



HYS All-Star Cup Soccer Tournament Fall 2025

A. LAWS OF THE GAME

All games shall be played in accordance with FIFA laws except as specifically modified by these rules. Additional rules for U8 play are included.

B. TEAM REGISTRATION AND ELIGIBILITY

Teams must be registered with their sponsoring club. Their sponsoring club must be affiliated with Virginia Youth Soccer Association. Players must have actively participated on a recreational team during the Fall 2025 season and participated in a minimum of 3 games with their team. The tournament is open to recreational and recreational All-Star teams.

Age Group(s)	Maximum Team Size
U8	8
U9-U10	14
U11-U12	16
U13-U19	18

No guest players, no travel team, or carded players, are allowed. This includes creating teams with players from other clubs. For example, having a team with Herndon Youth Soccer players and SYC players on it is not allowed.

Players must meet the age requirements of the tournament age group in which they are to compete. Players may only play on the team with which they are registered. No player shall play for more than one team throughout the Tournament.

All teams must provide a roster that lists all team players, their dates of birth, player numbers, and team officials. All teams must have approved Medical Release forms for each player signed by a parent or legal guardian.

Registration will be conducted electronically or through paper registration. All teams must pre-register by October 17, 2025, to be considered for the 2025 All-Star Cup.

In the event you cannot pre-register online, please contact our Director, Joseph Farrington, at AllStarCoordinator@herndonyouthsoccer.org.

Team rosters and medical release forms will be checked and verified during the registration process. Copies of the team roster and medical release forms will be provided to the Tournament Committee at registration.



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C. PLAYER ELIGIBILITY

The Tournament is limited to the following age groups:

Age Group	Born On or After
U8	01/01/2018
U9	01/01/2017
U10	01/01/2016
U11	01/01/2015
U12	01/01/2014
U13	01/01/2013
U14	01/01/2012
U16	01/01/2010
U19	01/01/2007

The Tournament Committee reserves the right to combine age groups if necessary.

D. REFUNDS OF REGISTRATION FEE

Once a team/club has been notified of a team's acceptance to play in the tournament, its registration fee will not be refunded unless a replacement team can be found. No refunds will be issued for teams dropping out of the tournament once the schedules have been posted.

Should cancellation of some/all tournament games occur due to circumstances beyond the Tournament's control, the Tournament Committee will determine the refund amount. There are upfront costs to hosting a tournament that cannot be recovered by Herndon Youth Soccer (HYS); therefore, no team will receive a full refund of their registration fee in the event of tournament cancellation.

E. PLAYER EQUIPMENT

All players and teams participating in the Tournament must meet the following equipment requirements:

- No metal cleats or metal-tipped spiked cleats will be used
- All players must wear shin guards
- No jewelry will be allowed
- When the color of the jersey is similar or identical, the home team must change its jersey. The visiting team will also help to resolve any uniform conflicts.
- The referee will determine if a jersey change is required.



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- All players, except for the goalkeeper, must have uniforms with unique, individual numbers on the shirt. Unique numbers may be created with tape if necessary. Should a team change jerseys due to a color conflict, numbers will not be required on replacement jerseys. However, the coach must provide a player's uniform number if requested by the referee. The goalkeeper's jersey must be easily distinguishable from all other players and the referee.
- Casts: players who are wearing protective casts are permitted to play provided the following conditions are met:
 - The cast is wrapped in foam or other protective material that will protect other players.
 - The player with the cast does not attempt to use the cast to an advantage or in such a way to put the player or any other players in danger.
 - The referee approves the cast. Such approval will not be unreasonably withheld.
- Referees will check all equipment before each match. No equipment changes may be made after the referee's check without permission from the referee.
- The referee will have the final say concerning the acceptance of equipment for play.

F. INCLEMENT WEATHER

Every attempt will be made to have all games played; however, the Tournament Director reserves the right to cancel or modify any game due to weather conditions before the start of the game. HYS is required to follow Fairfax County policies regarding field usage and closures.

It is the responsibility of the participating teams to check the tournament website and/or HYS hotline regarding field conditions. Both will be updated as soon as possible when changes to field conditions occur.

Unless the website or hotline indicates fields are closed, teams and coaches must be at the game site and ready to play on time as scheduled. Failure to appear will result in forfeiture of the game.

Should a game be terminated before completion, and at least one-half has been played, the match will be considered as official and the score at that time will stand.

G. REFEREES

Referees will be used for all games. All referees will be certified. A one-person system will be used for age groups U8 through U12. U13 and above age groups will use a three-person system. If requested by the referee, each team must provide an assistant referee.

If a referee fails to arrive at the field as scheduled, the game will proceed using a volunteer referee(s) selected by a Site Coordinator or other Tournament Official until the scheduled referee arrives. The score from any such game is official, and no protests are allowed.



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Referee interference/abuse will not be tolerated. Any player, parent, coach, or spectator (to include pets) will be ordered removed from the Tournament site should their behavior in any way hinder the ability of the referee to perform his/her duties.

