



2026 Sol Cup | Rules

December 5-6, 2026

1. TOURNAMENT HEADQUARTERS

2026 Sol Cup
1230 Oakley Seaver Dr. Suite 101
Clermont, FL 34711
E: tournament@solsportsclub.org

2. ELIGIBILITY

Participation in the Sol Cup is open to accepted teams consisting of players meeting the age limit and roster size of the specified division. Age divisions are based on birth year per US Soccer guidelines. Depending on the age group, a team using guest players may have no more than four (4) to six (6) loan/guest players.

Competitive teams, except for foreign/international teams, must be registered with a National Soccer Association affiliated with US Soccer, such as US Youth Soccer, US Club Soccer, AYSO, USSSA and must submit a valid event roster. For these teams, the only acceptable proof of age will be a valid player pass/card issued by a US Soccer affiliate. Players on these competitive teams who do have a verified player pass will not play.

A recreational team must produce, at registration, a roster signed by an official of the club (which club must be affiliated with US Youth Soccer or some other national soccer organization) of which they are affiliated and played, listing each player, including their date of birth, and must provide, at registration, a birth certificate or state or nationally certified player pass, for each such player evidencing that player's eligibility to play on that team based on birth date.

A player may compete for only one team participating in the tournament. In the event a player is found to have been rostered to more than one team in the tournament, the second team on which the player is rostered in the tournament shall be deemed as the team that fielded an ineligible player. Any team fielding an ineligible player will be disqualified from the tournament and their tournament fee will be forfeited.

Where required by the State or National Association for which a team/player is registered, all competitive teams/players traveling from within the United States but outside the State of Florida must have a copy of their Permission to Travel Forms, approved and signed by a US Soccer or duly authorized State or National Association representative.

Foreign Teams must have written permission and verification from their Federation, indicating authorization to participate in the Tournament. Players must present passports at registration (including Canadian citizens). These teams must present a certified roster signed by an official of the Club with which they are affiliated and played, listing each player, and including their date of birth.

U9 - U10 age group teams will play 7v7 and roster size cannot exceed 12 players. with 4 maximum guest players.

U11 - U12 age group teams will play 9v9 and the roster size cannot exceed 16 players. 5 maximum guest players.

All U13 and older age groups will play 11v11 and be limited to a 22-player roster size from which the game day roster for a given game may not exceed 18 players. U13-U18 are allowed 6 maximum guest players.

The above roster sizes are for the entirety of the tournament in that the same players must be on the maximum tournament roster for the entirety of the tournament. For U13 and older, the game day roster of 18 players may change

from game to game, but the players on the overall tournament roster of 22 players may not change. Players may not be listed on more than one tournament roster for the tournament. Rosters must be approved by the tournament, and only approved rosters may be used as game rosters. Once a team begins to play in the tournament, their roster is frozen for the duration of the event. Teams applying to "play up" an age group must be approved by the Tournament Committee.

3. AGE CLASSIFICATION

Age Division	Seasonal Year	Maximum Roster	Guest Player Limit
U-8	8/1/18 - 7/31/19	12	4
U-9	8/1/17 - 7/31/18	12	4
U-10	8/1/16 - 7/31/17	16	5
U-11	8/1/15 - 7/31/16	16	5
U-12	8/1/14 - 7/31/15	22	6
U-13	8/1/13 - 7/31/14	22	6
U-14	8/1/12 - 7/31/13	22	6
U-15	8/1/11 - 7/31/12	22	6
U-16	8/1/10 - 7/31/11	22	6
U-17	8/1/09 - 7/31/10	22	6
U-18	8/1/08 - 7/31/09	22	6
U-19	8/1/07 - 7/31/08	22	6

4. LAWS OF THE GAME

All games shall be played by FIFA Laws, except as specifically modified by these rules. Law 11, Offside, will be enforced in all age divisions, including U9-U12.

5. HEADING GUIDELINES

U11 and Younger: Heading the ball, whether deliberate or accidental, is not permitted in U11 and younger age groups. If a player deliberately or accidentally heads the ball during play, the opposing team will be awarded an indirect free kick from the spot of the offense. If the header occurs within the goal area, the indirect free kick will be taken from the goal area line, parallel to the goal line, at the nearest point to where the infraction occurred.

