



GAMEPLAY DETAILS

GAMEPLAY

2024 | 2025 | 2026

- 22-minute halves | Running Central Clock | two-minute half
- Guaranteed 3 games
- Certified referees
- Championship Format
- Mixed teams accepted*

7v7 GAMEPLAY

2027 | 2028 | 2029

- Two 14-minute halves with a two-minute half (running clock)
- Clock will be kept by field coordinator (separate from central horn)
- Draw after each goal
- Roster size of up to 12 players
- Three-game guarantee
- Shortened USL formatted 7v7 field
- One pass required before attempting to attack the cage
- Players are allowed to kick the ball

See Tournament Rules for more detailed and age-appropriate rules.