



Welcome to the annual Kick It Up Youth Soccer Tournament

Date: June 6th, 2026 (rain date June 7th)

Location: Carroll Sports Complex / 30th St. & Grant Rd. Carroll, IA

Hosted by: City of Carroll Parks and Rec Department
Ace Soccer Academy

1 Day Tournament Rules

1. Game balls will be provided by the host.
 - a. U10 & U12 #4 ball
 - b. U14 #5 ball
2. Officials will be provided by the host. Officials are compensated for their time.
3. There will be 3 separate divisions:
 - a. U10 boys/coed and girls; 7v7
 - b. U12 boys/coed and girls; 9v9
 - c. U14 boys/coed and girls; 11v11
4. Games will be played as follows; teams will have 3 games:
 - a. Round-robin play against teams in bracket (min. 4 teams)
 - b. Bracket play with final cross-over match against same seeded team (min. 6 teams)
5. The home team is the first team listed on the schedule.
6. Uniforms; each team should be prepared to provide another color uniform. It is the responsibility of the home team to change to a distinctive alternate shirt or penny (if necessary).
 - a. The primary uniform must have easily discernible numbers on the back, no duplicate numbers allowed. The secondary uniform may be numberless and only worn if there is a color conflict.
 - b. No jewelry or taped earrings will be allowed.
 - c. Individual players must wear matching socks
 - d. As a team, socks must be of similar color and style.
7. All teams must have a coach or team manager 21 years of age or older. 3 coach maximum.

8. Following each game, the winning coach will sign the scorecard and the referee shall submit the scorecard to the Tournament Coordinator.
9. Check-in: Arrive 45 minutes prior to first game to check in with registration tent and provide roster. Field managers will check team in at their field, please have the following ready for check-in: team roster, players and current player ID passes – valid only if picture attached. **Teams must be registered with Iowa Soccer Association, AYSO, or a US Youth Soccer approved association that provides validated rosters.** Prior to each game, the Field Manager will verify the roster with player ID cards at the field. All teams should be at the fields at least 30 minutes before each game. No team may be more than 5 minutes late to its scheduled game. Violation of this rule will result in the team present being awarded a 4-0 forfeit.
10. The use of noise makers is prohibited. No one is allowed to stand along goal line for any games.
11. When your game is over, please move off the soccer field as soon as possible and clean up your area.
12. The referee's decisions are final. There will be no protest hearings and the games will stand as played.
13. Anyone involved in a fight will be immediately expelled from further competition and must leave the complex.
14. Any player who is sent off or coach who is dismissed will be expelled for the remainder of the game and will be suspended from playing or coaching in the next scheduled game. After the player is sent off or the coach is dismissed they must leave the complex and not be present at the next scheduled game.
15. The Tournament Coordinator shall have the authority to remove any person from the tournament for unsportsmanlike conduct. This authority shall be exercised only when the action in question is outside the referee's jurisdiction.
16. A game may be played with a minimum of 5 players for U10, 7 players for U12, and 8 players for U14. If the minimum number cannot be fielded by 5 minutes past the scheduled start time, then the game will be forfeited. If this occurs the remaining team will be awarded a forfeit by the score of 4-0 to give that team a 4-goal differential.
17. A player can only play for one team in the tournament.
18. Substitutions: May be made with the consent of the referee at any of the following times:
 - a. Prior to a throw-in in your favor
 - b. Prior to a goal-kick by either team
 - c. After a goal by either team
 - d. After an injury on either team where the referee stops the play – one for one

- e. At half-time or between periods
- f. If a player is issued a yellow card, the coach may sub for that player

19. Build-Out line for 10U

- a. Kick It Up rules require the opponent “drops off” to the build-out line on all goal kicks to what is referred to as the “build-out line.” The defending team may not release from the build-out line until the goal kick has been played. Referees will be instructed to enforce this rule. This rule is designed to encourage the development of building out of the back.

20. Goalkeeper Distribution for 10U

- a. Goalkeepers are NOT allowed to punt or drop-kick.
- b. If a goalkeeper punts or drop-kicks the ball, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the punt or drop-kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- c. Referees must be flexible when enforcing the 6-second rule and counting the time of possession should only begin when all opposing players have moved behind the build-out line.
- d. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build-out line. However, the goalkeeper is allowed to put the ball into play sooner, but he or she does so accept the positioning of the opponents and the consequences of how play resumes.

21. Duration of Play

- a. U10 20-minute halves *2 / 5 minute half-time
- b. U12 25-minute halves *2 / 5 minute half-time
- c. U14 30-minute halves *2 / 5 minute half-time
- d. If at the end of the match the game is tied, each team will get 1 point for a tie.
- e. Winning team gets 3 points
- f. Losing team gets 0 points

22. Points Scoring System:

- a. 1st Winner of most games
- b. 2nd Head-to-head competition
- c. 3rd Highest Goal Spread – Goals FOR minus Goals AGAINST maximum of 4 goals per game
- d. 4th Fewest goals allowed
- e. 5th Kicks from the mark – Referee coin toss will determine who kicks first

23. Kicks from the mark: If kicks from the mark must be used to determine a bracket winner, the format will be as follows:

- a. Each team will select five (5) players to kick.
- b. Teams will alternate kicks. The first team to kick will be determined by a referee’s coin toss.

- c. Winning team of the coin toss can choose to kick first or 2nd
 - d. If the score remains tied after five (5) kicks, teams will alternate kicks, one at a time until a winner is determined
 - e. Goalkeepers may be changed after any shot, with the referee's permission
 - f. Distance: U10 8 yds / U12 10 yds / U14 12 yds
24. Injury: EVERY PLAYER IS PARTICIPATING AT HIS OR HER OWN RISK! All volunteers connected with this tournament will be released from any and all liability for injuries or illnesses during this soccer tournament.
25. Tournament play shall consist of:
- a. 1 Bracket (4 or less teams) / 2 brackets (5 or more teams)
 - b. Each team will play round-robin in their bracket
 - c. If the division has 2 brackets, then the 3rd match will be a cross-over match against same seed from the other bracket.
 - d. Teams playing in the 1st place match will receive medals.
26. Other Conditions:
- a. All coaches are responsible for the conduct of their fans throughout the tournament. Abusive language and actions by the spectators will not be tolerated! The referee has the power to verbally warn, caution or dismiss the team coaches for the conduct of spectators during this soccer tournament
 - b. Every team is requested to help ensure that the fields and surrounding grounds are left clean and litter free
 - c. Alcohol, vaping and tobacco in any form will not be allowed on any playing field or adjacent playing areas
 - d. Please park only in designated parking areas
27. The Tournament Director reserves the right to adjust games starting time, game length, or eliminate games due to weather conditions
- a. Following the start of the tournament, if weather conditions warrant cancellation of the tournament only a partial refund of tournament registrations will be returned to participating teams after tournament expenses have been paid. If a match reaches half-time it is considered full game if stopped due to weather, etc.
 - b. Sunday, June 7th, is the tournament rain date
28. Birth year matrix: US Youth Soccer uses a player's birth year to determine the player's soccer age (U8, U10, etc). A birth year is Jan. 1 to Dec. 31 of the year in which they were born.
29. For the Good of the Game: tournament officials reserve the right to make certain decisions regarding the competition, as deemed necessary, for the good of the game, to improve the game and/or to protect the participants.