

Pride Heart Cup - 6v6 Tournament Rules

Spirit of the Tournament

The Pride Heart Cup is more than a soccer tournament—it's a celebration of community, competition, and compassion. All proceeds benefit the Children's Hospital Colorado Heart Institute. We ask every player, coach, referee, and spectator to uphold the highest standards of sportsmanship, respect, and positive conduct throughout the event. Let's lead with heart, play with joy, and compete with integrity.

Field of Play

- **Field Size:** Approx. 50 x 40 yards
 - **Goal Area:** 6 yards from each post, 6 yards into the field
 - **Penalty Area:** 14 yards from each post, 14 yards into the field
 - **Penalty Spot:** 8 yards from the center of the goal line
 - **Goals:** 6v6-sized goals (6–7 ft high, 12–18 ft wide)
 - No center circle will be marked
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Ball

- **Ball Size:** Size 5 for all age groups
 - Each home team must provide a properly inflated size 5 ball for the match
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Players & Roster

- 6 players on the field (5 field players + 1 goalkeeper)
- Maximum roster: 10 players

- Minimum to start: 5 players
 - Coed teams must have at least 2 female players on the field at all times
 - Players may play up to 2 age groups older but may not play down
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Substitutions

- Unlimited substitutions at stoppages with referee permission
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Match Duration

- **Group Stage Matches:** Two 18-minute halves, 2-minute halftime
 - **Playoff Matches (Semis & Finals):** Two 15-minute halves, 1-minute halftime
 - No added time
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Equipment

- Shinguards are required
 - Only cleats or turf shoes permitted
 - No jewelry or dangerous accessories allowed
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Referees

- 1 certified referee per field
 - No linesmen
 - Referee decisions are final
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Gameplay Rules

- Kickoffs, free kicks, corners, penalties: Opponents must stand 8 yards away
 - No offside in 6v6 format
 - Standard FIFA rules apply for throw-ins, restarts, and goal kicks
 - Goalkeepers are allowed to punt the ball
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Jerseys & Discipline

- Jersey numbers are not required
- Home teams wear dark colors; away teams wear light colors
- Pennies may be used if needed to differentiate teams
- Goalkeepers must wear a color that does not conflict with either team
- Referees will record player names for yellow/red cards
- Teams providing inaccurate player info will incur the card as a team
- Tournament administrators may issue additional consequences