



US YOUTH SOCCER
CAL NORTH
STATE CUP
2026

Cal North Soccer

2025-2026 (U9/U10) Cal North State Cup Rules

Last reviewed: November 25, 2025





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

I. RULES OF PLAY

1. The rules of play shall be the **LAWS OF GAME** as published by FIFA with those modifications below.
2. Cal North for the good of the game shall address any rules not addressed.
3. Cal North representatives shall determine the suitability of playing conditions. Teams shall be expected to play in accordance with the tournament game schedule unless severe weather poses a threat to safety. Cal North representatives shall reschedule the game times and/or locations. Games may be shortened or relocated to complete the days' schedule of play. Cal North representatives reserve the right to decide all matters relative to the State Cup.

II. CERTIFICATION OF PLAYERS AND COACHES

1. Eligible Players :
 - a. The State Cup is exclusively for [US Soccer Organizational Members Only](#)
 - b. Any team found to have substituted ineligible players on a roster will forfeit their games at this tournament and may be subject to further sanctions.
 - c. Additionally, any team or player who has entered in or is rostered in advanced league is not eligible.
 - d. Photo rosters /game cards will be printed by Cal North.
2. A player may play for only one team during the State Cup.
3. All Registered Coaches must comply with the minimum requirements outlined in Bylaw 212 under US Soccer, each U.S. Soccer Organization Member is required to comply with applicable law, prohibit sexual abuse, and if they deal with athletes, maintain a risk management policy. [Policy 212-3 provides criteria for risk management policies in an effort to assist Organization Members in complying with applicable Federal Law.](#)
4. At the conclusion of the match, the Referee will complete the game card in detail.
5. The Referee will also turn in an official supplemental game report if there are any unusual match circumstances to be reported.

III. PLAYING CONDITIONS

1. Games may be canceled or suspended when fields are not playable due to rain, low air temperature, excessively high winds, or lightning or Air Quality.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

III. PLAYING CONDITIONS (continued)

2. The responsibility of game cancellation of shortened games or temporary suspension will rest with the Cal North representatives. Final judgment will be that of Cal North representatives. Kicks from the mark may be utilized to determine winners of games canceled due to weather.

3. In the event that play has been stopped by the field Referee, Head Referee, or Cal North representatives, the score at the stoppage of play will be the final game score if at least one half was completed and if play is not resumed as ordered by Cal North representatives.

4. In case of bad weather, a horn will sound to clear the fields. When the horn is heard again, play will resume. Do not leave the complex until games are officially canceled. **PARTICIPANTS AND SUPPORTERS SHOULD LEAVE THE PLAYING AREA AND GO DIRECTLY TO THEIR CARS.**

Special Rules of Play Modifications to Laws of the Game and Other Requirements for This Competition

All games shall be played in accordance with the most current FIFA Laws of the Game as modified by the Cal North and the additional modifications herein. Situations that are not covered by these rules or rules of Cal North or cannot be reasonably resolved in a timely fashion by application of these rules or the rules of Cal North shall be resolved in the most expedient manner at the sole discretion of the Cal North representatives.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

IV. LAWS OF THE GAME

Law I — Field of Play

- 1) During the progress of any game, all members of a team and the team's coaching staff shall remain in their designated team area. All team members shall stay behind any drawn spectator line or at least five feet from the touch line, with the specific exceptions of players warming up prior to impending substitution or when the referee requests the presence of staff on the field to assist an injured player.
- 2) Both teams shall be on the same side of the field, each team's area shall begin 10 yards from the halfway line and shall extend for 12 yards towards the appropriate goal line.
- 3) All spectators shall remain at least five feet from touchlines or goal lines, unless a drawn or erected spectator line establishes a different distance. All spectators must stay on their own half across from their team side. No person shall be permitted behind the goal line areas unless seated in bleachers.

