

THE SUNFLOWER CUP

Altona 3v3 Soccer Tournament

Official Rules & Regulations
Altona, Manitoba | altonasoccer.ca

Tournament at a Glance

Format	3v3 — no goalkeepers
Divisions	2 Divisions: Women's Division and a Men's/Mixed Division
Rosters	Max. 4-6 players per team (3 on field + up to 3 subs)
Eligibility	Open — minimum age 16. Exceptions at organizer discretion only.
Game Length	Two 10-minute halves. Clock runs continuously — no stoppages.
Half Time	2 minutes. Teams switch ends. Clock restarts on referee's whistle.
Cycle Time	20-30 minutes per game slot (game + changeover).
Format	Pools w/ round-robin, semi-finals and final. Each team plays 3 games min.
Advancement	Top teams from each pool advance to knockout rounds; dependant on number of teams
Scoring	Win = 3 pts Draw = 1 pt Loss = 0 pts
Mercy Rule	Game ends if goal difference reaches 7.
Referees	Referee assigned to each game; referee decision is final, no appeals
Disputes	Tournament Directors have final authority. No exceptions.
Location	Altona Centennial Park (southeast corner; near tennis courts)

Section 1 — Registration & Eligibility

1.1 Team Registration & Roster Requirements

- Teams must register & pay online in advance; 1 team member registers/pays for the whole team.
- Team names must be family-appropriate. The Tournament Director may request a name change.
- Minimum 4 players, maximum 6 players per team.
- Rosters & Payment are verified at check-in. Unlisted players may not participate.

1.2 Player Eligibility

- All players must be 16 years of age or turning 16 this calendar year.
- Players under 16 require written approval from the Tournament Director.
- A player may only be registered with one team.
- No gender restrictions in the Men's/Mixed division; Only women may register in Women's division

1.3 Team Check-In

- