

Veterans Cup Rules & Regulations

1. Organization

a. The United States Adult Soccer Association (USASA) shall organize competitions under the Veterans Cup title. The competitions will be comprised of both men's & women's divisions entitled as follows:

1.	Over-30 Men's U.S. National Veterans Cup
2.	Over-30 Women's U.S. National Veterans Cup
3.	Over-30 COED U.S. National Veterans Cup
4.	Over-40 Men's U.S. National Veterans Cup
5.	Over-40 Women's U.S. National Veterans Cup - "Patty Hayes Award"
6.	Over-50 Men's International Veterans Cup - "Tim Busch Award"
7.	Over-50 Women's International Veterans Cup
8.	Over-55 Men's International Veterans Cup
9.	Over-55 Women's International Veterans Cup
10.	Over-60 Men's International Veterans Cup
11.	Over-60 Women's International Veterans Cup
12.	Over-65 Men's International Veterans Cup
13.	Over-65 Women's International Veterans Cup
14.	Over-70 Men's International Veterans Cup
15.	Over-70 Women's International Veterans Cup
16.	Over-75 Men's International Veterans Cup
17.	Over-75 Women's International Veterans Cup
18.	Open Men's Division - 8v8
19.	Open Women's Division - 8v8

- b. A sponsor's name(s) may be incorporated in the title of any Veterans Cup competition at the discretion of the USASA National Board of Directors (NBOD)
- c. Trophies presented to division winners shall be the property of the declared winning team.

2. Entries & Entry Deadlines

- a. The USASA shall establish the closing date by which a definite entry of a team must be received.
- b. The National Board of Directors of USASA shall approve the entry fee for each competition.
- c. Only credit card payments, cashier's checks and money orders shall be accepted as payment for entry fees. **No refund shall be given if a team withdraws. When this occurs, it is still the team's obligation to notify the tournament director that they will not be participating.**

3. Form of the Competition

- a. The number of entries in each division will determine the form of the competition. A four (4) team minimum is required in each division to hold a competition.
- b. A team may only compete in one division. Players may play and compete in different divisions as long as they meet the age requirements and are listed on the original official team roster except in the case where there are different divisions in the same competition.

4. Playing Rules

- a. All games in a competition will follow the FIFA Laws of the Game in effect at the time of the competition.
- b. Length of the field shall not be more than 120 yards, nor less than 100 yards and the width of the field shall not be more than 80 yards, nor less than 65 yards.
- c. **Women's Open, Over 70, Over 75 & Men's Open**, Men's Over 75 divisions will be played on adapted fields. Not more than 80 yards in length and the width of the field not more than 50 yards. Playing time will be two halves of 40 minutes. **Also no offside are used for 8v8 format.**
- d. Goal nets shall be used.
- e. Fields shall be properly marked. A flag on a post not less than five (5) feet high & having a non –pointed top, shall be placed at each corner.
- f. Substitutions shall be unlimited, at any stoppage in play, by either team, with the referee permission.

- g. Team roster is limited to twenty-five (25) players for all 11v11. 8v8 divisions have a roster limit of sixteen(16) players, all of whom are eligible to suit-up for each match. Only players on the roster and 2 additional people (manager/trainer) are allowed on the team bench during games. Offsides will be implemented in all divisions.
- h. During a tournament game an official USASA approved roster will be reviewed and approved by the referee. All players participating during the game will need to be present upon request at the start or during the game for this review. Referee or tournament commissioner may ask for a government approved ID to confirm player eligibility.
- i. In the event of the score being tied at the end of regulation periods, in a group round match the tie score will stand. In the event a semifinal or final round match is tied at the end of regulation periods the winner will be determined according to the FIFA method of obtaining a result in knock-out competition in effect at the time of the competition. In the event of a playoff game being tied at the end of the regulation periods, a ten (10) minute overtime period, which is divided into two (2) periods of five (5) minutes, shall be played. Tied playoff games after overtime will be decided by penalty kicks. Playoff games will be scheduled for 70 minutes unless announced otherwise by the tournament director (Cezar Wasecki).
- j. Competition shall be based on a ten (10) point system. In each group game, a team shall be awarded six (6) points for a win, three (3) points for a tie, one (1) point for a shutout, one (1) point for each goal up to a total of three (3) win or lose. The maximum possible points per game is ten (10). Forfeits shall be scored as 1---0 with ten (10) points awarded.
- k. If a division's qualifying playoff team has zero or negative points, the next highest-ranked team across all divisions, based on points, will advance.
- l. Tie Breaks – the following sequence shall be used to break ties in the standings. For a three or more way tie; after the first tie is broken the tiebreaker shall start at the beginning to break the next tie.
 - 1. Head to head
 - 2. Goals against
 - 3. Goals for
 - 4. Fair Play
 - 5. Toss of a coin

