



Cal North Soccer

2026 Cal North Cinco De Mayo Rules

*Last reviewed:
February 5, 2026*





CAL NORTH SOCCER

2081 ARENA BLVD STE 190
SACRAMENTO, CA 9584

1. ROSTER

- 1.1. **Number of Players:** Each team can have a minimum of 3 and a maximum of 7 players on the roster.
- 1.2. **Youth Age Divisions:** A youth team has to play in the division of the oldest player on their team. For example if they have one 2013 player and 4 2014 players they have to play in the 2013 division or older. Sometimes we combine 2 age groups, like a 2013/2014 division, but the team still be considered a 2013 team. We may combine divisions and often have designated "High School" division in our events.
- 1.3. **Youth Boys and Girls:** If the division is a girls division only girls are allowed to play. Girls can play in boys divisions if they wish to do so.
- 1.4. **Proof of age:** Each player must be ready to present a hard copy or a digital copy of proof of age if questioned about age.

2. EQUIPMENT

- 2.1. **Shin Guards:** All players playing must wear shin guards or they will be ineligible to participate.
- 2.2. **Game Balls:** Teams are responsible for supplying their own game balls. The recommended ball sizes are as follows: Size 5 for U13 and older, Size 4 for U9 to U12, and Size 3 for U8 and younger.
- 2.3. **Shoes/cleats:** Players can wear any soccer shoes that match the field conditions. However; metal studs are NOT allowed.
- 2.4. **Uniforms:** Teams do not have to have numbers on their jerseys. You should bring 2 different color matching shirts for your team. Bring a matching dark and a white shirt so you can change in case of color conflict. For example, red t-shirts and white t-shirts, blue t-shirts and white t-shirts, or red t-shirts and blue t-shirts as options. Away team will change if there is a color conflict
- 2.5. **Jewelry:** No jewelry will be allowed of any kind. This includes earrings, bracelets, rings, necklace or any other type of jewelry. Jewelry is deemed due to objects having sharp points. Our goal here is protect all participants from being injured.
- 2.6. **Field Dimensions**
 - 2.6.1. Width: 25 yards / 75 feet
 - 2.6.2. Length: 36 yards / 110 feet





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3. GOAL BOX

- 3.1. The goal box, extends directly in front of the goal. Players may pass through the goal box but are prohibited from making contact with the ball while inside it. Any ball or part of a player's body on the goal box line is considered inside the box. If a defender touches the ball in the goal box, a goal is awarded to the attacking team. If an offensive player makes contact with the ball inside the goal box, the opposing team is awarded a goal kick. If the ball stops completely inside the goal box, a goal kick is also awarded to the defending team.

4. SUBSTITUTIONS

- 4.1. Substitutions can be made at any point of the match without the referees permission (on the fly). However; exiting players must be out of field of play before new players comes in. All substitutions need to occur at half field of the team sidelines.

5. GAME DURATION AND NUMBER OF GAMES

- 5.1. Each match consists of two 12-minute halves, separated by a 2-minute halftime, or until a team has +10 goal difference on opposing team. Once the first team reaches +10 goals the game is over. The half concludes when the time expires—goals scored after the final whistle will not count. Pool play matches that end in a tie remain tied, while playoff matches must have a winner.
- 5.2. 3 games guaranteed.

6. PLAYOFF OVERTIME

- 6.1. In the event of a tie during playoffs, a 3-minute sudden-death "Golden Goal" overtime period will be played. If the score remains tied, the game is decided by a penalty shootout using the three players who were on the field at the end of overtime. Each player will take a shot from the center kick-off mark.
- 6.2. **Goal Scoring**
- 6.2.1. A goal is valid only if the ball is played from the attacking half of the field. If the ball breaks the plane of the midfield line, it is considered in the offensive half. **No scoring directly from the defensive half.**

7. SCORING SYSTEM (POOL PLAY)

- 7.1. Win = 3 points
7.2. Tie = 1 point
7.3. Loss = 0 points
7.4. Forfeit = 5-0 loss

8. TIEBREAKERS (POOL PLAY)

- 8.1. If teams are tied in the standings, the following criteria are used to determine the ranking:
- 8.1.1. Head-to-head result (applies only when two teams are tied)
8.1.2. Fewest goals conceded
8.1.3. Goal difference in pool play
8.1.4. Total goals scored
8.1.5. If still tied, a penalty kick shootout will determine who moves on.





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9. SPECIAL GAMEPLAY RULES

- 9.1. No Offsides: Offside rules do not apply in 3v3 soccer.
- 9.2. No Slide Tackling or Playing on The Ground: Players cannot slide tackle, slide to get the ball or play the ball while on the ground at any time. Player is considered on the ground if they have any part of their body touching the ground while playing the ball or in immediate follow through. A play from the ground will result in an indirect kick, unless it is deemed to stop a goal scoring opportunity, in which case the referee may award a goal if the ball was very likely to score or a penalty kick if in the offensive half.
- 9.3. Heading Rule: Heading is allowed at U11 and above—the same age FIFA recommends. If a player is playing in a U11 division or older.
- 9.4. Gender: Girls can play in boys divisions, but boys may not play in girls divisions.

10. 10 FOOT RULE

- 10.1. During all dead-ball situations, defenders must remain at least 10 Feet away from the ball. If the defensive goal area is closer than 10 Feet, the ball is placed 10 Feet from the goal box in line with the original spot of the restart.

11. RESTARTS & KICKS

- 11.1. 5 Second Rule: Players have 5 seconds to restart the game or your opponent will be awarded the kick. This is at the referees discretion and typically does not apply to penalty kicks unless time wasting is deemed intentional by the referee. Time wasting during a PK will result in goal kick for the opposing team.
- 11.2. Kick-Ins: Instead of throw-ins, the ball is restarted with a kick from the sideline.
- 11.3. Indirect Kicks: All dead-ball kicks—including kick-ins, free kicks, and kick-offs—are indirect, except for penalty kicks and corner kicks.
- 11.4. Goal Kicks: Can be taken from any point on the end line outside of the goal box. If it is taken from inside the goal box, it's a corner kick for the other team.
- 11.5. Kick-Offs: Can be played in any direction to start the game or after a goal.
- 11.6. Penalty Kicks: Awarded if the referee deems that a scoring opportunity was unfairly denied by a foul or rules violation (such as a slide tackle) or in the case of a violent foul that results in a yellow or red card. The kick is taken from the kick-off spot with all other players behind the midfield line. If the penalty is missed, possession changes via a goal kick. Penalty kicks are not live plays.

12. DISCIPLINARY ACTIONS (YELLOW & RED CARDS)

- 12.1. Referees have the authority to eject players or bench personnel for misconduct or serious infractions.
 - 12.1.1. Red Card: Results in ejection for the remainder of the match plus the next game.
 - 12.1.2. Tournament Director Discretion: A player or coach may be removed for the remainder of the tournament at the discretion of the tournament director.
 - 12.1.3. Team Officials: If a coach or team official is guilty of misconduct and cannot be individually identified, the senior coach present will receive the disciplinary card.





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13. SPORTSMANSHIP

13.1. All players, coaches, and spectators are expected to uphold the principles of fair play and sportsmanship. Any abuse toward referees will result in the team's immediate disqualification from the event.

14. FORFEITS

14.1. A forfeited match is recorded as a 5-0 loss for the forfeiting team.

15. RULE INTERPRETATIONS

15.1. Any situation not explicitly covered in these rules will be resolved at the discretion of the tournament director.





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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

