



2026 Bend Premier Cup

Player Ages

Age groups in this tournament will be based on the birth year of the oldest player on the team in conformance with US Soccer’s birth year registration initiative. All players must be eligible to play in their age division, any exceptions to the rule must be approved in writing by the Tournament Director prior to team check-in. A player may not play on more than one team during the tournament, regardless of the age groups &/or gender of the teams they wish to play on.

BIRTH YEAR AGE CHART FOR 2026-27

YEAR	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
2007	N/A	N/A	N/A	N/A	N/A	N/A	N/A	U19	U19	U19	U19	U19
2008	U19	U19	U19	U19	U19	U19	U19	U18	U18	U18	U18	U18
2009	U18	U18	U18	U18	U18	U18	U18	U17	U17	U17	U17	U17
2010	U17	U17	U17	U17	U17	U17	U17	U16	U16	U16	U16	U16
2011	U16	U16	U16	U16	U16	U16	U16	U15	U15	U15	U15	U15
2012	U15	U15	U15	U15	U15	U15	U15	U14	U14	U14	U14	U14
2013	U14	U14	U14	U14	U14	U14	U14	U13	U13	U13	U13	U13
2014	U13	U13	U13	U13	U13	U13	U13	U12	U12	U12	U12	U12
2015	U12	U12	U12	U12	U12	U12	U12	U11	U11	U11	U11	U11
2016	U11	U11	U11	U11	U11	U11	U11	U10	U10	U10	U10	U10
2017	U10	U10	U10	U10	U10	U10	U10	U9	U9	U9	U9	U9
2018	U9	U9	U9	U9	U9	U9	U9	U8	U8	U8	U8	U8

The Tournament Director reserves the right to make changes to age groups based on the good of the game, safety of players, and integrity of the event.

Roster Size and Guest Players

The U9 and U10 teams will play 7v7 and may roster a maximum of fifteen players. The U11 and U12 teams will play 9v9 and may roster a maximum of eighteen players. The U13-U17 teams will play 11v11 and may roster a maximum of twenty-two players. All teams may have up to six guest players. (A guest player is a “registered player participating in a competition for a team to which the player is not on the regular roster for purposes of league play”.) No more than eighteen players can be on the match roster to play in a particular game so you must cross off any players above the eighteen that might be listed on the approved roster prior to the start of any single game. All eighteen active players may be on the team’s sideline during the game for all age groups. Any crossed off players may sit with the team if not dressed to play and with the approval of the referee. A player may **not** play on more than one team during the tournament, regardless of the age groups &/or gender.

Substitutions

Free substitution will be allowed for all age groups, with the referee’s permission, any time play has stopped. A referee may deny a substitution request if the referee considers it to be an intentional plan to disrupt the play, or an attempt to run off an excessive amount of time. Referees are responsible for making sure games do not impact the start of the next game.

Minimum Number of Players

Teams playing 7v7 must have a minimum of five players and one adult who is listed on the roster to participate in a match. Teams playing 9v9 must have a minimum of six players and one adult who is listed on the roster to participate in a match. Teams playing 11v11 must have a minimum of seven players and one adult who is listed on the roster to participate in a match. In the event a team does not have the required participants, the site coordinator shall be notified, and they will communicate with the Tournament Director/Coordinator to obtain instructions on how to proceed. Depending on the decision made, the halves may be shortened to ensure the match terminates at least five minutes before the next match. In no case shall the referee make the decision to resolve the problem; that is solely at the discretion of the Tournament Director/Coordinator. There are no time restrictions that the referee can impose for the short-handed team to field the required minimum participants. A team that forfeits a game will advance to the medal round if they would otherwise qualify.

Team Sidelines

Players and Coaches must be on one side of the field, spectators on the other side. Coaches, players, and spectators are not allowed behind the end-line for any reason. Teams are allowed up to FOUR adults to be on the team's sideline, however, only those with listed on the approved tournament roster may be on the team's side of the field.

Tournament Format and Brackets

Teams within each Division will be placed in three, four, or five team brackets and play a preliminary schedule. We will accept a maximum of sixteen teams for any Division. Teams will be scheduled for a minimum of four games. Home and visiting team designations will appear on the schedules.

Scoring Method

Scoring during the tournament will be based on the following system (maximum of 10 points per game):

Win 6 points

Tie 3 points

Loss..... 0 points

Shutout 1 point

Goals..... 1 point for each goal up to 3 points maximum

Tie Breakers

If two teams are tied in points after the preliminary round, the following tie breakers will be used.

1. Head-to-Head Results.

2. Goal Differential. Maximum difference allowed is four per game. 3. Least Number of Goals Allowed. 4. Coin Flip (performed by Tournament Director or designee).

