



TOURNAMENT RULES AND REGULATIONS

VIKING CUP 2026

JULY 17-19, 2026

Tournament Locations

All games will be played one of these locations in the same block in Poulsbo, Washington:

- Strawberry Fields, 2285 NE Hostmark St
- Poulsbo Middle School, 2003 NE Hostmark St

Tournament Headquarters will be near the fields at Strawberry Fields.

Registration and Team Eligibility

Check in

Teams must check in at Tournament HQ least 45 minutes prior to their first match.

Failure to do so may result in the forfeiting any matches played before checking in.

Teams must present one copy of the team's final roster at check in. This roster must be signed by the team's club registrar, and must list each player's name, date of birth, and jersey number. All guest players must be listed on this roster.

Medical releases are to be kept by the team representative and must be available at each game. This does not need to be presented at check in.

Roster Rules

Players may only be rostered to and play for one team per age group during the tournament.

Boys and Girls U10, U11, and U12 teams are eligible to participate in this tournament. U9 teams may enter in the U10 group. Below are player requirements per age group.



Age Group	Player's Birth Date Range	Roster Size	Max Guest Players
U10	8/1/2016 - 7/31/2018	13	3
U11	8/1/2015 - 7/31/2016	15	4
U12	8/1/2014 - 7/31/2015	15	4

Jerseys

Each team must bring a dark and a light jersey. Jersey numbers for each player should match the number listed on the roster. Any changes to jersey numbers must be noted at check in, or to the referee prior to the start of the match.

The home team is the team listed first on the schedule. The home team will wear their light uniform, and the away team will wear their dark uniform. In the event of a conflict, the home team will be required to change to their other jersey/uniform.

Goalkeepers will wear a color that contrasts both teams' uniforms. A pinnie may be worn if necessary.

Laws of the Game

Build out Line Rules (U10)

- All opposing players must attempt to retreat behind the build out line on goalie possession or goal kick. Exception: if the goalie releases the ball quickly, opposing players can immediately go towards the ball.
- On a goal kick, once the ball is played, the opposing players can cross the build out line even if the ball has not left the penalty box.
- On a goalie possession, opposing players can cross the build out line immediately upon the goalie releasing the ball.
- When the goalie puts the ball in play early, when the opposing player has not yet passed the build out line, they do so with the understanding that this voids the violation.



- The referee can determine if the opposing player that violated the build out line rule did so in an unsporting manner (purposely tried to “game the system”). If so, play will be stopped and restarted with an indirect free kick taken at the build out line nearest the violation.
- Violations of the build out line rule will be an indirect free kick at the build out line nearest the violation.

Heading & Punting Rules

- Players shall not head the ball directly from the air.
- If a player deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick.
- Punting the ball is not allowed for U10. Punting the ball is allowed for U11 and U12.

Match Information

- Game duration will be fifty (50) minutes (two twenty-five (25) minute halves) for U10 teams, and sixty (60) minutes for all other teams.
- Halftimes for all teams will be five minutes.
- If the game start time is more than ten minutes behind schedule, the Tournament Director may decide to shorten the game by five (5) minutes per half. If such a decision is made, the Director will notify the coaches prior to the start of the game.
- Unlimited substitutions are permitted. A player may be substituted on any stoppage of play with permission of the referee.
- Age-appropriate shin guards are required for all players, and there shall be no exceptions to this rule.
- Soft casts are permitted with the permission of the referee.
- No jewelry may be worn.
- Slide tackles are not allowed, and shall be penalized with a free kick to the opposing team.



Tournament Information

Match Outcomes

- All preliminary matches will have no overtime period and may end in a draw.
- Semifinal and Championship matches will have no overtime. If the match is tied at the end of regulation, the result will be determined by a penalty shootout, as defined by FIFA.

Match Delays, Suspensions, Cancellations

- If, in the opinion of the referee, a match must be terminated or abandoned due to the misconduct of the coach, players, and/or spectators, the offending team will be charged with a loss and a score will be determined by the Disciplinary Committee. If, in the opinion of the referee, both teams are offending, the match will be abandoned and both teams will be awarded a 0-1 loss.
- The Tournament will be played out in its entirety. In the case of severe weather and/or unplayable field conditions, the Tournament Committee reserves the right to have games decided by a penalty shootout, as defined by FIFA. The tournament will exercise its best efforts to play all games to their conclusion, but the final decision will rest with the Tournament Committee.

Forfeits

- A forfeit will be declared if:
 - A team is more than five minutes late to the field after the team's scheduled game time;
 - A team cannot field the minimum number of players required to start a match; or
 - The team fails to check in at Tournament HQ as required by these rules.
- The minimum number of players required to start a match is five for U10, and six for U11 and U12.



