



## **Nik's List of Cup Stuff!**

- 1) ALWAYS list a back-up keeper on your roster...you can have up to 22 players so even if you have no intention of using them...be prepared! There are absolutely no player additions to the roster after the freeze under any circumstances.
- 2) Plan ahead, if a player is hurt or missing for State Cup but will be available for advancement then leave the player on the roster. Advancing and adding a player later? A player MUST be registered within your club PRIOR to the first game of Cup to be eligible to be added for Regionals/Nationals if you advance.
- 3) Triple check your data and info! Make sure that uniform numbers are correct and unique on your team and all your Primary/Secondary designations are correct for your event PRIOR TO ROSTER FREEZE. Your Club Registrar can help you with these things and while you may never need it, this can help avoid disasters down the road. NO DUPLICATE NUMBERS!
- 4) Players on your bench during a game must have something (pinnie, training jacket, etc...) to differentiate themselves from the players on the field. Injured players may be on the bench to support as long as they are legally on the roster and have a card but cannot be in uniform at any time.
- 5) At a minimum, always have the players, including the keeper, have an alternate jersey and socks with them in their bag...there is a \$100 fine for not having alternates when called upon. Although not yet mandatory, if you are advancing to regionals or nationals make sure players coordinate exposed base layers (Under Armor, etc...) so that they match their kit colors or make sure they can be rolled up out of sight.
- 6) A MAXIMUM of 4 personnel TOTAL may be on the bench but all personnel including club directors must have valid ID cards with them to be on the bench.
- 7) The law of hotels...the longer you wait to book a hotel the more expensive and further away you will end up. Book early and always use the service!
- 8) **READ THE RULES!** Rules are reviewed and updated each year based on new interpretations from Midwest Region and US Youth Soccer; it is your job to know them as well!