If three or more teams are tied after the preliminary round, the tie breaker criteria listed will be used in order shown, beginning with criteria #1, to first eliminate, or second, advance one of the three teams. The remaining teams will then be compared, beginning again with criteria #1.

Game Start Times

Referees will start the game clock at the designated time regardless of whether teams are ready to play. That being said, if a team is late, the Tournament Director/Coordinator may choose to delay the start of the game (and the possible restart of the game clock) so they are able to get to the field. The Tournament Director/Coordinator may allow the start time to be delayed for teams that do not have either the minimum number of players or an adult that is listed on the roster. In situations where the start time has been delayed, the Tournament Director/Coordinator shall determine the length of the halves. A referee may add time lost due to injury or in the event of perceived time wasting. Regardless of the reasons the game clock is adjusted, the game must conclude at least five minutes prior to the start of the next match.

Length of Games, Overtime

U09, U10: 25-minute halves U11, U12: 30-minute halves U13-U17: 35-minute halves All games will have a 5-minute half-time.

If Quarterfinal or Semifinal games are tied at the end of regulation time, the game will go to USSF kicks from the penalty mark. Only players on the field at the end of the game may participate in the kicks from the penalty marks.

If a championship game is tied at the end of regulation time, a ten-minute overtime period will be played to conclusion. Teams will switch sides at the five-minute mark. If the game is still tied after the ten minutes of overtime, the game will go to USSF kicks from the penalty mark. Only players on the field at the end of the overtime period may participate in the kicks from the penalty mark.

Shortened/Abandoned Games

Referees are the sole arbiter of the game clock and their decisions regarding game length are final and may not be appealed. If games are shortened or abandoned for any reason, the Tournament Director/Coordinator will decide how the game result shall be determined. Decisions by the Tournament Director/Coordinator in determining the official game result are final and may not be appealed. No refunds are issued due to games being shortened or abandoned.

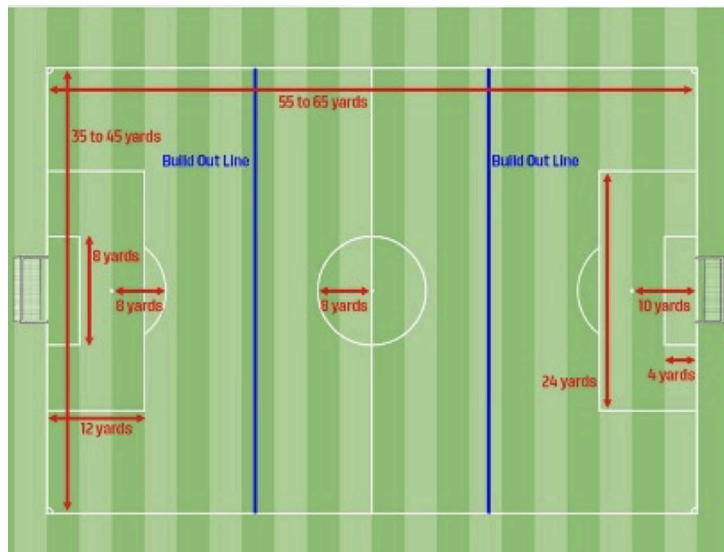
Modifications: U9 & U10

7 v 7 - Small-Sided Games

Law 1 – The Field of Play

- **Build-Out Line.** A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line.
 - When the goalkeeper has the ball in his or her hands during play from the opponent, 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 (*punts and drop kicks are 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.
- 55-65 yards (length) and 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width) - A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of the players

Diagram with the recommended field markings and dimensions



Law 2 – Ball

- Size 4

Law 3 – Players

- 7v7 (6 field players and 1 goalkeeper).
- Games may not start or continue if there are less than 5 players on a team.
- Substitutions are unlimited and can occur at any stoppage.

Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee.

Law 6 – Other Match Officials

- Used at the discretion of the competition.

Law 7 – Duration of the Match

- 2 halves

- 25 minutes halves
- 10-minute halftime
- No added time

Law 8 – The Start and Restart of Play

- If a player is struck in the head by the ball accidentally, the referee will assess the force of the impact and if the referee stops the game because of the strike/blow to the head,
 - *The referee restarts the game with a dropped ball in accordance with Law 8.*

The hit to the head will be considered accidental if when the ball hits the player's head, it occurred in a way that was not planned or intended, happening by accident. The player may be standing still or in motion but not in either case playing the ball. The player may not even be aware that the ball is coming in a direction from which contact is imminent.

Law 11 – Offside

- The build out line will be used to assess where offside offenses can be punished.
- 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.