U12 and Older: Heading is permitted without restriction in U12 and older age groups.

6. SUBSTITUTIONS

Substitutions will be made with the referee's permission.

7. CONCUSSIONS

Under Florida Statutes (FS 943.0438) Florida 2012 enacted a very stringent Head injury and Concussion Law. If the referee (or assistant referee) believes that, in her/his opinion, a player has suffered a head injury or possible concussion, the match must be stopped IMMEDIATELY.

The injured player, if able to leave the field on their own, must be escorted to their coach and the coach must be told that the player cannot return for the duration of the match. If a trainer is brought onto the field because the player is incapacitated, the referee must still notify the coach that the player

2026 Sol Cup | Rules

December 5-6, 2026

cannot return to the game. It is the responsibility of the coach and the player's parent(s) or legal guardians to seek medical attention.

The player may not resume participation until he/she has been cleared by a medical doctor. The Referee HAS NO FURTHER responsibility beyond removing the player from the match in which the player was injured. The referee crew must ensure, that UNDER NO CIRCUMSTANCES or due to the appeal from any coaching staff that the player is not allowed to return to the game.

8. FIELD AND GAME EQUIPMENT

- A. Field of Play (Law 1)
- U13-U19: No change per FIFA "Laws of the Game"
 - U11 & U12 (9v9): By US Soccer player development initiatives
 - U10 & U9 (7v7): By US Soccer player development initiatives
- B. It is the policy of FYSA (402.3 Jewelry) that no player be allowed to wear ANY jewelry while participating in any FYSA-sanctioned match. The only exception that may be allowed is a medical alert bracelet or necklace when taped to the body. The referee shall decide as to the safety of the player and the referee's decision is final. (The taping of any earring shall not be permitted under any circumstances.) If the referee notices a player wearing jewelry while the match is underway at the next stoppage of play, the referee will instruct the player to remove the item. If the referee deems the jewelry to be dangerous to any player, the referee must stop the match to correct the situation.
- C. Orthopedic Policy 402.2
- a. Orthopedic casts can be worn at any sanctioned FYSA tournament with written approval from a doctor and written permission from a tournament official, final judgement as to its safety is at the discretion of the referee
 - b. Soft braces can be worn with written approval from a doctor, and judgement as to safety is at the discretion of the referee.
- D. Players are required to wear shin guards by FIFA Laws of the Game.
- E. Players must wear numbers on the back of their uniforms, and these numbers shall coincide with those listed on the team's roster.
- F. Where uniform colors are similar, the designated home team will change colors. The home team is listed first on the schedule.
- G. Both teams will take the same side of the field. All other supporters will take the opposite side. Only three (3) carded team officials are permitted on the sidelines with their players.
- H. No one is permitted behind either goal/end line.
- I. Spectators must remain behind the spectator line and coaches must remain in the coaches' area.
- J. Each team shall be near their assigned playing field 30 minutes before the scheduled kick-off time.
- K. The home team will provide the game ball.
- L. In the event the assigned assistant referees fail to appear, the referee must find suitable assistant referees.

9. DURATION OF GAMES

Age Group	Ball	Preliminary Games	Playoffs
U8-U10	4	25 min. halves	25 min. halves
U11/U12	4	25 min. halves	25 min. halves
U13/U14	5	30 min. halves	30 min. halves
U15/U16	5	35 min. halves	35 min. halves
U17/U18/U19	5	35 min. halves	35 min. halves

- A. Teams in the U13 (U12 11v11) divisions will play with a size 4 ball.

- B. Mercy Rule: Games will not be subject to the mercy rule.

10. LAW 3: NUMBER OF PLAYERS

- U13 and older Maximum Eleven (11)- Minimum Seven (7) per side per FIFA
- U11 and U12 Maximum Nine (9)- Minimum Six (6) per side
- U09 and U10 Maximum Seven (7)- Minimum Five (5) per side
- U13 and Older Game Roster shall have a maximum of 18 players. Players not on the game roster are allowed to sit on the bench in the team's opposite uniform or street clothes.
- All other U12 Rules of Competition including no heading will apply.

