OFFICIAL SPRING LEAGUE RULES & REGULATIONS

These rules apply to all teams participating in the Golden Cup Spring League. Coaches are responsible for ensuring that players, team staff, parents, and spectators follow league rules and maintain appropriate conduct throughout the competition.

1. GAME CONDUCT & SEASON FORMAT

- Each team is guaranteed **eight (8) games**.
- The team with the most points at the end of the season will be declared the champion.
- All coaches are responsible for the conduct of their players, bench personnel, friends, parents, and spectators at all times.
- Referees and league administrators have authority to enforce the rules and maintain a safe playing environment.

2. LEAGUE STANDINGS & TIEBREAKERS

Teams will be ranked using the following criteria, in order:

1. **Points**: **Win**: 3 points, **Tie**: 1 point, **Loss**: 0 point.
2. Head-to-head result
3. Goal differential
4. Number of wins
5. Total goals scored

3. LOAN PLAYERS

Loan players are permitted in the GEFC Golden Cup League, provided they meet eligibility requirements.

- All loan players must be properly registered and eligible to participate in the Spring League.
- Coaches are responsible for verifying player eligibility before each game.

4. LEAGUE RULES, AGE GROUPS, GAME FORMAT & FIELD REQUIREMENTS

	U7-U10	U11	U12	U13-U14
# of players on field	7v7	9v9	9v9	11v11
Minimum # of players	5	6	6	7
Primary Player Roster Limits	12	16	16	22
# of players allowed to be rostered each game	**12**	**16**	**16**	**18**
# of Club-Pass players allowed to play each game	4 players	4 players	4 players	5 players
Goalkeeper	Yes	Yes	Yes	Yes
Playing Time	2x25	2x30	2x30	2x35
Half-Time	5 mins	5 mins	5 mins	10 mins
Ball Size	4	4	4	5
Goal Size (ft)	6.5x18.5 or 7x21	7x21	7x21	8x24
Offside	Yes - after build-out line	Yes	Yes	Yes

Substitutions	Unlimited - on any possession, or if the other team subs.			
Fouls (free kicks)	Indirect & Direct Free Kicks			
Free Kick clearance (direct)	8 yd	8 yd	8 yd	10 yd
Throw-in	Normal	Normal	Normal	Normal
Penalty Kicks	Yes (mark at *10 yds*)	Yes (mark at *10 yds*)	Yes (mark at *10 yds*)	Yes (mark at 12 yds)
Heading	**NO**	**YES**	**YES**	**YES**
Build-Out Line	Yes	None	None	None

Special Rules

Heading

- Heading is not permitted for U7-U10, and U11. A restart is an indirect free kick to the attacking team for any heading offense inside the opponents' penalty area, taken from the nearest point on the penalty area line that runs parallel to the goal line. Indirect Free Kicks Heading Offense Image
- Heading is permitted for U12 – U14 in 9v9 and 11v11 games

Build-Out Line — 7v7

- Opponents must retreat behind the build-out line when required.
- Goalkeepers may not punt or drop-kick the ball.
- The ball is in play when it is properly played from a goal kick.

5. PLAYER ELIGIBILITY & ROSTERS

Coaches are responsible for ensuring that every player on the field is eligible and appears on the official roster submitted to the league.

An **ineligible player** is any player who does not have the required player identification card or is not properly registered for the Spring League.

- Team must show or display SoCal/US Club Soccer Team Roster thru Gotsport App live before the game to be eligible to participate.
- If Player is New, the team/player must show up a school ID, or Gov ID to be eligible to play.
- Marshall or Referees will check team rosters before games.
- If a protest is sent and the use of an ineligible player is confirmed, the offending team will forfeit the game.

6. GAME DURATION & TIMEKEEPING

7v7 (U7-U8)

- Two 25-minute halves.
- Five-minute halftime.

7v7 (U9-U10) & 9v9 (U11-U12)

- Two 30-minute halves.
- Five-minute halftime.

11v11 (U13-U14)

- Two 35-minute halves.
- Ten-minute halftime.

Additional timekeeping rules:

- The clock starts at the scheduled game time, with one additional minute added to the total duration of each half.
- At the referee's discretion, time may be stopped or added for injuries, cautions, send-offs, or other circumstances resulting in lost playing time.