- A forfeit will be scored as a 1-0 win, and the winning team shall be awarded five points. A team the forfeits a match will not be permitted to proceed to the semifinals or championship match.

Scoring, Standings, & Tiebreakers

- Viking Cup uses a ten-point scoring system.
 - 6 points for a win
 - 3 points for a draw
 - 0 points for a loss
 - 1 point for every goal, up to 3 goals
 - 1 point for a shutout
- The team(s) with the highest point totals will advance.
- For divisions with wildcard teams, the teams that advance will be the teams with the highest point totals that did not win their bracket.
- In the event of a tie on points, the below tie breaking system will apply:
 - Head-to-head (where applicable)
 - Most number of wins
 - Fewest goals allowed (Max of three per game count)
 - Best difference between goals scored and goals allowed (Max of three per game count)
 - Least number of yellow and red cards. Yellow cards will count as one, while red cards will count as 2.
 - Coin flip or Penalty Shootout (at the Tournament Director's discretion)
- If more than two teams are tied at the end of the preliminary round, the tie breaker rules listed above will apply until one team is eliminated. The remaining two teams will be compared beginning again with Step 1.
- Division of 5 teams: If you are in a division of five (5) teams, you will be placed in one (1) bracket. The top two (2) teams in the bracket will advance to the Championship game. One team in the bracket will play four (4) games in group play, and their point total will be multiplied by 0.75.



Disputes and Appeals

- Disputes for non-referee decisions, including player eligibility issues or disputes over tournament rules, will be decided by the Tournament Committee within two hours of receiving notice of the dispute.
- Decisions by referees may not be appealed, and rulings by the Tournament Committee on a given dispute are final and may not be appealed.

Coach, Player, & Spectator Conduct

Both teams will be positioned on one side of the field, with spectators on the opposite side. Coaches are responsible for the conduct of their players and spectators. Everyone will be expected to demonstrate good sportsmanship. Referee abuse of any sort will not be tolerated. All cards given will be submitted to Washington Youth Soccer for further adjudication.

A player who receives a red card will also be suspended for the next match of the tournament, at a minimum. A player who receives three yellow cards during the tournament will be suspended for the next match of the tournament.

A red card for violent conduct may result in either suspension or elimination from further play in the tournament as determined by the Disciplinary Committee. Along with players, coaches will also be shown yellow and red cards for suitable offenses.

If a coach is ejected from a match, they will be disqualified from further participation in the remainder of that match and the next scheduled match.

At all venues, each team and its spectators are responsible to pick up their trash and place it in one of the provided receptacles. Only water is allowed on turf fields. No pets, alcohol, or illegal substances and weapons are allowed at any tournament site. Benches and canopies will not be provided.



General

- Expenses – Under no circumstances will Washington Youth Soccer, North Kitsap Soccer Club, the Viking Cup Tournament Committee, or any of their representatives be responsible for any expenses incurred by any team. This includes a situation where the Tournament or any game(s) is canceled in whole or in part.
- Interpretation of Rules – The Tournament Committee or their official representative's interpretation of the rules shall be final pertaining to this Tournament.
- Items for Sale – No items may be sold on North Kitsap soccer fields for the duration of the tournament unless specifically sanctioned by the Viking Cup Tournament Committee.
- Media – Photographs, film, and video taken by representatives of North Kitsap Soccer Club during the tournament may be published on the tournament website or social media.
- Amendments – The Tournament Director reserves the right to amend these rules prior to the start of the tournament, and further reserves the right to amend the brackets if a team pulls out of the tournament at the last minute or is a no-show. The Tournament Director will ensure the remaining teams are provided with the best possible tournament competition for the good of the game.
- Any other decision not specifically outlined in this document will be made by the Tournament Director with input from the Tournament Committee. They will consider what is best for the tournament as a whole and do their best to consider the points of view of all parties involved.

Safety

- Neither the Tournament Committee nor North Kitsap Soccer Club is responsible for games cancelled because of unplayable fields. Such cancellations are for the safety of the players and referees, and no liability will be assumed.
- Air Quality – In the event that the air quality is expected to be poor during any portion of the tournament, the air quality index (AQI) will be monitored closely through airnow.gov, [purple air](http://purpleair.com), and pscleanair.org. Depending on the forecast for the weekend



and the overall schedule for the tournament, North Kitsap Soccer Club may shorten, amend, or cancel games if the AQI for Poulsbo (98370) reads above 150, or is in the red zone.

- Games that are cancelled due to air quality will result in a tie.
- Heat – In the event that the tournament location (Poulsbo, 98370) experiences excessive heat during the tournament, referees will work with the Tournament Committee to implement water breaks approximately halfway through each half. Water breaks should be short (less than a minute) and stoppage time will not be added to the end of the half.