11. THE TECHNICAL AREA/BOX, LAWS OF THE GAME, FIFA RULES

The technical area relates to matches played in game fields with a designated seated area for team officials, substitutes and substituted players as outlined below: The technical area shall only extend 1m (1yd) on either side of the designated seated area and up to a distance of 1m (1yd) from the touchline

- markings shall be used to define the area, temporary or Permanent.
- the number of persons permitted to occupy the technical area is defined by the competition rules
- the occupants of the technical area:
 - o are identified before the start of the match in accordance with the competition rules
 - o must behave in a responsible manner
 - o must remain within its confines except in special circumstances, e.g., a physiotherapist/doctor entering the field of play, with the referee's permission, to assess an injured player
 - o only one person at a time is authorized to convey tactical instructions from the technical area

12. FAILURE TO SHOW AND FORFEIT

- A. A team shall be allowed a fifteen (15) minute grace period after the scheduled kick-off time before the match is awarded to their opponent. A minimum of seven (7) players constitutes a team for ages U13 and older and if seven (7) players are present, the game will not be delayed. For ages U9 and U10, the number of players required is five (5). For ages, U11 and U12, the number of players required is six (6).
- B. In no case shall a team that forfeits or does not show up for a game be declared a division winner. If an apparent division winner forfeits a game or does not show up for play, the division team with the next-best record shall be named the division winner.
- C. A forfeit in the preliminary round (group play) will be awarded as three (3) points for the win and the score will stand at the time of the forfeit unless the score is 0-0 at the time of the forfeit, in which event, the score will be recorded as 6-0.
- D. Forfeits in the group play shall be recorded as 6-0 games.

13. ABANDONED GAME

If a match is abandoned by the referee due to the misconduct or inappropriate behavior of players, coaches, or spectators, the result of the game shall be determined as follows:

- A. If one team is solely at fault for the abandonment, that team will forfeit the match. The score will be recorded as an 6-0 win for the opposing team, unless the goal differential at the time of abandonment is greater than 8 goals in favor of the opposing team. In that case, the score at the time of abandonment will stand.
- B. If both teams are found to be at fault, the score at the time of abandonment will stand, regardless of the result.

14. NO PROTESTS SHALL BE ENTERTAINED

15. CONDUCT

There will be a Discipline Committee composed of three members. The Committee will review and rule on all reports of unacceptable conduct by

2026 Sol Cup | Rules

December 5-6, 2026

players, managers, spectators, and coaches using the FYSA standards as set forth under FYSA Rule Section 502, and all players, managers, spectators, and coaches shall be subject to FYSA Rule Section 502 – Discipline and Sanctions.

- A. Players, coaches, and spectators are expected to conduct themselves within the spirit of the Law as well as the letter of the Law. Displays of temper or dissent are cause for ejection from the game and surrounding field area and/or the Tournament. Repeated violations may result in the suspension of the team from the Tournament as decided by the Tournament Director.
- B. A player, coach, or team official ejected from a game shall receive an automatic minimum one (1) game suspension regardless of the cause of the ejection. The Discipline Committee shall determine the appropriate sanction for the action resulting in the ejection, said sanction will be determined and communicated to the affected parties as soon as practicable, but no later than before the next scheduled game in which the offending party would have an opportunity to participate, which is no sooner than two games after the game in which the offending party was ejected since there is at least a one-game automatic suspension.
- C. After the Sol Cup, it is the responsibility of the team's coach or manager to pick up the passes from the tournament headquarters, even if the suspension has not been completed. A complete report will be sent to the Florida Youth Soccer Association Review & Discipline Committee within 72 hours for forwarding to the appropriate State and National Association.
- D. Any player, coach, team official, or parent exhibiting or threatening violence to anyone (player, coach, referee, spectator, or Tournament official) will be grounds for immediate expulsion from the tournament, such determination to be made by the appropriate referees and tournament officials.
- E. By US Youth Soccer Tournament Hosting Agreement, all red and other matters involving team conduct will be reported to the home club and State Association of the team involved as well as the US Youth Soccer National Office within seventy-two (72) hours of the conclusion of the tournament for possible further discipline.
- F. Alcoholic beverages, smoking, use of profanity, and animals are not permitted at the fields or parks.
- G. Mechanical and artificial noisemakers are prohibited.

