



Tournament Rules and Regulations

Kingston First Capital Soccer Tournament Rules and Regulations, 2026

1.0 Eligibility and Registration Requirements

1.1 All participating teams must be currently registered with their provincial, state or national organization. All teams from outside the Southeastern Ontario Soccer Association (SOSA) MUST provide, no later than one week before the tournament date, an authorized travel permit from their governing association. Any team from outside of Ontario must have proof of adequate travel, injury and liability insurance. The Tournament will not be liable for injuries to any participant on or off the fields during the tournament. Please note that the Tournament Committee reserves the right to place teams in appropriate divisions to ensure fair competition.

1.2 All teams must bring with them a copy of their official team roster validated by their governing organization including photos for all players and team officials. These should be presented at the Tournament registration and kept available by the team at every game during the Tournament. Failure to meet this requirement could result in sanctions including dismissal from the Tournament and forfeit of the team entry fee. Team eligibility is restricted to "competitive" registered teams.

1.3 No team will be considered officially registered until their entry fee payment, in full, has been received. Any team that withdraws from the tournament after the registration deadline will not be entitled to a refund of their entry fee. Team withdrawals prior to the deadline will be entitled to a refund of entry fee minus a \$50 administrative charge.

1.4 Team registration will be done online for submission of rosters, Travel Permit, etc. A team official must check in at the tournament desk no later than one hour before their first game. Players are not required to be present at check-in. The team manager/representative will be required to have with them:

- a fully completed Tournament Roster form;
- a copy of the team's official Team Roster validated by the team's governing body (for presentation and inspection only);
- five completed tournament game sheets;
- guest player permits if applicable.

2.0 Team Roster

2.1 Team rosters will be limited to a maximum of eighteen (18) players for U12 and U13, 20 players for U14-U21, and four (4) team officials. Players may play on only ONE team during the tournament. The minimum number of players who are required in order to commence or to continue a game is six (6) for U12 and U13 and seven (7) for U14-U21.

2.2 Teams are permitted to use up to three (3) **guest players** from other clubs. A **Temporary Registration Permit** from the player's District Assoc. must be presented, at registration, for each guest player. Players 'playing up' from the same club as the team only need to provide evidence (player card or team roster) that they are from the same club. There is no limit on the number of 'call ups' from the team's own club. Players may not 'play down' (i.e. a Regional/AAA player may not play in an exclusively District (AA/A) Division) unless the Regional/AAA player is at least a year younger than the team on which he/she is a guest or if there are Regional/AAA teams of the same age playing in the division. Normally, if there are insufficient entries for a separate Regional/AAA division, such teams will be moved up an age category to provide fair competition. The Tournament Committee reserves the right to place any team in the division deemed most appropriate by the committee.

The age groups and their corresponding birth dates for the tournament are as follows:

AGE DIVISION	BIRTH YEAR
U-12	2014
U-13	2013
U-14	2012
U-15	2011
U-16	2010
U-17	2009
U-18	2008
U-21	2007,2006,2005

2.3 A copy of the team's official roster must be available at each game the team plays. A player or team official without proper documentation will not be eligible to participate.

3.0 UNFAVOURABLE WEATHER

3.1 Under normal conditions, every game will be played at its scheduled time and location. If inclement weather conditions or unusable field conditions occur, the location and kick-off time may be changed. Teams are to appear for all games times or risk forfeiting the game. The referee, or Tournament Committee, will make the final call on weather related issues, according to their own rules. Under no circumstances may teams withdraw from the playing field area during game play, until the referee advises them to do so.

3.2 If a game is abandoned, Tournament officials will rule on that game's status. When 50% or more of a game has been played, and play cannot continue due to weather and/or field conditions, the game will be suspended and considered to have been completed. The score at the time of the suspension of the game will be final. The Tournament Committee reserves the right to shorten the length of any game and/or revise the schedule of games in an effort to ensure that all games are played. Further, if necessary due to inclement weather, the Tournament Committee may cancel any game.

3.3 Neither the Kingston United Soccer Club, nor the Tournament Committee, will be responsible for any expenses incurred by teams, players or parents, in the event of cancellation of the Tournament in whole or in part.

3.4 Each team is responsible for ensuring they are aware of their schedule or any schedule changes. Team coaches or managers are responsible for communicating schedules and/or playoff designations to their players. Coaches/managers should check with tournament headquarters, or field conveners, periodically for any changes or updates, especially at the end of the day and at the beginning of each day.

4.0 Forfeits

A team which is unable to field seven players within ten minutes of the official start time will forfeit the game unless a reason acceptable to the Tournament Committee can be presented. The forfeited game will be recorded as a 2-0 win. If a team forfeits its last game of the round-robin series, all games played by that team will be declared void and all their opponents are given a 2-0 win and 3 points. The offending team will be liable for a fine of \$100 payable within 30 days. Failure to do so will result in disciplinary action being taken.

5.0 Protests

All protests must be in writing and submitted with a \$100 cash bond to the Tournament Control Centre, within 30 minutes of the finish of the game to which the protest relates. The Tournament Discipline Committee will rule on all protests and the cash deposit will be refunded only if the protest is upheld.

All referees' decisions are final. No protests will be allowed based on referee decisions.

6.0 Home Team

The team listed first on the schedule shall be considered the home team. If there is a colour clash with team jerseys it will be the home team's responsibility to change colours. Each team should have two sets of jerseys in anticipation of possible colour clashes. Each team must have a suitable game ball available if required.

