

# MLK DAY CUP RULES 2025

## 1. Team Composition:

- **Team Size:** Teams will play 6 Field players and 1 Goalkeeper.
- **Substitutions:** Substitutions on the fly. A free kick and a yellow card to the coach will be assessed if a team has too many players on the field at once. Please be conscious to not disrupt the flow of the game when substituting.
- **Roster Size:** Roster sizes should not exceed 15.

## 2. Match Duration:

- **Group Stage Games:** Games will be a duration of 30 minutes. If games are tied at the end of regulation, a tie will be awarded to both teams.
- **Time between Matches:** There will be 5 minutes between matches. Please exit your field immediately after your match. All team talks should be done away from the field to not hold up play of the next match.
- **Finals Matchups:** If the match is tied at the end of regular time, the teams will participate in a sudden death shootout. Teams will alternate one shooter until one player scores and one misses. Penalties to be taken at the top of the box.

## 3. Ball In Play:

- **Ball out of bounds:** If the ball goes over the sidelines, it results in a kick-in or corner kick (depending on the rules). All kick-ins must be below the knee except for Goalkicks and Corner Kicks.
- **Goal kicks and Corner kicks:** Can be above the knee.

## 4. Build out line:

- **Keeper Pickup and Goal kicks:** Players must retreat to the build out line on goalkicks and when the keeper has possession of the ball. Player's can advance once the ball is released from the goalkeepers hands or the goalkick is taken. If the goalkeeper releases the ball before the players retreat to the build out line, the ball is in play.

## 5. Rules:

- No offsides.
- No heading for any ages.

## 6. Fouls and Free Kicks:

- **Fouls:** Common fouls such as tripping, pushing, handballs, and dangerous play are penalized.
- **Free Kicks:** All Free Kicks outside of the box will be indirect.
- **Penalty Kicks:** In the case of certain fouls (such as a handball or foul inside the penalty box), a penalty kick may be awarded and will be taken at the top of the box.

## 7. Fouls and Misconduct:

- **Yellow Card:** A player who commits a cautionable offense (e.g., unsporting behavior, reckless fouls) will receive a yellow card and be temporarily removed from the game for 2 minutes or until the opposing team scores.
- **Red Card:** A player who commits a serious offense (e.g., violent conduct, serious foul play) may receive a red card and be sent off for the remainder of the match.

## 8. Tournament Format:

- **Group Stage:** Teams are divided into groups and play round-robin matches to determine seeding within the groups. In groups of 4 and 6, the top two teams at the end of group stage play will advance to the finals.

## 10. Scoring and Tiebreakers:

- **Group Stage:**
  - Win = 3 points
  - Tie = 1 point
  - Loss = 0 point
- **Tiebreakers:**
  - Head to head: If two teams are tied on points and have played, the team who won the matchup will advance.
  - Goal Differential: If more than two teams are tied on points or the head to head matchup was a tie, Goal Differential will determine the higher seed.
  - Goals Against
  - Goals Scored
  - Penalties (Sudden death)