

7 v. 7 Tournament Rules

June 6-7th, 2026

21st Annual Northstars Cup Rules and Regulations



The Northstars Soccer Tournament philosophy is to promote good sportsmanship, quality competition and a positive, fun, fast-paced environment to its participants. Our tournament gives players a chance to play in the small-sided format 7 v. 7 on a 65 yd. X 40 yd. Game fields.

- US Soccer DOB Year Age Matrix is in effect for this event.
 - No heading the ball ages U11 and younger. Any headers will award the opposition with an indirect free kick at the spot of the foul. **Note:** U12 teams and older are permitted to head the ball. U11 teams and younger are NOT permitted to head the ball.
 - Build-Out line rule is in effect for U10, U9, U8. When the goalie has the ball (and for goal kicks) opposing players must retreat behind the midfield line. As soon as the goalie throws, rolls, passes from feet the opposing players can cross the midfield build-out line.
 - **Note:** no slide tackling U12 and below.
 - The goalkeeper can pass from his/her feet, throw or roll the ball into play (punts and drops kicks are not allowed at any age level).
- 1) Completed *rosters* must be on file with the Tournament Director. This may be done at the registration tent 1 hour before your 1st scheduled game.
 - 2) *Player passes* are NOT required for players. Mandatory Waiver Form & Official Roster Form takes the place of player cards, which include DOB.
 - 3) DOB, Name, & Jersey # must be provided for all players. This can be in the form of a certified league roster, or written or typed onto our official tournament roster form available online. Team roster is turned in along with your Waiver Forms at the time of team registration check in. **Please cross off any players not participating that are listed on the roster to expedite the check in process.**
 - 4) Maximum of 14 players on a team's roster. A team's roster can be extended with permission from the tournament director a minimum of 1 hour prior to the first scheduled game.
 - 5) Each team plays a minimum of four games, weather permitting.
 - 6) Teams must be ready to play at the start of the scheduled game time or game will be declared a forfeit. A forfeit has a 5-0 score. A minimum of 5 players is required to start the game one of which must be a goalkeeper. If a team is unable to field 5 players 5 minutes after the scheduled start time, the game will be forfeited; a 5-0 win and **four points** will be awarded to its opponent.
 - 7) **Team Bracketing:** Teams will be divided into brackets determined by age and competitive level. The minimum number of teams for a bracket is four (4) and the maximum is (6 teams in a single age division).
 - 8) Game ball sizes: U8 - U12 – size 4, U-13 & older – size 5.
 - 9) 1st team to be lined up for the opening kick-off will be rewarded with the opening ball possession and their defensive field side of choice. If both teams are set and ready at the same time the referee can do a coin toss to determine side. This is up to the referee's discretion.
 - 10) Length of games: **25 minutes games (No halftime straight running time)**
 - * **Overtime** will be played only in the playoff elimination round. Not during consolation games. Overtime will use one 5- minute period with golden goal sudden death rule in effect. If the game remains tied at that point, sudden death penalty kicks will determine the winner. One shooter for each team and it continues until one team's shooter converts and the opposing team does not.

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- 11) Coaches are required to have a **“Roster”** with them during the game if the referee needs to check a player for any reason. These Game Rosters must be the same roster on file with the Tournament Registration Tent. This is just a list of players on your team (Name, Date of Birth, It does not need to be a certified roster but must include DOB, & Jersey #.
- 12) Red cards: Two yellow cards in one game is equivalent of one soft red card. The recipient of two yellow cards will be suspended for the duration of that game. The recipient of the hard red card, (non- yellow), will be suspended for the duration of that game as well as the team's next game, **Note:** Includes both players & coaches. If the length of the tournament does not serve a full penalty missing specified # of games then the individual being punished must miss their next USSF sanctioned game. The appropriate state office will be notified.
- 13) Substitutions will be made from the center midfield sideline during a dead ball situation. No subbing “on the fly”. All substitutes must be approved (waived on by the referee) before entering the field of play.
- 14) **Team Standings** will be posted at the tournament headquarter location. All game results will be submitted to the tournament headquarters tent by the **winning coach or winning manager** and should be verified by the coaches & referee at the conclusion of each game.
- 15) Scoring for all ages divisions:
 Win= 3 points
 Tie= 1 point
 Loss= 0 points
 Shutout= 1 points (as long as score is not tied at 0-0)
 * Maximum of **5** goals per game for goal differential in tiebreakers.
- 16) **Playoff Selection**
 Seeding is done using the point system referenced above for all brackets.
 Brackets with two groups totaling **6** teams: The top 4 ranked teams with the most points earned will play in semi-finals with a chance to advance during playoffs to the championship game. The bottom 2 teams #5 & #6 with the lowest point totals will play in a consolation game against one another.
 Brackets of **5** teams will use the same point system. All teams each play 4 preliminary round games.. Then only the top 2 seeds based on points earned advance to the championship game.
 Brackets of **4** teams will play 3 preliminary round games against each other. Then seeding is based on points. All 4 teams make the semi finals.
- In case of a tie in total points**, the following procedure will determine the advancing (or winning) team: (Starting with letter A and last ordered tiebreaker is letter i)
- Highest number of points.
 - Winner of head-to-head competition. Not valid if more than two teams are tied.
 - Winner of most games.
 - Goal differential (goals scored minus goals allowed – maximum of **5** per game).
 - Fewest goals allowed
 - Most shutouts
 - Most games scoring a goal
 - Minus 1 additional point for each hard red card tallied in 3 preliminary round games
 - Sudden Death Penalty kicks (1 player from each team until there is a winner) except any eligible player may be chosen to kick.
- 17) **Championship Awards** will be given to the 1st place team in each age division at the end of the tournament day.
 Runner-up Awards will be given to all 2nd place teams in each age bracket as well.

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18) **Referees:** There will be one referee per game/field.

**** Offsides will be enforced by the tournament referees at all ages**

19) **Weather/Lightning Policy:** Weather conditions are the responsibility of the game officials, coaches, tournaments emergency management director, athletic trainer, and the tournament director. Coaches and players must report to the field ready to play regardless of weather conditions unless otherwise advised by the tournament committee. Only the referee or committee may cancel, postpone or reduce the length of a game. The committee reserves the right to delay, reduce the game time, or ultimately cancel the game(s) due to weather conditions. If a game is terminated due to weather after one-half of play (12 min.) the game will be considered official and score final. If a preliminary round game is cancelled due to weather, the committee will award a 0-0 tie. If a (Playoff/ Championship round game is cancelled due to weather, a shoot-out will take place to determine the winner. If a shoot-out cannot take place, the game will be decided by a coin toss. Please note that the safety of all is the foremost concern, independent of any cost, inconvenience or advantage due to the replay (or lack thereof) of the game. No refunds will be provided for games canceled due to factors outside our control such as but not limited to: inclement weather, flooded fields, thunder & lightning policy.

Coach/or Manager: _____

Date: _____