H. TEAM FIELD POSITION

The home team is the team listed first in the official game schedule. The home team has first choice of which side of the field it occupies for its coaches, players, parents, and spectators. The visiting team, its coaches, players, parents, and spectators will occupy the opposite side of the field unless otherwise directed by a referee or tournament official. Please note that due to the field layout in many turf field locations, the teams/players occupy one side of the field, and the spectators the other. Tournament officials will direct the teams accordingly. Coaches are responsible for the behavior of all players, parents, spectators, and pets on their sidelines.

Coaches and substitute players will remain at least one meter from the sidelines and within the technical (bench) area at all times. Parents and other spectators will remain at least 3 meters from the sidelines at all times. No one is permitted to stand closer to the end line than the top of the 14-yard box for U9 through U12 teams and the top of the 18-yard box for U13 through U19 teams.

No one is allowed at the end of the field between the touchlines or behind the goal, and no coaching is allowed behind the goal line.

I. GAME FORMAT

The All-Star Cup Tournament is modeled after the FIFA World Cup.

The Tournament will consist of two rounds: Qualification Round and Championship Round.

The Qualification Round is like the World Cup's Group Stage, except every team advances to the Championship Round.

The Qualification Round is formed into mini-games. Each team will play 4 mini-games on Saturday.

At the end of the Qualification Round, all teams in an Age Group are seeded from 1 to the total number of teams through points and tiebreakers. The teams are then placed into a bracket of similarly skilled teams, and they will play in the Championship Round for the chance to win a trophy.

The Championship Round, like the World Cup's Knockout Stage, is a single-elimination format with full games. Each team will play at least one full game on Sunday.



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All U8 games will be Qualification Round games. Each U8 team will play 7 mini-games, 3 on one day and 4 on the other.

J. START AND NUMBER OF PLAYERS

All teams must be prepared to start games on time. The home team will provide a game ball. If a team is not on the field of play and ready to start a game within 5 minutes after the scheduled start time, the game will be deemed a forfeit.

For each age group, the minimum number of players to start the game is

Age Group	Minimum Number of Players to Start Game
U8	3
U9-U10	6
U11-U12	7
U13-U19	9

Teams are not required to reduce the number of field players to equal those of an opponent who is playing with fewer than the required number of players.

Age Group U8 will play with 4 players on the field (no goalkeeper). Age Groups U9 through U10 will play with 7 players (including the goalkeeper). U11 through U12 will play with 9 players (including the goalkeeper). Age Groups U13 through U19 will play with 11 players (including the goalkeeper).

To move the games along, referees will assign which end of the playing field the visitor and home teams will start each game, except for the Championship Round finals, where a standard coin flip will be used.

K. LENGTH OF THE GAMES:

Qualification Round:

All Ages: All games in the Qualification Round will consist of 2 halves of 12 minutes each playing time. There will be a 1-minute halftime during which the referee will have the teams change ends of the field.

Championship Round:

U9 through U12: Two (2) 25-minute halves with a 5-minute intermission.



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U13 through U19: Two (2) 30-minute halves with a 5-minute intermission.

Both Qualification Round and Championship Round games will be played on a running clock and there will be no stoppage of time unless professional medical personnel assist an injured player from the field of play.

L. BALL SIZE

Game balls for age group U8 will be: Size 3
Game balls for age groups U9 through U12: Size 4
Game balls for age groups U13 and older: Size 5

M. SUBSTITUTIONS

There shall be unlimited substitutions with the permission of the referee at the following times:

- Throw in by both teams, if the team in possession substitutes
- Either team goal kick
- Either team scores a goal
- At the beginning of the second half
- In case of an injury substitution, the opposing team may also substitute one-for-one
- After a player receives a caution (yellow card) the player may be substituted one-for-one

N. YELLOW CARDS, RED CARDS, AND EJECTIONS

Any player or coach who receives two yellow cards in the same tournament game, or one red card, will immediately leave the field and be banned from continuing participation in the game. That player or coach will also be banned from the next Tournament game. Violations of a serious nature will be reported immediately to the Tournament Director and may result in further disciplinary action, including suspension from the Tournament.

O. U8 UNIQUE RULES

- U8 teams will play 4 v 4
- There is no offside
- All free kicks will be indirect with all opponents at least 4 yards away from the ball.
- There are no penalty kicks
- Corner kicks should be taken in the general vicinity of the corner
- Goal kicks may be taken anywhere in the goal area with all opponents at least 4 yards away from the ball and outside the goal area.



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P. BUILD OUT LINE: POLICY for U9 and U10 only

The build out line promotes playing the ball out of the back in a less pressured setting.

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at nearest point to where the infringement occurred.

Offsides - The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and the goal line.

Q. HEADING POLICY – U11 and Younger

Begun in 2016 in age groups U11 and younger: Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If the play by the head is deemed in advertent, then the proper restart is a dropped ball.