Law 12 – Fouls and Misconduct

- No Deliberate heading of the ball. For deliberate heading, the restart is an IFK to the opponent.
- If the deliberate heading by a defender occurs inside the defender's penalty area, the IFK will be taken from the penalty area line parallel to the goal line at the nearest point to where the offense occurred.

Law 13 – Free Kicks

- If a goalkeeper punts or drop-kicks the ball within the penalty area, an indirect free kick will be awarded to the opponent to be taken from the penalty area line parallel to the goal line at the nearest point to where the offense occurred.
- If a goalkeeper punts or drop-kicks the ball outside the penalty area, a direct free kick will be awarded for handling to the opponent from the location of the offense. (This punishment will only be considered by the referee if the goalkeeper steps outside the penalty area holding the ball on his/her hands before punting or drop-kicking the ball).
- In a defending team free kick in the penalty area, the ball is in play once it is kicked and does not have to leave the penalty area to be in play. Opponents must remain outside the penalty area and at least 10 yds away until the ball is in play.

Law 16 – Goal Kick

- Before the ball is kicked, players on the kicking team may stand anywhere on the field, including inside the penalty area.
- Players on the defending team must move beyond the BOL and may not cross the BOL until the ball is in play.
- The ball is in play when it is kicked and clearly moves. In other words, as soon as a member of the kicking team kicks, or tries to kick, the ball, and the ball visibly moves or begins to roll, the ball is in play. As soon as the ball is in play, other members of the kicking team may play it (inside the penalty area) and defenders may cross the BOL.

Standard Laws of the Game (No Modifications)

Law 4 – Players Equipment

Law 9 – The Ball in and Out of Play

Law 10 – Determining the Outcome of a Match

Law 14 – The Penalty Kick

Law 15 – The Throw-in

Law 17 – The Corner Kick

No Goalkeeper Punts: A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop kicking the ball. If a goalkeeper punts or drops the ball, the opposing team is awarded an indirect free kick 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 the nearest point to where the infringement occurred.

Modifications: U9-U10

No Deliberate Headers: A player may not use his/her head to play the ball. The infraction consists in deliberately playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee will allow play to continue. The penalty for playing the ball using the head is an indirect free kick at the spot of the infraction. If the infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. Oregon allows heading at 9v9 or U11/12.

Player's Equipment

Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, elbow, upper arm or shoulder must be covered and must be padded with a closed-cell slow-recovery foam padding that is no less than one-half inch thick. In addition, if the referee *at any particular game* determines that the player is (a) using the cast as a "weapon" (that is, using it to gain an unfair advantage or using it as a striking device) OR (b) if the player appears to be significantly unbalanced due to the weight of the cast, the referee shall determine the player to be ineligible to participate further. All equipment is subject to approval by the match referee.

Shin guards, covered by socks, are mandatory.

No jewelry of any kind (earrings, nose rings, body rings, bracelets, necklaces) is permitted. Taping to conceal jewelry is not permitted. Medical and religious items are not considered 'jewelry' and are allowed but must be taped to the body.

Game Balls

U09, U10: Size 4 ball U11, U12: Size 4 ball U13-U17: Size 5 ball

The home team will supply a game ball at the beginning of each game. Please make the game ball is given to the referee in advance of the game so it may be checked out for proper air inflation. Please do not use balls from players. The tournament will not be responsible for lost or stolen balls.

Jersey Colors/Numbers

Each team must have an alternate jersey color (or pinnies of a different color). The home team (listed first) will be responsible for changing jerseys if the referee determines that the opposing jerseys are too similar in color. Numbers are NOT required on jerseys for teams playing 7v7. We realize that summer tournament teams often borrow players. We discourage having duplicate jersey numbers on the same team but understand this may happen. There is no penalty in these situations, but make sure the referee can differentiate the players.

Concussion Situations

A player who demonstrates signs of concussion because of an observed or suspected blow to the head or body must leave the field and may not return to play in that match. Referees will include in their match report information about any player required to leave the field because of a suspected concussion. A player who has been removed from a game by a referee because of a suspected concussion is ineligible to play until the Tournament Director has received a copy of a medical release signed by a health care professional that has seen the player in person and has authorized an unrestricted return to competition.

Cautions and Send-Offs/Dismissals

Any player who is sent off (either a "straight red card" or two cautions/yellow cards in a single game) may not be replaced. Any player who is sent off or any coach who is dismissed will receive at minimum a one-game suspension (the next game). In addition, any player sent off for violent conduct will receive a minimum two-game suspension. The Tournament Director (or designee) may impose a larger number of suspensions.

Any coach or team official who is dismissed from a game must immediately leave the game site so as not to be within sight or sound of the field, including the use of electronic communication (e.g., cell phone). In the event the coach or team official refuses to leave, the match will be terminated and subsequently abandoned, and the referee will submit a report to the Tournament Director (or designee) who will declare a forfeit by the offending team.