16. COMPLETING GAME SUSPENSIONS

Per FYSA Rule 504.1 Red card suspensions or send-off suspensions can only be served with the team with which the suspension was earned in games played by their team. Until the suspension is served the player/coach is suspended from any other team(s) to which the player/coach may be registered. Games may not be scheduled to "work off" suspension. Players may not serve suspensions as "guest players" nor may they "guest play" with any other team(s) until the original suspension is served.

- A. Issued during league games must be worked off during the next scheduled league, Cup, or tournament game(s).
- B. Issued during President's Cup or Commissioner's Cup, they must be worked off during the remainder of the competition. The suspension must be worked off in the next scheduled league and/or tournament game(s) if no competition remains.
- C. Issued during Tournament Play: Tournament Red Card Report filed along with game reports as required by post-Tournament rules. FYSA office is to send a copy of the Red Card Report and appropriate game reports to the appropriate RC in the next immediate mailout. RC will notify the club of discipline/sanctions remaining.
- D. Issued during "friendly games" must be worked off during the next scheduled league, Cup, or tournament game(s). "Friendly games" may not be scheduled to work off game suspensions nor if previously scheduled, used to work off suspensions given during league, cup, or tournament games.
- E. Issued during the US Youth National Championship (State Cup), at any level, shall not be allowed to participate in the next immediately following National Championship (State Cup) game played by the player's

team. A player may receive more than one (1) game suspension. Local clubs/leagues may issue additional discipline to be served in other than National Championship (State Cup) games.

- F. A red card suspension issued during a small, sided tournament that cannot be served during the event shall be served during the player/coach's next scheduled club, league, or cup game(s). For a suspension issued during a normal league/cup game, the player must sit out the first game of any small, sided tournament previously entered. The player shall then be able to compete in the remainder of the tournament. The player shall not receive credit for the small, sided game(s) against the original suspension.

17. DETERMINATION OF PLAYOFF FINALISTS

Finalists will be determined through a seeding format or by a division winner's format. The Tournament Committee will decide which format each age group and bracket will follow. This will be announced before the commencement of the competition. The rules to determine tiebreakers will be the same for either format. Each team will be awarded three (3) points for a win, one (1) point for a tie, and zero (0) points for a loss. At the end of the preliminary rounds, if the finalists for a particular age group and bracket are determined by the division winner, the division winner will be the team with the most points in their division. In the event of a tie within a division, the following criteria will be used to determine who moves forward:

1. Head-to-head competition (this criterion will not be considered in the case of a tie among more than two (2) teams) ***
2. Goal differential (goals scored minus goals allowed)
3. Most goals scored
4. Least goals allowed
5. Number of total shutouts
6. FIFA penalty kicks

***In the event of a tie between more than two teams

- Scenario 1. If one of the teams have won/defeated all other teams in the tiebreaker, then that team advances as that team has won out versus the other teams in the tiebreaker.

- Scenario 2. If there is not a clear winner, the tiebreaker will begin at the above criteria beginning at Goal Differential and proceeding to tiebreakers until a winner is determined.

Note, once a team is eliminated based on the tiebreakers and if there remains a tie, the tiebreaker then will start from the top of the tiebreaker starting with Head-to-Head.

If a wild card team must be selected for the playoff rounds, the above procedure will be used across the entire age group and bracket involved.

- If a division winner does not show up for play, the division team with the next-best record shall be named the division winner.
- In the event the finalists for a particular age group and bracket are determined by seeding, the finalists (or semi-finalists if applicable) shall be determined based upon the two teams (or more if semi-finals are applicable) with the most points in the overall age group and bracket involved. In the event of a tie, the same criteria as utilized for division winners shall be used to determine the finalists.

If there are an age group(s) and bracket in which semi-finals are held, to be determined at the discretion of the Tournament Committee, the foregoing rules shall be applied to determine the teams that shall qualify for the semi-finals.

18. PLAYOFFS

- A. Depending on the number of teams in the division/ age group bracket, there may be a playoff.
- B. If there are playoffs and a wild card team must be selected for the playoff rounds, that team will not be assigned to play the winner of its division in the first playoff round.