7. WEATHER CANCELLATIONS & FIELD CLOSURES

Extreme Heat

Games are scheduled to proceed regardless of temperature or humidity. Players and families should use caution when deciding whether participation is appropriate.

Rain, Thunder & Lightning

- Games may proceed during rain when field conditions are safe.
- In the event of unstable storm conditions, the league may cancel games at the field.
- Games cancelled due to thunder and lightning will be rescheduled.

Field Closures

The league uses rented fields and facilities that may be closed by the City of Chula Vista, school districts, or private facility operators due to rain, unsafe field conditions, flooding, or other circumstances beyond the league's control. If a facility is officially closed, affected games will be cancelled and rescheduled.

8. PLAYER EQUIPMENT & SAFETY

Shin Guards

- Shin guards are mandatory and must be covered by socks or track pants.
- Outdoor soccer cleats are required.
- Players without shin guards must leave the field immediately and may not continue playing until properly equipped.

Braces & Casts

Sport-specific braces with a lightweight, smooth, soft exterior may be permitted if they provide sufficient protection to the player and others.

Metal or plaster casts must be adequately cushioned and comply with applicable referee and safety requirements. Dangerous or reckless play while wearing a brace or cast is prohibited.

Players wearing braces or casts must ensure their equipment is safe and compliant before participating.

Jewelry

- Necklaces, bracelets, and chains must be removed before playing.
- Removal of piercings and body jewelry is strongly recommended.
- Any decision to permit taped or concealed jewelry remains subject to applicable soccer safety rules and referee requirements. Safety requirements take precedence over personal preference.

Glasses

- Active sports eyewear with a secure head strap is strongly recommended for players who require corrective eyewear.
- Regular glasses must have a secure head strap and must not pose a danger to the wearer or other players.
- The referee may prohibit eyewear that is considered unsafe.

Clothing

- Shorts, track pants, and tights are acceptable playing attire.
- Players must be identifiable as members of their team, with their jersey number clearly visible on the back.
- Additional clothing must not create a safety hazard.
- Any skirt worn during play must not create a tripping hazard or interfere with safe movement.

9. PENALTY KICKS

- Penalty kicks must be taken from the designated penalty mark.
- Opposing players must remain outside the required distance and must not interfere with the kick.
- The goalkeeper must comply with the applicable rules governing positioning on the goal line when the ball is kicked.

10. SLIDING & SLIDE TACKLES

Sliding to play the ball or keep it in bounds is permitted only when it does not create an unsafe challenge.

- Sliding is not permitted when it interferes with an opponent's ability to play the ball or creates a risk of contact.
- Dangerous or reckless challenges may result in disciplinary action.
- A slide tackle from behind is subject to a red card under the league's disciplinary rules.

11. OFFSIDE

The offside rule applies to league games, subject to the applicable rules for each game format.

12. PENALTIES & DISCIPLINE

Yellow Cards

- Yellow cards will be recorded against the offending player.
- Three accumulated yellow cards result in a **one-game suspension**.
- Misconduct, including insulting or abusive language directed at the referee, may result in disciplinary action.

Red Cards

- A player receiving a red card must leave the field immediately.
- The red card must be recorded on the game sheet, and the required report must be completed after the game.
- A player receiving a red card will miss at least one game.
- Two yellow cards in the same game result in a red card and dismissal.
- A slide tackle from behind is subject to a red card under league rules.

Additional suspensions may be imposed for serious misconduct, subject to league review.

13. DEFAULTS & INSUFFICIENT PLAYERS

- Defaulted games and no-show games will be recorded as a **1–0 loss** for the offending team.
- Teams are responsible for arriving on time and having enough eligible players to begin the game.

14. PARENT & SIDELINE EJECTION RULE

If a parent or spectator is ejected during a Spring League game:

- The individual must leave the field area immediately.
- The individual must remain out of sight and hearing of the field.
- The individual will automatically receive a minimum suspension of one additional game.

Coaches are responsible for communicating sideline conduct expectations to their teams' families and supporters.

GEFC GOLDEN CUP 2027 – SPRING SEASON

Respect the game. Respect the officials. Respect every player.

DEVELOP THE PLAYER. BUILD THE PERSON.