5. Team & Player Eligibility

- a. To be eligible to participate in the Veterans Cup – Competition any team is eligible to enter the competition so long as all team entry and player registration fees have been paid.
- b. Teams entered into a competition must submit a roster ten (10) days prior to the start of the competition.
- c. Final rosters will be approved by USASA and signed by an officer of the team at the team check in, no later than 12 hours prior to the first (1st) game in the tournament.
- d. To be eligible to play in the Veterans Cup – Competition all players must meet the eligibility criteria relating to age and registration status.
- e. Players must achieve the required age for participation in the competition any time during the calendar year the competition occurs. **In 2026, two players 74 or older will be eligible to play in the Women's Over 75 division.**
- f. Players must submit proof of age to USASA during the registration process or check in period. A proof of age might also be asked during check--in of each game.
- g. Each player must have current membership status with USASA, a USASA State Association or a USASA Affiliate Organization.
- h. Each player must be duly registered & properly rostered with a team or teams by the competition deadline.
- i. A player shall not play for more than one (1) team in the same age division. A player is not allowed to play more than on 2 separate teams across all eligible age divisions. j. A player may be registered to play in a team in a different age division provided they meet the age requirement criteria for that age division.
- k. International players must comply with the registration requirements of their National Association. In addition, they must all register and purchase a tournament pass.
- l. International teams & players must receive clearance from their national association to travel to the United States.

6. Player Passes & Identity

- a. Players must upload their current player pass or proof of membership together with a copy of either Birth Certificate, Passport, Driver's License or any government approved document showing proof of age into USASA Competition IT System no later than seven (7) days prior to start of the competition.
- b. Player passes & identity documents shall be verified by USASA and verified rosters will be provided to the competition referee manager.

7. Player & Manager Discipline

- a. Players or managers who are sent off for two (2) subsequent cautions shall be suspended for a minimum of one (1) following competition game.
- b. Players or managers sent off for any other reason shall be suspended for a minimum of one (1) game and any additional competition games or the entire tournament at the discretion of the competition commissioner.
- c. A player or manager that is suspended will serve their suspension in the following game in the competition. For players on multiple teams the suspension could be served in a different division.
- d. Players or a manager sent off a game are required to leave the premises immediately. Failure to do so may result in a game forfeit for the team.

8. CONCUSSION MANAGEMENT

Baseline Testing

USASA informs all Members Organizations / Teams that:

- a) Baseline testing is another tool that is available for concussion diagnosis and management.
- b) The use of neuropsychological baseline testing such as ImPact (<https://www.impacttest.com>) or comparable testing systems utilized by local HCPs may be used.
- c) All members / teams are encouraged to seek out local sports medicine programs that offer accessible and cost effective neurocognitive testing for both baseline and post injury evaluations.
- d) The results should be interpreted and used only as an additional tool for the management and return to play. These tools should be used by HCPs (Healthcare provider) / Trainer who have knowledge and expertise in concussion management.

Assessment of Players

USASA and all Member Organizations / Teams – Games Where an HCP (Healthcare provider) / Trainer is Present

- a) USASA requires all Member Organizations / Teams where an HCP/Trainer is present at games, that any player who
 - (1) sustains a significant blow to the head or body,
 - (2) complains about or is exhibiting symptoms consistent with having suffered a concussion, or
 - (3) is otherwise suspected of having sustained a concussion, must be evaluated on the sideline by the on---site HCP/Trainer.
- b) The on---site HCP / Trainer will perform SCAT3, as applicable and modified BESS to evaluate players on the field/sideline.
- c) Unless the on---site HCP / Trainer determines that the player has not suffered a concussion, the player will not be permitted to return to play until the player has successfully completed the graduated Return To Play (“RTP) protocol described below and has been cleared to RTP by a physician.
 - (1) No coach shall permit a player who has been removed from a game for a concussion assessment to RTP until cleared to do so by an on---site HCP / Trainer.
 - (2) If a coach seeks to allow a player who has been removed from a game for a

concussion assessment and who has not been cleared to RTP by the on---site HCP/ Trainer to re---enter the game, the referee shall allow the player to return to the field but shall:

- i. immediately stop play,
- ii. direct the player to leave the field of play and
- iii. direct the coach to remove the player and select a substitute.

(3) If a coach seeks to allow a player to re---enter the game who has been removed from a game for a concussion assessment and who has not been cleared to RTP by the on---site HCP / Trainer, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such a player to re---enter the game after having been issued a warning, the referee shall be entitled to take such other disciplinary measures as are permitted.

Return To Play (RTP) Protocol

USASA and all Member Organizations / Team will follow the following graduated RTP protocol (not including steps b. (4)---(5) unless the player has a baseline test and access to a neuropsychologist).

