

2026 Constructors Cup – Rules & Regulations

1. Field – Tricar Field is an outdoor sports field with artificial grass, designed to full-size specifications. The field will be divided into four 6v6 mini fields.
2. Eligibility: The tournament is open to LHBA members along with friends, family, and colleague recreational soccer players.
3. Team composition: Each team can have a maximum of 12 co-ed players with 6 players on the field (5 players + goalie).
 - For all co-ed games, there must be a minimum of 1 female outfield player on the field at all times. Or a team may play with no female player but must play short (play with 4 players instead of 5 on the field plus the goalkeeper).
 - For non-co-ed matches, these rules do not apply.
 - If a co-ed team is playing a non-co-ed team, co-ed rules are in effect.
4. Game format:
 - Games are scheduled for 45 minutes and consist of two 15-minute halves, a 5-minute warm-up, 5-minute halftime break and 5-minute wrap-up.
 - In the event of a tie at the end of regulation time during round robin games, the game will end in a tie.
 - Championship games may go into a 5-minute sudden death overtime.
 - If the score remains tied after the overtime, a shootout will take place.
 - Each team will select three shooters to participate in a round robin style shootout.
 - If the game is still tied after the first three shooters, the shootout will immediately become sudden death.
 - Teams must fully go through their roster before repeating any shooters.
5. Scoring:
 - Wins = 3 Points
 - Ties = 1 Point
 - Losses = 0 Points
6. Tiebreakers: In case of a tie between two teams, a winner will be determined by:
 - Head-to-Head
 - Goal Difference
 - Most Goals Scored
 - Least Number of Goals Conceded
 - Coin-Toss
7. Game Play:
 - Teams can make an unlimited number of substitutions during the game
 - No offsides
 - No throw-ins (kick ins preferred)
 - All free kicks are indirect (*To score off an indirect kick, the ball must be touched by another player (offense or defense, but not the defending goalie). Defensive players cannot be within 5 feet of the ball when an indirect kick is being taken.*)
 - A record of all goals and/or fouls will be kept by the referee (by First and Last Name)
8. Fouls:
 - All standard soccer infractions are enforced (e.g., hand balls, body contact of any kind, etc.).
 - slide tackling is not permitted by any player (including goalies)
9. Time Outs - time outs are not permitted
10. Equipment:
 - **Competitive** - All players must wear appropriate soccer equipment, including shin guards and soccer cleats, or running shoes. Metal cleats are not allowed.
 - **Recreation** – Appropriate soccer equipment including shin guards and soccer cleats are *recommended*. Metal cleats are not allowed.
 - Game balls will be provided by the tournament organizers.
 - Team captains are responsible for making sure that all players on their team wear matching colours.

11. Conduct: Players and coaches are expected to always exhibit good sportsmanship. Foul play, unsportsmanlike conduct, or abusive language will not be tolerated.
12. Discipline: Yellow and Red Cards - A yellow/red card system is in place to address player misconduct during matches.
 - A player receiving one yellow card is served as a warning.
 - A player may receive a red card directly for a serious offense or after accumulating two yellow cards in the same match.
 - If a player gets a red card (either directly or by accumulating 2 yellow cards), they're sent off the field for the remainder of the game, and their team must play with one less player for the rest of the match.
 - A player who receives a red card, is not permitted to play in the following game including championship matches.
 - If a player receives more than one red card accumulated at any point in the tournament, they will be removed from the tournament for the rest of the day. Their team must play with one less player for the rest of the match in which the second red card was given, however can resume full team play for the following match, or reduced team sized as per co-ed rules above.
13. Stopped Games: A Game Host may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct, or a general violation of the rules of the game. This decision is solely at the discretion of the Game Host. If the decision is made to stop the game early, the score may be recorded as a loss for BOTH teams. In addition, both teams will be given an automatic warning and subject to removal from the tournament.
14. Referee decisions: Referee decisions are final and cannot be appealed. Teams and players must respect the decisions of the referees.
15. Disputes: Any disputes or disagreements must be brought to the attention of the tournament organizers by the team captain only, who will make the final decision.
16. Weather: In the case of inclement weather (thunder and lightning), games will follow a 30-minute rule: For every lightning strike there will be a 30-minute delay before play is to resume. Players are asked to stay onsite (in vehicles and/or clubhouse) during delays. Updates will be announced over the PA system. In the event of an extreme weather storm, effort will be made to reschedule the event.
17. Tournament Format:
 - Pool Play:
 - A maximum of 16 teams will be registered into Competitive and Recreational Pools.
 - Each team will play 3 round robin games; subject to change based on the number of registered teams.
 - The top team from each pool will advance to the championship final, the second-place team from each pool will advance to the consolation final. All other teams are eliminated.
 - The winning teams from both pools will receive a tournament trophy.