



Rules
Mountain Mayhem Tournament
Saturday - May 9th, 2026
Ridge/Jenkinsville Park
& Golden Goal Sports Park

Capital District Youth Soccer League (CDYSL) rules (<http://cdysl.org/cdysl-rules/>) shall apply, except where modified below:

1. **Conduct:** Players, reserve players, managers, coaches, and fans are expected to conduct themselves within the letter and spirit of FIFA's "The Laws of the Game" and the CDYSL Code of Conduct. Tournament Officials have the authority and the responsibility to remove any person(s) from the tournament for abuses of conduct, in addition to any specific disciplinary action brought about by any other authority. The referee will have the authority to warn and ultimately send off, any manager/coach whose fans behave in an abusive or disruptive manner. Tournament officials will designate one sideline to be for the sole use of the players listed on the game roster and a maximum total of three (3) managers/coaches/trainers from each team, with one team occupying one side of the mid field and one team, the other. While the game is in progress the manager/coach/trainer and the reserve players must remain on their respective benches and may not roam the sidelines. Upon the completion of each game, managers/coaches will ensure their respective sideline areas are clean and that all trash is in containers. Spectators must be on the opposite side of the field as the players and shall stand back at least 3 feet from the playing field (touch line) at all times while games are in progress. No dogs or other pets are allowed on the tournament grounds.
2. **Rosters and Documents:** Eligible teams to register are only those that belong to the Capital District Youth Soccer League (CDYSL), US Youth Soccer (USYSA) and it's state associations. Coaches are required to present the following documents for review at registration on the day of the tournament:
 - a. A copy of the official team roster approved by CDYSL or USYSA affiliate;
 - b. If official rosters above do not include player photos as used by their league, provide CDYSL or USYSA affiliate player/coach pass cards (laminated with photo).;
 - c. A completed and signed USYSA Player Information and Medical Release Form (or alternate medical form utilized by team's club) for each player must be with coach on site;
 - d. For guest players, a copy of the official team roster for the regular team of each guest player and current CDYSL or USYSA affiliate player pass cards (laminated with photo or rosters with player photos if that is what is used by the team's league). Same process as in items a & b above;
 - e. Tournament Info form signed declaring the coach has the completed medical forms for all participating players (Coach will keep their team's medical forms with them while participating in the tournament. Tournament officials reserve the right to view all medical forms); Please show these forms at check-in.
 - f. For Non-CDYSL teams, approved permission to travel if required by their USYSA state assoc. or affiliate;
 - g. Any team (primarily U14 -U18 teams or sometimes a U12 team if so directed) playing at the Golden Goal will also have to complete, sign, and submit a Golden Goal waiver form for each player and coach.

Age divisions shall be determined by player ages according to birth ranges set by United States Youth Soccer Association (USYSA). Four guest players are allowed in addition to the players on a team's official league approved roster. All players must be rostered with CDYSL, Eastern New York Youth Soccer Association (ENYSSA) or USYSA and it's state associations. A player may play on only one team during the tournament. If a player participates that is not on the team roster or is too old for the division – the team will forfeit games played with this player – see forfeit provision below).

Please note for the U16-18 division: White division is the most competitive division then blue and finally red. To the extent possible:

- White and blue divisions will have separate U16 and U18 groups
- The red division will play with combined U16/18 aged players on their teams

