number, the player may only enter after the referee has been advised of the change.

- A player who receives medical attention from an Emergency Medical Technician or Doctor during the competition is deemed an ineligible player until the player has provided to the Lakeland District Representative a letter signed by the medical practitioner advising that the player is fit to return to play. (See Appendix "A" for the *Return to Play* form)

14. Rules for Inclement Weather:

- All teams are required to show up to the field for their regular scheduled game regardless of current or pending weather conditions. The decision to play/delay the game will be decided at game time by the referee. Lakeland District Representative reserves the right to shorten games due to inclement weather, and if needed games will go directly to penalty kicks to determine a winner.



Lakeland Cup Tournament Return to Play Form

This form is to be completed and submitted in accordance with the Lakeland Cup Tournament Rule Book Rule #13.

A player who receives medical attention from an Emergency Medical Technician or Doctor during the competition is deemed an ineligible player until the player has provided to the Lakeland District Representative a letter signed by the medical practitioner advising that the player is fit to return to play.

This form, when **completed and signed by a medical practitioner**, will serve as advice regarding the player's ability to return to play following an assessed or treated injury or potential injury.

Player name:	
Parent/Guardian name: (if player under age 18)	
Date of injury:	
Date of decision:	
Nature of Injury:	

The undersigned hereby certifies:

I have assessed the above-named player for the above-described injury and made the following decision regarding the player's continued participation in the current Lakeland Cup Tournament:

<input type="checkbox"/> Player <u>IS FIT</u> to return to play	<input type="checkbox"/> Player <u>IS NOT</u> fit to return to play
Medical Practitioner's Name (Print)	
Medical Practitioner's Signature	
Date Signed	

** Please provide any conditions, restrictions, considerations with respect to this decision on the back of this form **