



LA ROCA CUP 2025

INFORMATION, RULES, AND POLICIES

GENERAL INFORMATION

- **Eligibility:** The La Roca Cup is open to U7-U19 boys and girls UYSA, USYSA and US Club Soccer teams. All players and coaches must be properly registered with their state soccer association for the 2025-2026 soccer year.
- **Rosters:** La Roca Cup uses UYSA (or other state association certified) rosters. Gotsport is used to manage registration and scheduling only. Official photo tournament rosters must be created in the team's state registration system (UYSA/Affinity for Utah teams) in order to ensure that teams are properly registered for the 2025-2026 season.
- **Roster Freeze:** Rosters will be frozen when the Official Tournament Roster is presented at check-in before the team's first game. NO HANDWRITTEN ROSTER CHANGES WILL BE ALLOWED.
- **Number of Games:** Each team is scheduled for a minimum of three games.
- **Schedules:** We make every attempt to publish the game schedule a week before the tournament begins. Games are scheduled beginning Wednesday morning at 10:00 a.m. and will conclude Saturday by 5:00 p.m. Some games will be scheduled after dark on lighted fields and will conclude by 10:00 p.m. Coaches and players must be available to play between 8:00 a.m. and 10:00 p.m. throughout the event. Teams traveling from out of the area may be granted an exception to this policy.
- **Placement of Teams:** The La Roca Cup tournament committee will make every effort to honor a team's requests to be placed in a specific division; however, in some instances, the committee may place a team in another division in order to achieve better parity among teams and thus ensure fair competition within the age bracket. Furthermore, the tournament committee reserves the right to combine divisions and/or age brackets if necessary.
- **Awards:** Award medals will be presented to 1st place champions and 2nd place finalists U7-U19 age groups at the awards stage after final games. Additionally, a trophy will be awarded to the 1st place champion team in each division at the awards presentation. *To avoid delays in award presentations, there will be 2 award stages: Both stages will be in the central pavilion area near tournament headquarters.*
- **Registered Coaches:** Any team playing a game without an officially rostered coach present will forfeit that game. Please understand that the scheduling team will try to resolve as many coaching conflicts as possible; however, IT IS IMPOSSIBLE TO AVOID ALL COACHING CONFLICTS IN A TOURNAMENT THIS SIZE. Therefore, **it is strongly advised that every team have more than one licensed, registered coach on their team roster.**
- **Multi-Rostering of Players is not allowed.** If a player is found to have played on more than one team during the tournament, all games the player participated in will be forfeited.
- **Sideline Policy:** Teams will sit on the same sideline as their spectators. Spectators are not allowed on either end line or behind the goal.

- **Player Equipment:** Protective shin guards must be worn by all players. No jewelry may be worn. Casts, splints, and knee braces are allowed, provided they are (in the opinion of the referee) adequately covered and padded to eliminate the possibility of injury to other players.
- **Home Team Responsibilities:** The home team is listed first in the schedule and is responsible for the following:
 - Changing uniforms if the referee decides there is a color conflict.
 - Providing a game ball and a ball beside own goal.
- **Salt Lake Regional Athletic Complex Regulations:**

Warm up Rule: There is no warm-up permitted in goal mouths. This is in order to best maintain the integrity of the surface for the match/game. Keepers will be allowed to warm-up 15 minutes before game time. Teams may only warm-up on the space next to their assigned game field until their field is available. Teams are not allowed to warm up on open game fields. Fields are for games only.

Dogs: Dogs must be on a leash and owners must clean up after their pets.

Prohibited Items:

 - Bikes, inline skates, skateboards, scooters, etc., on the fields
 - Fireworks or open flame except by authorized concessionaires
 - Smoking
 - Camping or overnight parking of vehicles, RVs, or trailers (the gates will be locked one hour after the last game of the day)
 - Littering or dumping (*please spit sunflower seeds into a cup, NOT on the ground*)
 - Alcohol

RULES OF PLAY

- The current FIFA Laws of the Game will govern all games as amended by rules of this tournament, as well as Utah Youth Soccer Association Bylaws, Rules and Regulations and/or policies as appropriate.
- The La Roca Tournament Director has the final decision relating to the interpretation of the tournament rules.
- The referee's decision is final. No protests will be accepted.
- Only USSF certified referees will be used in this tournament.
- All games will begin no later than five minutes after the scheduled start time. A forfeit will be declared if a team cannot field the minimum number of players (see chart) within five minutes of scheduled start time.
- Games may be shortened to accommodate time and weather conditions (See Inclement Weather Policy below.)
- All pool play games will be terminated at least 5 minutes prior to the scheduled start of the next game regardless of the amount of time played in each half up to that point. This will ensure games start on time.
- If injury time is more than 10 minutes during a game; future game times may be adjusted to accommodate all games played that day.
- Substitutions may be made, with the consent of the referee, at any stoppage in play.
- The UYSA Concussion Policy will be enforced. Players suspected of having suffered a concussion will be reported on the Official Tournament Roster.
- Certified Athletic Trainers will be on-site to provide medical help and will refer players to professionals when necessary.
- U7-U12 teams: no deliberate heading of the ball is allowed. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- U7-U10 players will retreat to the break-out line for goal kicks.
- No punting by keepers is allowed in U7-U10 games.