3. **Players' Equipment:** Player equipment must conform to FIFA rules. All players must wear shin-guards under their socks. Teams will wear uniforms of matching design and color. Numbers must be at least six (6) inches high and affixed to the back of the uniform shirt. No two players may have identical uniform numbers while both players are playing on the field at the same time. All teams shall bring numbered alternate jerseys or different colored vests (pinnies). Coaches should attempt to resolve any jersey color conflicts before the game. Home team has choice of jersey color in event of an unresolved conflict. Goalkeeper's jersey must be a different color than that of either team jersey.
4. **Officiating:** All referees' decisions are final. Tournament officials will be available for clarification of rulings, conflicts in rules and instances not explicitly covered in these rules. Any game played with the agreement of both coaches in conflict of these rules will abide by the decision of the referee for that game.
5. **Duration of Games:**
 - a. Each game for U14 through U16/18 shall be 30 minutes in duration;
 - b. U10 through U-12 shall be 25 minutes in duration;
 - c. each game for U8 shall be 20 minutes in duration.
 - d. At halftime of the game, the referee shall stop play, the teams shall promptly change ends and play shall resume with a kickoff at the center mark unless agreed to differently or directed otherwise by the referee.
 - e. U8 games: Your two squads may be playing on 2 different fields so an individual coach will not be able to coach both squads at the same time.
6. **Ball:** Size #3 for U-8. Size #4 for U-10 and U-12. Size #5 for U-14 and U-16/18.
7. **Start of Play:** The home team shall decide which goal to attack or whether to kick off. The away team shall decide the other.
8. **Number of Players:** U-8 will play with two squads of 4 players each on the field (without goalkeeper) and a maximum of 14 on the roster. U-10 will play with 7 players (including goalkeeper) on the field and a maximum of 14 on the roster. U-12 will play with 9 players (including goalkeeper) on the field and a maximum of 16 on the roster. U-14 and U-16/18 will play with 11 players (including goalkeeper) on the field and a maximum of 22 on the roster. Players are only allowed to play on one team during the tournament.
9. **Substitutions:** Substitutions shall be made with the consent of the referee as follows: before goal kicks, throw-ins by your team, throw-ins by the other team if other team is substituting, after a goal is scored and to replace an injured player. A player who is bleeding must be replaced until the bleeding is stopped.
10. **Fouls and Misconduct:** Players who receive a yellow card must leave the field of play until at least the next substitution opportunity. Players and coaches who receive a red card in a game shall be suspended for the following game. Players and coaches who receive three yellow cards during the tournament shall be suspended for the following game. Coaches are responsible for their own behavior as well as their players and fans. Fighting and excessively loud or persistent dissent by players, coaches, or spectators will be grounds for individual or team ejection from the tournament with no refund of entry fees. Yellow and red cards will be recorded by the referee and reported in accordance with CDYSL/ENYISA directives.

11. **Forfeits:** If a team has to forfeit for any reason, the opposing team is granted a 3-0 win. Points for this win are awarded for the win only and will not count any goals scored.

12. **Tournament Scoring (U-12, U-14, and U-16/18 Only):** Win = 6 points. Tie = 3 points. Loss = 0 points. One additional point will be awarded for each goal up to 3 goals. No points will be awarded for more than 3 goals. Upon the conclusion of each game, a completed Game Scoresheet and Referee Report will be submitted by the referee to the designated tournament official.

13. **Final Standings (U-12, U-14, and U-16/18 Only):**

- a. Divisions with five teams will use a round robin format and there will be no playoffs. The team in each division with the highest point total is declared the tournament champion and the team with the second highest point total is declared the runner up. If tied – the tie breaker sequence is described below.
- b. Divisions with four teams will play three rounds in a round robin format, followed by a championship round, where the two teams with the highest point totals will play for first place, and the third and fourth ranked teams will play for third.
 - i. If there is a tie for second place, we apply the tiebreakers below to determine who moves on as the second place team to the championship round.
 - ii. If there is still a tie at the end of the championship playoff round the winner will be determined by a 5v5 shoot out. If still tied after that it will then be determined by a sudden death 1v1 shoot out whereby each team gets one shot per round and the team to first score without the other team scoring in a round is the winner. A player may only shoot in one 1v1 round until all team players have shot. If needed, a subsequent 1v1 round will be held.
 - iii. There will be no shootout if the third and fourth place teams are tied to determine third place.

c. the tiebreaker sequence is:

- Winner of the game played between the tied teams
- Most wins
- Goal differential (highest number of total net goals; maximum differential is 3 per game)
- Fewest total goals allowed
- Most shutouts
- Penalty kicks

14. **Weather:** The tournament will take place rain or shine. However, games will not be played in inclement weather if there is a possibility of injury to players or serious damage to the playing fields. In the event of inclement weather, the Tournament Director has the authority to change the duration of any game, cancel a game or cancel the entire tournament for the safety of the players and the good of the playing fields. Field marshals or site coordinators can suspend matches due to weather conditions once play has begun. Because of contractual agreements with facilities and service resources, no guarantee is made for a full or partial refund of registration fees.

15. **General:** The tournament committee shall have the final say over any disputes and reserves the right to modify the Tournament Rules at any time before or during the tournament.

U8 division may not be available for every tournament year. Please check the tournament website for confirmation.
Please see the tournament website for facility rules regarding food, pets, etc16

Revised (1/7/26).