7.0 Duration of Games

All U-12 and U-13 games will be 40 minutes (2 x 20), with a 5 minute halftime break. All U-14 to U-21 games will be 50 minutes (2 x 25), with a 5 minute halftime break. Tied games in Semi-finals and Final: Go directly to FIFA penalty kick rule. The number of minutes played by a team per day will not exceed the maximum, as per OSA Rules, of 120 minutes for U12 and U13 teams, 150 minutes for U-14 teams and 180 minutes for U-15 to U-21 teams.

8.0 Format

U12 teams will play 9v9 with a size 4 ball. U13 teams will play 9v9 with a size 5 ball. U14-U21 teams will play 11v11 with a size 5 ball.

9.0 Substitutions

Unlimited number of substitutions are allowed, but only at the following times, and with the approval of the referee:

- when a goal is scored;
- at a goal kick;
- at the beginning of the second half;
- on a team's own throw in (opposing team can piggy back);
- for any injured player at the referee's discretion.

There will be no substitution allowed for a player ordered to leave the field by the referee as a sending-off offence.

10.0 Tournament Standings

10.1 In round-robin competition, 3 points will be awarded for a win and 1 point for a tie. The team with the most points will be declared first in round-robin competition, the team with the next highest points second and so on. In the event of two teams finishing with the same number of points, the following tie-breaking criteria will be used:

1. Winner of the game between the tied teams (in the case of two-way ties);
2. Best goal differential (goals for minus goals against);
3. Most goals scored;
4. Fewest goals against;
5. Coin toss.

10.2 In a three way tie the above criteria (starting with #2) will be applied to identify the top team from the three teams and then the remaining two way tie will be resolved by beginning at criteria #1 again. In divisions with a “Wild Card” team in the semi-finals, the Wild Card team will be the team with the next best record, across all pools, after the other three semi-finalists have been determined. If there is a tie for the Wild Card spot the tie-breaking criteria listed above will be applied.

10.3 The Tournament Committee, if deemed necessary, has the right to alter the format of the tournament.

11.0 Spectator/Team/Coach Positioning

Coaches must stay within the technical area that extends one yard either side of the team bench and one yard from the side line. Coaching outside of this area will not be permitted. Only team officials are allowed in this area. Team officials are reminded that they are not allowed on the field of play without the referee’s permission. A MAXIMUM of four team officials are permitted on the bench (Coaches, trainers, etc).

Parents and other fans are not allowed in this area and must remain on the opposite side of the field from the players’ benches. This rule will be strictly enforced. No exceptions. Spectators must remain at least two metres back from the touchline at all times.

12.0 Discipline

12.1 All team officials must read, agree, and adhere to the **Zero Tolerance Policy For Referees and Staff**.

12.2 If a player receives a red card, they will be ejected and automatically suspended for the next game. A red card for violent conduct will result in a three-game suspension. If a player receives two yellow cards during the same game, they will be ejected and suspended for the next game. Three yellows during the tournament will result in a one game suspension. If a team official receives a direct red card will receive a 1 game suspension and could be removed from the tournament. For team officials receiving 2 yellow cards during the same game, they will be ejected and suspended for the next game, while 3 yellow cards in the tournament will result in a one game suspension. All suspensions will be reported to the team’s home District Association and to the Ontario Soccer Association (and/or appropriate provincial association).

12.3 Should a team's Bench Staff/players and/or supporters, including parents, become so unruly or abusive of the Referee or Referee's Assistants or any Tournament Official, before, during or after a game (even if the Referee allowed the game to continue to its conclusion and/or even if the allegedly offending team was leading or had won the game), the Tournament Discipline Committee may declare the allegedly offending team to have lost the game by sideline misbehaviour. If the game had not started, a score of 2-0 will be awarded to the opposing team. However, should the game have started, the winning score will either be 2-0 or the existing score at the time when the game was halted (whichever score is most favourable to the team that is being awarded the win). The team that was declared to have lost by sideline misbehaviour may be expelled from further play in the Tournament and, if so, all future, and previous, scheduled opponents of the expelled team, will also be awarded 2-0 wins.

13.0 Equipment

Shin pads and proper uniform attire are mandatory. 'Hard' casts, even if wrapped, are not permitted. Referees have final determination over issues involving potentially 'unsafe' equipment (eyeglasses, 'soft' casts, etc.).

14.0 Game Sheets

Both teams must submit their completed game sheets to the referee prior to kick-off. Players' uniform numbers must correspond to numbers/names on the game sheet.

15.0 Tournament Committee

15.1 The Tournament Committee will be responsible for team acceptances, tournament format, game scheduling, and assignment of referees.

15.2 The Tournament Committee reserves the right to decide on all matters pertaining to the tournament.

15.3 The Tournament Committee reserves the right to rule on all matters pertaining to the tournament, including interpretation of the forgoing rules and regulations.

15.4 The Tournament Committee reserves the right to change the format of the tournament due to unforeseeable circumstances.

15.5 The Kingston United Soccer Club will not be responsible for any expenses incurred by any team if the Tournament is cancelled or shortened.

2026 Referee Pay.

1st Capitol Cup	Pay
U16 to U21 Middle (No AR's)	\$50.00
U16 to U21 Middle (With AR's)	\$40.00
U16 to U21 AR	\$30.00
U14 to U15 Middle (No AR's)	\$45.00
U14 to U15 Middle (With AR's)	\$35.00
U14 to U15 AR	\$25.00
U12 to U13 Middle (No AR's)	\$35.00
U12 to U13 Middle (With AR's)	\$30.00
U12 to U13 AR	\$20.00
U10, U11 Middle	\$25.00
U9 Middle	\$20.00
U8 Middle	\$20.00