Law II — Ball

- 1) Teams shall use the following ball sizes: 9U through 10U # 4 size ball
- 2) Each team shall supply the referee with one or more suitable balls, properly inflated and in good condition. The referee shall choose the ball to be used in the game.

Law III — Number of Players

- 1) Format for each age group is as follows: 9U & 10U is 7v7 Roster Max 14 (min number of players to play 5).
- 2) A team shall have the minimum number of properly registered, uniformed players to start or continue any game. One of those players shall be designated as a goalkeeper.
- 3) With the referee's permission, a team may substitute at any stoppage any number of legal players.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

IV. LAWS OF THE GAME (CONTINUED)

Law III — Number of Players

4) With the referee's permission, a team may substitute for a cautioned player at the time of the caution and the opposing team may substitute one player.

5) Players who wish to enter or re-enter the game shall enter the field only at the halfway line. They may not enter the field of play until the players whom they are replacing have completely cleared the field and the referee has specifically signaled permission to enter the field. With the referee's permission players leaving the field must exit the field at the halfway line by the teams only.

6) A team shall not replace a player who has been sent off for misconduct (ejected/red card). The team shall play short by the number of players sent off in the game for the remainder of that game.

Law IV — Players' Equipment

1) In all games, the team listed first on the official game schedule shall be the home team and they shall wear Dark Jersey and the visiting team shall wear white or light.

2) All field players on the team shall wear similar color jerseys. The goalkeeper shall wear colors which distinguish him/her from the other players and from the referee.

3) The following items are not permitted:

a) earrings of any kind (no tape, no bandages)

b) jewelry of any sort, except noted below.

4) The following are conditionally permitted:

a) religious medals or medical tags, which are taped to the body.

b) splints, casts, braces, or other joint -support devices, which, in the referee's opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition.

5) Shin guards are required.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

IV. LAWS OF THE GAME (CONTINUED)

Law V — Referee and Law VI — Assistant Referee

- 1) One certified referee will be used for all games.

Law VII — Duration of Games

- 1) The duration of the matches will be as follows:

9U & 10U (2 X 20 minutes)

2) No overtime periods shall be played in preliminary -round games. If a quarterfinal, a semi-final, a final or consolation place game is tied at the end of the second regulation period, the winner shall be determined by FIFA kicks from the mark.

3) Each referee shall refrain from adding time for trifling stoppages or delays and shall make every effort to complete each game in accordance with the field schedule. Adding time is allowed for serious injuries.

Law VIII — The Start of Play

1) Any team, which is not ready to start play with at least the minimum number of properly uniformed players, checked in with the referee at the scheduled or rescheduled game time, shall forfeit the game. Extraordinary circumstances beyond the team's control shall be considered at the sole discretion of the Cal North representatives.

Law IX — Fouls and Misconduct

1) Any player/coach sent off for using foul and abusive language for persisting after being cautioned shall sit out the next scheduled game. If sent off for violent conduct, the individual shall sit out a minimum of the next two games. If any suspension imposed is not completely served in games of State Cup, a full report of the details of the incident shall be sent to Cal North and forwarded to the club.

2) Any coach, manager or spectator who has been ejected (red carded) must remove himself/herself no less than 100 yards from the playing field within 3 minutes of notice of ejection or the match will be abandoned.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

IV. LAWS OF THE GAME (CONTINUED)

Law IX — Fouls and Misconduct

- 3) In case of any incident of severe misconduct by participants or their supporters, the Cal North representatives shall have the authority to convene a special hearing on the matter. The Hearing Committee may recommend special sanctions to the Cal North representatives including but not limited to expulsion of any individual or a group from State Cup. A summary of any special hearing leading to the recommendation of additional sanctions shall be forwarded to the club and to Cal North for review and appropriate action.
- 4) Prior to each game, it is the responsibility of the team representative to inform the referee of the name of an individual not participating in the game due to suspension. It is the responsibility of the referee to record that name (when informed) on the referee's game report.
- 5) Harassment or insult by word or action to any official or tournament staff member by any player, team representative or spectators will not be tolerated. Rostered players, team representatives or any individuals reasonably construed to be associated with a team are subject to disciplinary action by the Cal North representatives. Team representatives shall be held responsible for the conduct of their supporters. Other non-associated spectators who create a disturbance will be asked to leave, and if they refuse, they will be escorted from the premises by legal authorities.