R. TOURNAMENT SCORING – QUALIFICATION ROUND

The following point system will be used in the Qualification Round to properly place teams for participation in the Championship Round:

- | | |
|--------------------|-----------------------|
| 1. Regulation Win | 3 points |
| 2. Regulation Tie | 1 point for each team |
| 3. Regulation Loss | 0 points |
| 4. Bonus Points | See below |

Bonus Points: If, after applying the point system described above, two or more teams are tied, bonus points will be applied in the following manner:



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One (1) bonus point for each shutout, (including 0-0 ties), and
Up to three (3) bonus points for goal differential
(Goals scored minus goals allowed per game)

Teams remaining tied after bonus points are applied will use the following tie-breaking procedures to determine advancing teams:

1. Results of head-to-head competition
2. Least goals allowed
3. Most Wins
4. Most goals scored
5. Penalty kicks in accordance with FIFA rules

In the case of a three-way tie, once a step is used to determine the tiebreaker, the process must continue to the next step and may not revert back.

Any forfeiture by any team will cause that team to be seeded last in its Age Group. A forfeiture of any Qualification Round game will be recorded as a 1-0 win for the opposing team.

Qualification Round – Placement of U9 through U19 Teams for the Championship Round

All teams participating in the Qualification Round will play mini-games. At the end of each mini-game, the winning and losing teams will be awarded game points. At the conclusion of all qualification games in each Age Group, the game points will be totaled. The team with the highest game points will be placed in the highest position. The team with the next highest game points will be placed in the next position. This will continue until all teams have been placed for participation in the Championship Round. Should two teams have the same number of game points, bonus points, and then tiebreakers, as specified above, will take effect to properly seed the tied teams.

In Age Groups with many teams, multiple brackets will be created for the Championship Round. For example, in an Age Group with 16 teams, the teams ranked 1-8 after the Qualifying Round would be placed in one bracket, and teams 9-16 would be placed in another bracket. Each bracket would then have its own 8-team single elimination Tournament to determine the Champions of each bracket of that Age Group.

Seedings will be posted on the Tournament website by 9 P.M. on Saturday. Once the seeding has been posted to the website, no changes will be made.



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Championship Round (U9 through U19 Teams)

After the Qualification Round, all U9 through U19 teams will move into the Championship Round. The Championship Round will determine the winner and finalist for each age group (or each bracket if the age group has multiple brackets). If a tie results from a Championship Round, tiebreaker rules for the Championship Round found in this Section will be followed.

Tournament Scoring - Resolving ties in the Championship Round:

In the Championship Round, teams that are tied at the end of regulation time will proceed directly to FIFA penalty kick procedures with only the players that were on the field at the end of the game being eligible to participate.

Penalty Kick Procedures:

- Captains meet for coin toss to determine who kicks first.
- Referee decides which goal is to be used.
- Five players, selected by the coach, will be used for the first round of penalty kicks - alternating kicks.
- The team scoring the most goals will be the winner. If there is a winner prior to all kicks being taken, kicks will cease.
- If a tie still exists after the first round, the remaining players from each team will alternate kicks until one team scores and the other team does not.

S. SCORE REPORTING

Each team representative will be given a game card at Tournament registration. At the conclusion of each game, it will be the winning team's responsibility to have the card completed and returned to the site coordinator's table. The winning team will have the referee sign the game card to verify the score and note any yellow and red cards. If the game should end in a tie, it will be both teams' responsibility to return game cards to the site coordinator's table. This will be the official method of recording the scores from each game played throughout the Tournament. Each winning or tying team will have 1 hour from the end of the game to bring the completed game card to the site coordinator's table or it will be recorded as a forfeit for that team. When a game card is returned to the site coordinator's table, the team representative will be given a new game card.



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T. Awards:

The players on the winner and finalist teams in each age group bracket of the Championship Round will receive awards.

Each player on U8 teams will receive a participation award.

U. Eastern Region (Region 1) Policy Regarding Application to Host a Tournament:

Region I has established the following policy concerning permission to travel when attending US Youth Soccer sanctioned tournaments in Region I. The purpose of this policy is to make it as simple as possible for the US Youth Soccer Region I teams to travel to tournaments within Region I.

The policy states that any US Youth Soccer State Association team within Region I that is accepted into a tournament in Region I do not need permission to travel papers. Permission to Travel is not required in friendly games within Region 1.

National State Associations in East Region (Region I):

- Connecticut Jr Soccer Assn
- Delaware Youth Soccer Assn
- Eastern New York Youth Soccer Assn
- Eastern Pennsylvania Youth Soccer Assn
- Soccer Maine
- Maryland Youth Soccer Assn
- Massachusetts Youth Soccer Assn
- New Hampshire Soccer Assn
- New Jersey Youth Soccer Assn
- New York State West Youth Soccer Assn
- Pennsylvania West State Soccer Assn
- Soccer Rhode Island
- Vermont Soccer Assn
- Virginia Youth Soccer Assn
- West Virginia Soccer Assn



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V. Withdrawal Policy:

1. HYS, the Tournament Committee, and any Tournament Sponsors are not responsible for any expenses incurred by any team in the event games are terminated or cancelled due to inclement weather or adverse field conditions.
2. Teams withdrawing before the application deadline will receive a full refund.
3. The Tournament Committee may consider partial refunds for Teams withdrawing after the application deadline.
4. The Tournament Committee will determine if any refund is possible when tournament games are cancelled due to circumstances beyond the tournament's control. The tournament will not give a full refund if the tournament is cancelled due to unrecoverable up-front costs.