WATER BREAK POLICY

One water break per half, midway through each half, will be given at the discretion of the referee based on the current weather conditions.

INCLEMENT WEATHER POLICY

La Roca Cup will follow the RAC's Inclement Weather Policy, which states: In the event of lightning within 10 miles from the RAC, a 30-minute delay from last strike will be imposed, and players, coaches, officials and spectators must leave the fields and seek shelter. **Any subsequent lightning after the beginning of the 30-minute count will reset the clock for another 30 minutes.**

Furthermore, in the event of inclement weather and/or dangerous conditions, the referee will have discretion to:

- 1) Shorten the game.
- 2) Suspend the game.
- 3) Determine the outcome by FIFA kicks from the mark. If FIFA kicks are to be taken in lieu of a preliminary round game, a maximum of 5 kicks will be taken per team. At the end of 5 kicks the game will be scored as a 1-0 win for the team that has scored more penalty kicks, or a 0-0 tie if both teams are tied after 5 kicks each.
- 4) Cancel and/or reschedule the game.

GAME SUSPENSION POLICY

If conditions warrant the suspension of a game, the following guidelines will apply:

- 1) If suspended prior to the start of the second half, the game will be replayed in its entirety.
- 2) If suspended during half time or into the second half, the game will be considered a full game.
- 3) If overtime periods are required, and the game is suspended before the start of the overtime period, the overtime period shall be played at a rescheduled time in its entirety.
- 4) If the game is suspended during the second overtime period, the game shall be considered a full game, unless tied. If the game is tied at the time of suspension, the remaining minutes in the overtime period shall be completed at a rescheduled time.
- 5) If the suspended game is a preliminary round match, the decision to replay the game shall be at the discretion of the Tournament Director. The Director may decide not to replay the game if it has no effect on the outcome of either team advancing to the next round.

CONDUCT AND DISCIPLINE GUIDELINES

- **Spectator Conduct:** It is the responsibility of each team to maintain proper spectator conduct. The coach shall be held primarily accountable for the conduct of the spectators from their respective teams. Negative comments toward the game officials, players, or other spectators will not be tolerated. Foul language will not be permitted. Spectators may be warned and/or ejected from the game, or the game may be stopped and forfeited by the game and/or tournament officials. Any spectator ejected from the game must remain 100 yards from the field until the game is over.
- **Player/Coach Misconduct:**
 - Red cards will be recorded by the center referee on the game card, logged at tournament headquarters, and reviewed by tournament staff.
 - The following ejection rules will apply to players or coaches receiving a red card or two consecutive yellow cards:
 - 1) If a coach or player is ejected from the game, he/she will be ineligible to participate in his/her team's next tournament game. The referee shall make note of the incident on the game card.
 - 2) If the coach is ejected from the game, the coach must leave the immediate area of the game. During the one-game suspension, the suspended coach must not be in contact with the team or the replacement coach for the period beginning 30 minutes prior to the game and ending at the conclusion of the game.
 - 3) Any player, coach or administrator ejected from a second game shall be ineligible to participate during the remainder of the tournament.

SCORING AND TIE BREAKING POLICY

Scoring: The following points will be awarded for each game according to the La Roca Cup 2024 tournament scoring set up in Gotsport:

Points Per Win: 3

Points Per Tie: 1

Points Per Loss: 0

For a forfeited game, the winner will be credited with 3 points, and the game will be scored 2-0. No points will be awarded if neither team shows up.

Preliminary round games may end in a tie.

Tie-Breaking After Pool Play Games: In the event of a points tie after preliminary rounds, the following criteria will be used according to the La Roca Cup 2024 tournament scoring set up in Gotsport:

Tie Breaker #1: Head to head record

Tie Breaker #2: Goal Differential (goals scored minus goals allowed; 4 goal differential limit)

Tie Breaker #3: Goals Against (limit per game: 4 goals)

Tie Breaker #4: Goals For (limit per game: 4 goals)

Tie Breaker #5: Most Shutouts

Tie Breaker #6: Penalty Shootout (at a time scheduled by the Tournament Director)

Tie-Breaking in Semi-Finals and Finals: In semi-final and final games for ages U11-U19, if the games are tied at the end of regulation play, two equal overtime periods shall be played (5 minutes each for U11-U16 teams, and 10 minutes each for U17-U19 teams). If the games are still tied at the end of overtime play, FIFA kicks shall be taken from the penalty mark to break the tie.