V. GROUPS, POINT SYSTEM, ADVANCEMENT

1. Teams will be divided into flights by age and sex. Cal North reserves the right to combine flights or age groups when deemed necessary.
- 2) Play structure will be as follows:
 - a) 4 teams: One group of 4 plays round robin; top 2 advance to final.
 - b) 5 teams: One group of 5 plays round robin; winner and runner-up determined by final standings.
 - c) 6 teams: Two groups of 3 play full crossover; top 2 advance to final.
 - d) 7 teams: One group of 3 & one group of 4 each play round robin; group winners advance to final, 2nd & 3rd place teams from 3-team bracket given partial refund





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

V. GROUPS, POINT SYSTEM, ADVANCEMENT (CONTINUED)

- e) 8 teams: Two groups of 4 play round robin; group winners advance to final
 - f) 9 teams: Three groups of 3 play round robin; group winners and top 2nd place team advance to semifinals , 5th through 8th place wildcards play consolation game, 9th place wildcard given partial refund
 - g) 10 teams: One group of 4 plays round robin & two brackets of 3 play full crossover ; top 4 teams advance to semifinals
 - h) 12 teams: Three groups of 4 play round robin; group winners and top 2nd place team advance to semifinals
 - i) 13 teams: One group of 4 & three groups of 3 each play round robin ; group winners advance to semifinals , 2nd & 3rd place teams from 3 -team brackets play consolation game
- 3) Team standings will be based on the following point system:
- a) 3 points for a win
 - b) 1 point for a tie
 - c) 0 points for a loss
 - d) 1 point deducted if a bench personnel is dismissed
 - e) 1 point deducted if a spectator is dismissed
- 4) Should there be a tie at the completion of the preliminary round, the tie will be broken by the following order of criteria:
- a) Head -to-head (if more than two teams are tied , this will not be used).
 - b) Goal differential
 - c) Least goals allowed
 - d) Taking FIFA kicks from the mark.
- Note: If more than two teams are tied, the sequence will begin at Point “b” and progress to Point “c” if any teams are still tied.
- 5) The first round of playoffs will be reseeded should it contain a matchup that was played in pool play.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

VI. PROTESTS

- 1) **“NO PROTEST RULE”** applies. Ruling of referees at time of game is final. Appeals will not be heard. Alcoholic Beverages, Drugs of Abuse or other Controlled Substances
- 2) Possession, consumption, or use of any of these items at the field area by any coach, parent, referee, team official, league official or spectator prior to, during or after the play of any game at this tournament is prohibited. Any individual who violates this prohibition shall be subject to disciplinary action by Cal North.





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

About Us

Established in 1969 by Donald Greer, Cal North started as a small collection of teams looking for an organized format for their youth soccer competitions. Cal North (then CYSA) was the prototype and predecessor for other state soccer associations as well as for the formation of US Youth Soccer in 1974 also founded by Donald Greer, which is now the largest youth sports organization in the United States. Our vision of "kids first" has been the constant that guides us throughout our evolution and remains our primary motivation for kids in Northern California to play the beautiful game.

The mission of the California Youth Soccer Association is to serve all children and our communities by providing opportunities that allow each child to grow, learn, mature and succeed by becoming productive adult members of society through the development, promotion, and offering, regardless of race, color, religion, age, sex, national origin and/or ability, comprehensive community based leagues that offer a complete range of youth soccer opportunities for all children of all ages and abilities.

www.calnorth.org

