

HCC Soccer Tournament  
2014 Adaptations  
(revised 21 Sep 2014)

Playing Utah high school rules with some adaptations:

- All teams must have rosters turned in, with appropriate waivers if needed.
- All youth team players **MUST have parental signature as well as their own**, even those who may have already turned 18 years old.
- Youth team members cannot be 19 years old as of September 1.
- Youth players cannot play for both their youth team and an adult team.
- Participants may only play for one team during the tournament.
- **Youth cannot play if they have played for a school team this season (even just suited up for a regularly scheduled high school game whether they played or not).**
- **Teams should have uniform jerseys.**
  
- Co-ed welcome but not playing coed rules.
- 10 players maximum playing on the field. Can play with 8 players if not enough for 9 or 10.
- Forfeit 5 min after game time if not enough players.
- Regular games: Two 20 min halves. 5 min half time. Shootout if tied at end of regulation time.
- Semi-finals and final: Two 30 min halves. 5 min half time. Up to two 5 min extra periods if still tied. Shootout if still tied.
  
- Unlimited substitutions.
- To sub, yell “SUB” to get the ref’s attention, then wait to be waved in.
- Subs must enter at center line.
- Teams and coaches must remain away from the substitution area.
  
- No sliding—penalty is an indirect kick for the other team
- No toe cleats.
- No metal cleats.
- No jewelry.
- **Shin guards mandatory.** Wear long socks unless you want to strap on the shin guards.