2026 Sol Cup | Rules

December 5-6, 2026

- C. In the case of a draw at the end of regulation time in the playoff rounds, the winner will be determined as follows:
The best of five penalty kicks taken alternately by each team will determine the winner. Only those players on the field at the end of regulation time of the playoff game may compete. If the penalty kick score is tied at the end of the five kicks, the teams will continue to take penalty kicks alternately until there is a winner. All players on the field must kick before any player may kick a second time.

19. INCLEMENT WEATHER

INCLEMENT WEATHER (GROUP PLAY). In the event of inclement weather affecting the group play, the Tournament Committee will have the authority (in its sole discretion) to change games as follows:

- A. Relocate or reschedule any game(s).
- B. Change the duration of any game(s).
- C. Cancel the game(s).
- D. Games that have been started and subsequently suspended due to inclement weather or other external conditions will be deemed complete if one-half of the play has been completed or the first half cannot be completed before the start time of the next scheduled game on that field. For any such game that is not completed, the score will be the final score at the time of the suspension. Any game that is not started and is canceled (as opposed to postponed) due to weather or other external conditions, will be recorded as a 0-0 tie. Canceled games will not be rescheduled.

INCLEMENT WEATHER (PLAYOFFS & FINALS). In the event of inclement weather affecting the Playoffs or Finals, the Tournament Committee will have the authority (in its sole discretion) to change games as follows:

- A. Relocate or reschedule any game(s)
- B. Change the duration of any game(s)
- C. FIFA penalty kicks
- D. Playoff or Final Games that have been started and subsequently suspended due to inclement weather or other external conditions will be deemed complete if one-half of the play has been completed or the first half cannot be completed before the start time of the next scheduled game on that field. For any such game that is not completed, the score will be the final score at the time of the suspension.
 - 1. If the score at the time of suspension is tied, or the game can be not started due to inclement weather, point b. (below) will be considered.
 - 2. If the score at the time of the suspension is tied, or any Final game has not started, and a Champion and Finalist need to be determined, the tournament will revert to final group standings based on three (3) points for a win, one (1) point for a tie and zero (0) points for a loss. In the event of tie-on points between the two teams that are in the Finals, the following criteria will be used to determine the Champion and Finalist:

- 1. Head-to-head competition
- 2. Goal differential (goals scored minus goals allowed)
- 3. Most goals scored
- 4. Least goals allowed
- 5. Most Shutouts
- 6. FIFA penalty kicks

20. ON-FIELD DISCRIMINATORY CONDUCT POLICY

A. ZERO-TOLERANCE POLICY

The Sol Cup maintains a strict zero-tolerance policy regarding discrimination, harassment, and abusive conduct.

Any discriminatory language, slur, remark, gesture, intimidation, harassment, or conduct directed toward a player, coach, official, spectator, volunteer, or any other individual based on race, color, ethnicity, national origin, religion,

sex, gender, sexual orientation, disability, or any other protected characteristic is strictly prohibited.

The Sol Cup reserves the right to immediately remove, suspend, or expel any individual or team involved in discriminatory conduct. The severity of disciplinary action shall be determined by the Tournament Director and Discipline Committee based on the facts and circumstances of each incident.

B. APPLICABILITY OF POLICY

This policy applies equally to all participants and attendees of the Sol Cup, including players, coaches, team officials, spectators, parents, guardians, and any individual affiliated with a participating team.

All individuals are expected to always conduct themselves in a respectful and sportsmanlike manner. Discriminatory conduct by any participant or spectator may result in disciplinary action, including removal from the facility, suspension, team sanctions, forfeiture of matches, or expulsion from the tournament.

C. PROHIBITED CONDUCT

Prohibited conduct includes, but is not limited to:

- The use of racial, ethnic, religious, gender-based, sexual orientation, disability-related, or other discriminatory slurs or remarks.
- Discriminatory gestures, signs, or actions.
- Harassment, intimidation, or abuse directed at any individual based on a protected characteristic.
- Taunting, mocking, or targeting an individual because of a protected characteristic.
- Any conduct deemed discriminatory by Match Officials, the Tournament Director, or the Discipline Committee.

Any participant who uses discriminatory language or makes a discriminatory gesture shall be subject to immediate dismissal from the match and additional disciplinary sanctions.