Players who are sent off from a match shall remain on the team sideline. The coach is subsequently responsible for that sent-off player and his/her actions. Should that player fail to behave in a responsible manner, then those actions

shall be deemed as having originated from the coach who will be held responsible for them, which may result in the coach's dismissal from the game and the game venue.

Official's Report

Coaches should verify with the referee at the game's conclusion that their score matches his report. All game results will be called into tournament headquarters by the field marshal immediately following each match. In the event of a conflict, the referee report shall be deemed the official score for the game.

Tournament Rules, Appeals & Protests

Referee judgment decisions are final and may not be appealed.

Any other appeal/protest must be verbally lodged with the referee and the opposing coach at the game site. The appeal must then be made in writing to the Tournament Director/Coordinator within two hours of the end of the match. There will be a \$150 non-refundable fee for any appeal that is filed. The Tournament Director/Coordinator will review any appeal correctly filed under this rule. All decisions about the appeal/protest of the Tournament Director/Coordinator are final. The tournament Director reserves the right to make a final call on any rule interpretation impacting the Capital Cup for the well-being of all participants and the quality of the tournament. The Tournament Director has the final say on all matters concerning this event.

Referee Abuse

Any person who assaults a referee will be banned from further participation in the tournament. If the assault is committed by a player, coach, or other team official, the team with which that person is associated will be removed from the tournament and will forfeit all tournament games. No refunds will be issued to teams that are removed from the tournament for referee abuse.

Information regarding the assault will be forwarded to the home state association or national organization with which the individual is associated for further action as required by the US Soccer Federation.

Medical Trainer and Injuries

Medical staff or trainers are not provided at any game locations. Teams are encouraged to bring their own first aid equipment as the tournament does not have those items, and this includes ice. Emergency services (911) are to be called for all injuries, both on and off the field.

Venue Rules

Rules governing game venues are posted at the various locations. All teams, coaches and spectators are expected to follow all posted venue rules. Dogs, smoking, alcohol, and swearing are not permitted at any location. Additional venue rules may be applied at any time before or during the tournament. Violators of ANY rules will be required to leave the venue. Failure to leave the venue when asked may result in a forfeit by the team that person is associated with.

Weather Guidelines

Any changes in game times due to excessively high temperatures will be announced on the website and approved by the Tournament Director/Coordinator. ALL referees will follow any changes to the game times or allow for water breaks as announced. Coaches can always substitute players to provide additional water breaks as deemed necessary. If excessive heat is forecasted, additional changes may be implemented as deemed necessary for the safety of players, spectators, and referees.

If play cannot be started or is stopped due to thunder/lightning, teams will take cover, but will remain at the game site and proceed as follows:

The United States Soccer Federation (USSF) position is that if you can hear thunder, you are within reach of lightning and referees must protect the safety of all participants by stopping game activities quickly.

When anyone – Players, Coaches, Referees – sees lightning or hears thunder:

1. Regardless of how far away it may seem, the Referee shall suspend play and stop the match immediately.
2. Players, team personnel, spectators and officials shall leave the field and seek shelter.
 - Under a tree is NOT shelter!!!!
 - If there are no other options, they shall go to their cars.
 - No one may return to the field without approval from the Referee (who will have consulted with the Tournament Director).
3. If no further instances of lightning/thunder have occurred for 30 minutes, then the game will continue as follows:
 - If there is sufficient time, resume play and play to completion.
 - If there is insufficient time to play the entire game, the game will be continued until five (5)

- minutes before the next scheduled game-time start. The game will be considered complete.
- If time does not permit resumption of the game, then the game will be abandoned, and Tournament Director shall determine the final game result. The referee will report the score at the time of the suspension to the Field Marshal.
4. If there are subsequent occurrences of thunder/lightning before the game can be restarted, then the 30-minute waiting period shall be “reset” and no play is permitted until that time has lapsed.
- This “timer reset” shall repeat at the occurrence of any subsequent occurrences of thunder/lightning.
 - If consequently play cannot be resumed then refer to 3.c., above.
- The Tournament Director/Coordinator will coordinate stoppage of play. The Tournament Director/Coordinator reserves the right to make whatever adjustments may be necessary in game length to proceed with the schedule following delays due to inclement weather, including shortening subsequent games as necessary to complete the schedule. No refunds are issued because of weather delays or due to cancellations because of rain/weather and loss of fields due to acts beyond our control.

*** Facility Rules- All Bend LaPine School District fields must follow district policy. All Bend Park and Recreation fields must follow BPRD rules. All Bend FC facility rules must be followed.**