



The City of Sacramento's 50+ Wellness Program presents the 3rd annual...

Sports for Life! SOCCER TOURNAMENT April 24-25, 2010

Cherry Island Soccer Complex
Sacramento, CA

- Separate Brackets for Men 50+ and Women 50+
 - Age determined as of 12/31/10.
 - See reverse side for age allowances and tournament rules
 - **Have a 55+ or 60+ team? Notify us by 2/1/10 and if 4+ teams are fielded, that age group will be added.**

Two fun-filled competitive days of play - all teams play a minimum of three games.

Medals for top places in each division and/or bracket.

T-shirts to all registered participants (best fit available).

Limited beverages and fruit will be provided to athletes both days of competition. Lunch will be provided to athletes only on **first day** of competition.

An information packet including captains letter, team roster, additional copy of tournament rules, and map to venue will be sent to team captains upon receipt of entry. Captains will receive game times by April 16, 2010. Complete player rosters are due one hour before first game.

Entries must be received by 5pm Friday, March 26, 2010. Postmarks are not accepted. Coordinator may close registration earlier if brackets are full. Entries after this date at the discretion of Coordinator and are subject to a \$50 late fee. Refunds only due to a weather cancellation. Send attached entry form along with payment to:

50+ Wellness Program
Sports for Life! Soccer
2921 Truxel Road
Sacramento, CA 95833

\$475 per team
\$25 early bird discount if received
by March 12, 2010!



Need more info or are a free agent? Call 916-808-1593 or email fiftypluswellness@cityofsacramento.org.



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Team Name & City _____ Men/Women _____

Team jersey color _____ Team Captain _____

Captains Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

[] I prefer to receive information packet via email

***See other side for payment options**

Sports for Life! Soccer Tournament Rules

FINAL ROSTER: Each team may have up to 18 players. All players must check in both days at tournament prior to taking the field. A valid ID is required for check in.

MINIMUM AGE: The minimum age for 50+ teams is 50 years old by December 31, 2010; however, 50+ teams may have a maximum of one player who will be age 48 by December 31, 2010.

START TIMES: All games will start within five minutes of the scheduled time. If a team has not taken the field with a minimum of seven (7) players within the grace period, the games will be forfeited to the team with at least seven (7) players present.

LENGTH OF GAMES: A minimum of three games (25" halves) will be used to establish standings within each division. Playoff games will consist of two 30" halves. All games will be final and protest will not be accepted.

HOME TEAM: The team listed first on the schedule is the HOME TEAM. If there is a conflict in jersey colors, the HOME TEAM will change colors. All teams must come prepared with proof at registration of alternate jerseys with numbers. The HOME TEAM provides the game ball.

POINT SYSTEM: Standings will be determined as follows: 6 points for a win, 3 points for a tie, 1 point for a shutout, and NO points for a loss. Each goal up to 3 goals will count 1 point. The maximum number of points possible per game is 10 points. Example: a 1-1 tie gives each team 4 points.

BREAKING TIES: If teams are tied for points, standings will be determined in the following order: (a) head to head record, (b) goal differential-max. of 4 per game, (c) team with least goals scored against, (d) team with most goals scored-max. of 4 per games, (e) coin flip. For the playoff games, ties will be broken at the end of regulation play using FIFA penalty kicks.

AWARDS: Awards will be given to top places in each bracket and/or division.

FIFA Rules: FIFA rules will apply. Tournament officials will decide any situations not covered by either FIFA rules or the rules listed above. That decision is final.

SUBSTITUTIONS: Unlimited substitutions are allowed (a) prior to a throw-in by your team, (b) prior to a goal kick by either team, (c) for an injured player, (d) after a goal by either team.

SLIDE TACKLING: Slide tackling will not be allowed and will result in a free kick.

CHARGING THE GOALKEEPER: Will not be permitted at any time when player is within his or her own penalty area. This rule applies regardless of whether the goalkeeper has or does not have possession of the ball. No bodily contact with the goalkeeper may be made if it can be avoided. Violation of this rule will be considered dangerous play.

COACHING: Coaches of opposing team must remain in 10 foot coaching area that begins 5 feet from the midline.

CAUTIONS: A player receiving a caution (yellow card) may be substituted if the referee has stopped play. A second card to the same player within one game equals a red card. Any player receiving a red card is ejected from the game, will not play in the next game and two points will be deducted from team score; additional penalties may also be assessed by the Tournament PAD committee.



2010 SPORTS FOR LIFE! SOCCER PAYMENT SLIP

CITY OF SACRAMENTO



DEPARTMENT OF
PARKS AND
RECREATION

PAYER _____ AMOUNT ENCLOSED \$ _____

Check or Money Order (payable to *City of Sacramento*) Check # _____

Visa # _____ Exp. Date _____

Authorized signature _____

Mastercard # _____ Exp. Date _____

Authorized signature _____