D. PRE-MATCH STATEMENT

Prior to each match, referees may read the following statement to team captains: "The Sol Cup prohibits discriminatory conduct. Any participant who uses discriminatory language or makes a discriminatory gesture will be removed from the match and may be suspended from future games. Players, coaches, and spectators are expected to respect their opponents, match officials, and the game at all times. Respect your opponent and let your play speak for itself."

E. ON-FIELD DISCRIMINATORY CONDUCT PROCEDURE

If a player, coach, or team official believes discriminatory language or conduct has occurred during a match, the following procedure shall apply:

Step 1: The affected player, teammate, coach, or team official shall immediately notify the referee.

Step 2: The referee will stop play when appropriate and address both coaching staffs regarding the reported incident.

Step 3: Coaches shall immediately address their players and assist in restoring a safe and respectful environment.

Step 4: The referee will notify the Tournament Director, Field Marshal, Site Coordinator, or designated Tournament Official.

Step 5: Play shall not resume until the referee determines that both teams are prepared to continue in a safe and respectful manner. Tournament officials may continue their review while the match resumes if appropriate.

Step 6: Tournament officials will investigate the incident and gather information from players, coaches, referees, spectators, and other witnesses as necessary.

F. MATCH SUSPENSION OR ABANDONMENT

If discriminatory conduct creates an unsafe, hostile, or disruptive environment, the referee may suspend or abandon the match.

If a match is abandoned due to discriminatory conduct, the Tournament Discipline Committee shall conduct a formal review and determine the outcome of the match.

2026 Sol Cup | Rules

December 5-6, 2026

G. DISCIPLINARY ACTIONS

The Sol Cup reserves the right to impose sanctions against both individuals and teams.

H. INDIVIDUAL SANCTIONS

Individuals may be subject to:

- Immediate red card or dismissal from the match;
- Removal from the facility;
- Suspension for one or more matches;
- Suspension for the remainder of the tournament;
- Expulsion from the tournament;
- Restriction from future Sol Cup tournaments

I. TEAM SANCTIONS

Teams may be subject to:

- Suspension of the offending individual(s);
- Written warning to the team or club;
- Removal of the team from the tournament;
- Additional sanctions as determined by the Discipline Committee.

The Tournament Discipline Committee reserves the right to impose more severe sanctions based on the nature, severity, and circumstances of the conduct.

J. FINAL AUTHORITY

All decisions made by the Tournament Director and Tournament Discipline Committee regarding incidents of discriminatory conduct shall be final and binding. Tournament officials reserve the right to take any action necessary to protect the safety, integrity, and spirit of the competition.

21. REFUND POLICY

- Within five (5) days after notification that the team is not accepted by their application.
- Within five (5) days upon cancellation of the tournament.
- Within ten (10) days of withdrawal request of the application by a team before acceptance of that application by the tournament
- Any team that will not be permitted to play in the contracted age group shall have the option to withdraw and receive a full refund of all entry fees. All tournaments shall notify any participant not less than fifteen days before the beginning of the tournament if any age group advertised will not be offered.

22. GENERAL

- Teams that cancel or pull out of the tournament after the registration deadline November 9, 2026, are not entitled to a refund of their registration fee.
- Teams that register and/or pay after the registration deadline of November 9, 2026 will incur a \$50.00 late fee.
- Under no circumstances whatsoever, will the Tournament Committee, Sol Sports Club FYSA, or US Club Soccer be responsible for any expenses (including tournament entry fee) incurred by any team. This includes a situation where the tournament or any game(s) is canceled in whole or part, due to any factor including inclement weather.
- The Tournament Committee's interpretation of these rules shall be FINAL.
- The Tournament Committee reserves the right to decide on all matters about this tournament.
- Artificial noise makers are prohibited.
- Dogs and or pets are not allowed at the soccer complex/facilities without "Emotional Support Animal Certification" or proper documentation.
- The Tournament Committee, based on its interpretation of these rules, will determine the teams which advance into the final rounds.
- Out-of-area teams are required to stay at tournament-approved host hotels.
- Drones are not permitted without prior written approval and proof of liability insurance.

- NO SALES OF ANY KIND ARE PERMITTED AT FACILITIES WITHOUT THE WRITTEN PERMISSION OF SOL SPORTS CUP.