AGE GROUP SPECIFICATIONS:

| AGE GROUP/ BIRTH YEAR | PLAYERS ON FIELD | ROSTER MAX | GUEST PLAYER MAX | GAME LENGTH | HALFTIME | OVERTIME (Semi and Finals ONLY) | BALL SIZE |
|--------------------------|---------------------|------------|------------------------|----------------|----------|---------------------------------------|-----------|
| U7/2019 | 4 | 8 | 2 | 4 x 10-min | 5 min | N/A | 4 |
| U8/2018 | 5 | 10 | 2 | 4 x 10-min | 5 min | N/A | 4 |
| U9/2017 | 7 | 12 | 3 | 2 x 25-min | 5 min | N/A | 4 |
| U10/2016 | 7 | 12 | 3 | 2 x 25-min | 5 min | N/A | 4 |
| U11/2015 | 9 | 15 | 4 | 2 x 25-min | 10 min | 2 x 5-min | 4 |
| U12/2014 | 9 | 15 | 4 | 2 x 25-min | 10 min | 2 x 5-min | 4 |
| U13/2013 | 11 | 18 | 5 | 2 x 30-min | 10 min | 2 x 5-min | 5 |
| U14/2012 | 11 | 18 | 5 | 2 x 30-min | 10 min | 2 x 5-min | 5 |
| U15/2011 | 11 | 18 | 5 | 2 x 35-min | 10 min | 2 x 5-min | 5 |
| U16/2010 | 11 | 18 | 5 | 2 x 35-min | 10 min | 2 x 5-min | 5 |
| U17/2009 | 11 | 18 | 5 | 2 x 35-min | 10 min | 2 x 10-min | 5 |
| U18/2008 | 11 | 18 | 5 | 2 x 40-min | 10 min | 2 x 10-min | 5 |
| U19/2007 | 11 | 18 | 5 | 2 x 40-min | 10 min | 2 x 10-min | 5 |

REQUIRED TEAM CREDENTIALS:

- **Official Tournament Photo Roster:**
Utah teams must create an Official UYSA Tournament Photo Roster that lists every player, including guest players and coaches.
Out of state teams must present one copy of an official player roster, a pdf of their gotSPORT roster AND laminated photo player cards for each player and coach at tournament check-in.
- **Guest Player Forms:** (See the chart for guest player limits above) The guest player form must be completed with all required signatures and presented at tournament check-in for EVERY GUEST PLAYER on the roster (*but not Tournament Only Players since they are not assigned to a team and do not need approval from a coach to play with another team*): **Out of state teams** must present a laminated photo player card for each guest player.

DEFINITIONS:

Guest Player: A guest player is defined as a player who is registered to a **different team** for the 2024-2025 season but has agreed to play for your team in La Roca Cup, *AND HAS RECEIVED PERMISSION FROM THEIR CURRENT COACH TO PLAY IN LA ROCA CUP*. Club pass players are not required to have a guest player form.

Tournament Only Players: A tournament only player is defined as a player who is not registered to a specific UYSA team for the current season. It's a player who *only wants to play in tournaments* this year.

U7 and U8 Specific Rules:

Rules to be called specifically for the U7 age group

Kick –in: are given when the ball crosses the touchline. Players must give 5 yards to allow space for the kick in

Foul: a foul is committed when a player trips or kicks an opponent, charges or slides from BEHIND and or holds onto his/her opponent. An indirect kick will be awarded

Corner Kick: is given when the ball is kicked passed the goal line by the defending team

Goal Kick: is given when the ball is kicked passed the goal line by the offensive team

Halfway retreat: when a goal kick is awarded the defending players must stand at least at the halfway line until the ball is in play. The position of the defending players is so that the attacking team has a chance to play the ball out of their penalty area. Teams are encouraged to inter-pass the ball in order to advance up field.

Punting: will not be allowed

Handball: is called when a player INTENTIONALLY touches the ball with arm or hand resulting in advantage. HOT button topic. The players are 3 feet tall almost everything is a handball. An Indirect Kick to be awarded

Substitution: can be made at anytime

Heading: will not be allowed. An indirect kick will be awarded at the spot of offense.

No Penalty kicks are to be awarded

Rules to be called specifically for the U8 age group

Breakout Line: located half way between the end line and half way line. The defending players must stand at least at the BOL until the ball is in play. Opposition players are not allowed in area until pass is made to play out. Players are considered “offsides” from the BOL to the goal line.

Punting: will not be allowed

Heading: will not be allowed. An indirect kick will be awarded at the spot of offense.

Handball: is called when a player INTENTIONALLY touches the ball with arm or hand resulting in advantage. Indirect Kick to be awarded

Throw-in: are given when the ball crosses the touch line- U8 players

Substitutions: can be made at any time

Offside: a player is considered offside if she/he is past the last defender when receiving a pass. A player is not offside if they have the ball in their possession or on a throw in. CHERRY PICKING IS NOT ALLOWED and should be enforced by an obvious offside call.

Direct Kick: is a free kick awarded to a team after a foul has been committed.

Indirect kick: is a free kick after a foul is committed, however the ball must touch another player before scoring.

Penalty Kick: is given after a foul is committed INSIDE the goal box.

Guest Play rules for U7 and U8s

Teams will be allowed to “borrow” other players from other teams within their own club.

Only the coach and team managers who are on the roster in Affinity have access to guest play a player

NO Playing down allowed