

US Adult Soccer Region I Women's Championship

2025 Tournament Rules

The following Rules of the Competition are specific to tournament play for the Region I Women's Championship.

1. **Rosters** - Teams will be allowed to bring a maximum of 22 players to the tournament. A copy of the team's Official Player Pool Form, certified by the proper state association or USASA Affiliate league must be submitted at check-in.
2. **Group Play** - The teams will play their group matches on Saturday & Sunday.
 - **Match Length** - Group matches will be 80 minutes in length. If a match ends in a tie, extra time will not be played.
3. **Point System** - In group matches, 3 points will be awarded for a victory and 1 point for a tie. The team with the most points outright is declared the champion.
4. Teams tied on points
 - Two teams tied on points
 - If two teams are tied in points, a final will be played between them. The match will be 60 minutes in length. If there is no winner at the end of regulation time, the winner will be determined by kicks from the penalty mark as prescribed by FIFA. There will be no extra time played.
 - Three teams tied on points
 - In the case of three teams tied on points, a draw will be held to determine the two teams to play a penalty shootout. The team not drawn will advance to the final.
 - The two teams drawn will take kicks from the penalty mark as prescribed by FIFA. The winner advances to the final.
 - A final will be played among the two teams that advanced as described above.
 - All four teams tied on points
 - In the case of all four teams tied on points, a draw will be held to determine the pairings to play a penalty shootout. The winners advance to the final.
 - A final will be played among the two teams that advanced as described above.
5. **Substitutions** - Substitutions shall be unlimited in numbers among the 22 players listed on the player pool. A player who has been substituted may reenter the match at any time. The referee may stop play and allow substitution in the following situations:
 - After a goal by either team.

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- On a goal kick by either team.
 - On a throw-in by the team in possession.
 - By either team at half time.
 - For an injured player, when play is stopped for the injury.
 - When a yellow card is given for the player given the yellow card. The substitution is not mandatory.
 - In any situation above where players are at midfield waiting to come onto play as a substitute, players from both sides may come on as substitutes.
6. **Conflicting Colors** - In cases of conflicting colors, the team listed as home must change its jerseys. Teams are required to bring a minimum of two sets of jersey colors for the tournament.
7. **Discipline** - Players shall be suspended in the following ways:
- For a sendoff (red card) - 1 match
 - The Cup Committee may suspend a player for more than one match depending upon the severity of the action that caused the ejection. Players ejected for fighting shall be suspended for the remainder of the tournament.
 - Suspensions will be carried out during the tournament. Suspensions that need to be carried out beyond the tournament will do so in accordance with the National Cup Policies.
8. **Technical Area** - Teams will be permitted to have no more than four team officials (coaches, assistant coaches and trainers) along with the players listed on the players' pool in the team's technical area. Players warming up must stay behind the technical area and wear a penny or jersey color that is not the same as the two teams on the pitch.
9. **Spectators** - Spectators must be seated on the opposite touchline from the team benches or designated seating areas in the stands. Spectators are not permitted on the field or technical area. Teams are responsible for the conduct of their supporters. If it is determined that a match is disrupted or terminated due to the conduct of a team's supporters, sanctions may include forfeiture of match, disqualification from future cup matches and a fine not to exceed one thousand dollars (\$1,000).
10. **Governance** - The playing of this competition will be governed by the rules of FIFA, USSF & USASA except for those noted above.