

Freedom Cup Rules

June 1–2, 2019

Life Time Sport, Winter Park

Concept and Mission

The Freedom Cup is a collaboration between Minnesota Youth Soccer and Life Time Sport to provide 11U–12U teams a progressive alternative to a traditional soccer tournament. The Freedom Cup blends Life Time Sport's free-play concept with MYSA-registered teams and players to empower the participants to make their own decisions and asks coaches and parents to be distant observers.

Referee

System: A one-person officiating system will be used. For offside and boundary calls that are too close to determine, err on the side of letting them play.

Pre-game: Referees should conduct a safety/equipment check, secure a game ball, and conduct a coin flip.

In-game: With no coaches on the bench, the referee may need to explain or enforce player timeliness, substitution procedures, etc.

Post-game: Report game score, along with any cautions or ejections, to the Tournament Director.

Game Rules

Duration: 2 x 30-minute halves with a 5-minute halftime. Referees should only add time in the case of a significant injury. See Determining a Winner below for overtime procedures.

Rosters: Maximum of 16 players on the roster. Coaches are not allowed on the bench with players.

Offside: Is in effect. Due to a one-person officiating crew only "obvious" offside should be called. If in doubt let them play.

Goal Kicks and GK Possession: No Build-Out Zone rules. Punting is allowed.

Substitutions: May be made on own throw-in, or the opposing team's throw-in if they substitute, any goal kick, any goal, any injury, or at halftime.

Heading: No Heading in 11U games. Heading is allowed at 12U.

Determining a Winner: No ties; every game must have a winner.

- If after regulation the score is tied, teams play a golden-goal (sudden victory) 5-minute overtime period. Teams stay on the end they just finished defending and the team that kicked off the first half kicks off the first overtime.
- If no goal is scored during the first 5-minute period, teams change ends and play another 5-minute golden-goal period with the following restriction. In the second overtime, teams continue to play 9 v 9 but no player is designated as a goalkeeper with handling privileges, meaning that no player may handle the ball. If a player handles the ball to prevent an obvious goal, the player is sent off and the ensuing penalty kick is taken under the same conditions, with a defender on the goal line not allowed to handle the ball. The player sent off will not be suspended from the next game as they would be under regular red card sanction rules.
- If after both overtime periods the game remains tied, a winner is determined by one representative from each team playing Rock-Paper-Scissors, best-of-three bouts.