

19th Annual Sports for Life! 2026 Soccer Tournament Rules

GENERAL INFORMATION

- All games will be played at Granite Regional Park on grass fields.
- Games will be played Saturday 8am – 6pm and Sunday 8am – 5pm.
- The 1st, 2nd and 3rd place teams in each division will receive medals.
- All age groups are age pure, except for the O70 and O75 divisions. The O70 and O75 divisions will allow up to three players who are 68 or 69 (O70) or 73 and 74 (O75) by December 31, 2026. Age is determined by year, not date.
- Players are eligible to play in divisions under their age but not vice versa. Eg. 70 year old player **can** play in O60 division. 60 year old player **cannot** play in O70 division.
- Players **MUST** have a valid Driver's License / Passport for proof of age. Birth dates will be verified in order to receive a wristband issued for a player's field access. Team managers are responsible for verifying birth dates.
- Teams playing with ineligible players or found cheating will forfeit a minimum of one game and may be ejected from the tournament. The City of Sacramento will determine whether the team manager and / or the player(s) found cheating will be ineligible to compete in the next year's tournament.
- Games will be played rain or shine. The only refunds will be if the fields are closed due to poor field conditions.

DIVISIONS

- 50+ and 55+ Divisions are 11 v 11. Maximum of 20 players on the roster.
- 60+, 65+, 70+ and 75+ Divisions are 8 v 8. Maximum of 14 players on the roster.
- Must have a minimum of four teams to complete a division. If a division has less than four teams 30 days prior to tournament, teams who have registered for that division have the option of being moved to next lower age division or receiving a full refund.

ROSTERS AND CHECK-IN

- Team rosters must be submitted by March 14th. Team managers will have until March 28th to submit any **final** adjustments to their rosters(Rosters will be **LOCKED** after March 28th). The maximum capacity of players on the rosters remains the same.
- **All players** must check in **both days** of the tournament. Every player must show a valid photo ID showing the birth date. NO EXCEPTIONS.

- Once a player plays in a tournament game with one team, that player cannot switch teams and play on a different team in the same division.
- As long as a player's name is listed on the team roster prior to the first game on Saturday, the player can sign the roster at any time prior to play.

UNIFORMS

- All teams must have matching uniforms with numbers.
- All teams must also bring alternate matching jerseys (or pennies) of a different color.
- If the jersey colors are similar, the home team (listed first on the schedule) is required to change.
- Shin guards are mandatory.
- Jewelry is not allowed, except for flat bands covered by tape.
- Soft visors and prescription glasses are allowed.

ATHLETIC ACCESSORIES

- All athletic accessories, such as braces for the knee, ankle, wrist, arm, etc. must be comprised of soft, malleable fabric.
- Any structural portions of a brace which are made of metal or hard plastics or similar material, must be padded, and covered, or they may not be worn during play.

STARTING PLAY AND FORFEITS

- Teams must be ready to compete at the assigned field and time.
- There will be a 5-minute grace period as timed by the referee.
- To start a game, teams must have, at least, 7 players in a division that plays 11 v 11, or at least 5 players in a division that plays 8 v 8.
- A team with fewer than the minimum number of players at the end of grace period will forfeit the game.
- The home team will provide the game ball.

LENGTH AND NUMBER OF GAMES

- All games other than medal games will be 25-minute halves. Medal games (gold, silver, or bronze) will be 30-minute halves.
- Teams will be scheduled for a minimum of 3 games.

SUBSTITUTIONS

- Unlimited substitutions are allowed at any stoppage in play.

OFFSIDES

- For the 8 v 8 games with 1 referee assigned, offsides will not be enforced.
- For the 11 v 11 games with 2 referees assigned, offsides will be enforced.

THE GOALKEEPER; SLIDE TACKLING

- For all games: Slide tackling is not permitted and will result in a free kick.
- In 8v8 games goalies are not permitted to drop kick the ball.

- The goalkeeper may slide within the penalty area to stop the ball or secure the ball, if, the goalkeeper does not slide feet-first in a dangerous manner.
- Charging the goalkeeper is not permitted at any time when the goalkeeper is within his or her own penalty area. The rule applies regardless of whether the goalkeeper has or does not have possession of the ball.
- No bodily contact may be made with the goalkeeper if it can be avoided. Violation of this rule will be considered dangerous play.

COACHING

- The coaches of opposing teams may be on the same sideline during play.
- Each coach must remain on their half of the field and cannot advance down the sideline on their half of the field more than ten yards from the center line.

CAUTIONS: YELLOW CARDS AND RED CARDS

- Any player receiving a yellow card must leave the field of play for at least five minutes, and a substitution is permitted.
- A second yellow card to the same player within one game will result in that player receiving a red card.
- Any player receiving a red card, for any reason, is ejected from the game and cannot play in the next game.
- Additional penalties may also be assessed by the tournament officials.
- Two points will be deducted from the team's points for each red card received.

TEAM STANDINGS

Standings will be determined by awarding points in each game played as follows:

- 6 points for each win
- 3 points for each tie
- 0 points for each loss
- 1 point for a shutout
- 1 point per goal, up to a maximum of 3 per game
- The maximum number of points possible per game is 10.
- A forfeit will be scored as a 1-0 win for the non-forfeiting team (8 points in the standings).

In the event of a tie at the end of the preliminary games, standings will be determined as follows:

- Head-to-head competition
- Least goals allowed
- Goal differential (max. of 4 goals per game)
- Most goals scored (max. of 4 goals per game)
- Penalty kicks per FIFA rules

SEMI-FINAL AND FINAL GAMES

- Playoff format will be determined by the number of teams in each division.

- Playoff games ending in a tie will be determined by penalty kicks per FIFA rules beginning immediately after regulation play (no overtime periods).

RULES

- FIFA rules will apply, except as modified by these Rules.
- Tournament officials will decide any situations not covered by either FIFA rules or these Rules.
- All decisions by the tournament officials will be final. There will be no appeals or protests. These decisions include behavior (by a player, coach, fan/spectator, or referee) that is deemed to be detrimental to the tournament or its participants.
- Persons responsible for such detrimental behavior may be expelled from the tournament site, and possibly prohibited from attending future tournaments, depending on the severity of the infraction(s).