

U13&OLDER RULES FOR 2026 CHALLENGE CUP TOURNAMENT

AGE OF PLAYERS	U13 - U19
BALL SIZE	5
DURATION OF GAMES	U13 & U14 (2x30 min.) & U15-U19 (2x30 min.) (In the case of an injury delay, end game at least 5 minutes prior to the next game.)
HALF TIME (HT) PERIOD	5 minutes
KICK OFFS	Winner of coin toss chooses to kick off or end to attack. Loser gets the remaining choice. For the second half, the teams switch ends and the other team kicks off. A backward kick is OK.
# OF PLAYERS ON FIELD	11v11, minimum is 7
SUBSTITUTION OPPORTUNITIES	Unlimited substitutions at any stoppage with permission of the Referee. Incoming subs must be at the half-way line
GOALKEEPER?	Yes
ENFORCE THE 8 SECOND VIOLATION BY GOALKEEPER ON A SAVE?	Per the 2025 Law change, the ref will begin counting seconds silently for 3 seconds when keeper gains control of the ball with hand(s) on a save. After 3 seconds, the ref will raise an arm with hand open signaling 5 and continue counting downward aloud. The hand can be lowered as the fingers are closed one at a time until the ball is put into play or the count reaches zero. At zero if the ball is still in the GK hand(s) the referee will blow the whistle and award a corner kick to the opposing team.
ENFORCE THE 3 KEEPER VIOLATIONS?	Yes - using hands after a foot pass from a teammate, throw-in from a teammate, or after releasing the ball. Sanction is an indirect free kick (NOT a penalty kick) from where a hand was used, unless inside the Goal Area (then nearest point on the Goal Area Line)
GOAL KICKS	Ball is placed on ground anywhere in Goal Area for Goal Kick. Ball is in play when it is kicked and clearly moves.
OFFSIDE PENALIZED?	Yes
FREE KICKS	IDFK, DFK
REQUIRED DISTANCE OPPONENTS MUST BE FROM A FREE KICK	10 yards
WILL YOU ALLOW A SCORE DIRECTLY FROM A KICK OFF, GOAL KICK OR CORNER KICK?	Yes
PENALTY KICKS?	Yes
HEADING ALLOWED?	Yes
PUNTING ALLOWED?	Yes
ALLOW REDO'S ON IMPROPER THROW-INS?	No
OVERTIME?	Only for a playoff game. Two full 5-minute periods. If still tied after overtime, procede with a penalty shootout.
The referee or a GMIT official must collect a roster with "approved" stamp on it from coaches prior to each and every game.	
Referee will NOT read the names aloud; only do a "safety check" to save time & keep games on schedule.	
Home team wears dark jerseys; Away team wears light colored jerseys.	
The Home Team is to provide the game ball. (If Home Team does not have a suitable ball, Away Team may provide.)	
Winning team must initial/sign the game card after the match. If there is a tie, the home team coach must initial/sign the game card. Referees will give the game cards to a tournament volunteer who will be collecting cards after each round of games.	
A Red Card issued for a player or coach or a spectator send off will be reported on the Game Report Card and a Supplemental Report (available at the "Ref Tent") will be completed at the referee's earliest opportunity.	
Coaches are responsible for gathering roster from referee after each game. If a roster is not returned to a coach, it will be delivered to the site coordinator by the referee.	