- a) For any player removed from a practice or play who has been diagnosed as having suffered a concussion, the player will not be permitted to return to practice or play until the player has successfully completed a graduated RTP protocol under the guidance of an HCP / Trainer.
- b) The graduated RTP protocol will consist of at least the following steps:
 - (1) the player must be symptom free at rest for 24 hours before commencing the protocol;
 - (2) the player must be symptom free after moderate activity for 24 hours; (3) the player must be symptom free after heavy activity for 24 hours; (4) player will retake baseline tests (SCAT3, BESS, and/or imPACT); (5) neuropsychologists must review and interpret impact test versus baseline; and
 - (6) HCP / Trainer must confirm that the player has completed the RTP process and a physician must make the final RTP decision.

9. Team Responsibilities

- a. In the event a team does not fulfill its obligations, by participating in the Veterans Cup – Competition as scheduled, submitting forms, rosters and any other paperwork on time, registering, checking team in at prescribed date & time or to follow any other competition guidelines including an intentional forfeit etc. USASA reserves the right to administer the following sanctions:
 1. Individual, team or teams may not be allowed to participate in future Veterans Cup Competitions.
 2. Individual, team or teams may be barred from participating in any USASA affiliated competition including league & cup play.
- b. Uniforms – Where the uniforms of two (2) competing teams are so similar as to create possible player identification problems on the field of play, as determined by the referee, the home team shall change their uniform, unless the away team is wearing colors other than those submitted on the official Veterans Cup team page. Home team is listed first on the game schedule.
- c. Clear visible numerals must be worn on the back of the player's jersey. Each player on a team must wear a different number including the goalkeeper.

10. Forfeits

- a. A team using an ineligible player shall forfeit the game to the opposing team and shall be expelled from the competition. The team & the player could be sanctioned further by being denied access to the next Veterans Cup competition at the discretion of USASA or the competition commissioner.
- b. A team shall also forfeit a game to the opposing team for just causes as determined by the competition commissioner. Teams forfeiting the game due to just causes shall be sanctioned by being denied access to future Veterans Cup competitions.
- c. A team that causes a game to be forfeited or abandoned shall not advance in the competition beyond the group stage. This might be overturned by the competition commissioner.
- d. If a player is included on team roster for more than one (1) division and one of the teams with which that player is rostered causes a game to be abandoned in the competition, such player shall not be allowed to participate further on the second team for which they are rostered.
- e. Teams that choose to not complete any assigned game in the competition, including the championship game (Final), shall not advance or will not be awarded the title or finishing place in the competition. A completed game consists of two (2) equal & fully completed periods as assigned to that specific game. The competition

commissioner assigns duration of games.

f. Teams are responsible for finishing all games. Teams that cannot finish a game due to lack of eligible players on their roster or not enough players available for that competition game whether due to disciplinary action or any other absence will be considered as causing the abandonment, termination or forfeiture of a game. In such a case all sanctions apply as outlined above.

11. Other Breach of Rules

- a. USASA and tournament Commissioner shall have the power to disqualify and remove from further participation in any Veterans Cup competition, any team, team official or player(s) of any competing team(s) who may be proven to be guilty of any breach of the rules of the USASA, USSF or the competition.
- b. All notices of disqualification or suspensions shall be forwarded by electronic means or certified mail or overnight delivery to the affected team.
- c. In the event of a dispute (other than referee assault or abuse) arising from a game in any of the Veterans Cup competitions in which sanctions of suspension(s) from future competitions are levied against an individual, an opportunity for the individual to appeal such decision can be made to the USASA Appeals Committee. The decision of the USASA Appeals Committee shall be final.

12. Protests

- a. The USASA or tournament commissioner shall appoint a Protest Committee consisting of a minimum of three (3) USASA or tournament staff members to hear protests at all Veterans Cup competitions. All decisions of the Protest Committee shall be final. No member of the Protest Committee may participate in a protest involving a team from the committee member's State Association.
- b. The Protest Committee shall hold a hearing and determine whether to uphold or deny the protest. The protest decision must be rendered prior to the participants' next game.
- c. All protests shall be made as follows:
 1. The protest must be made in writing and must describe in detail the grounds for the protest.
 2. The original signed protest and protest fee of \$300 shall be submitted to the competition commissioner within two (2) hours of the conclusion of the game being protested. A copy of the protest must be provided to the opposing team concurrently.
 3. A protest may be withdrawn in writing after it has been submitted, but withdrawal of a protest shall result in forfeit of the protest fee.
 4. The protest fee shall be forwarded to USASA if the protest is not sustained, or shall be returned if the protest is sustained.

Tournament Rules Revised Jan 2026. Changes are highlighted in red.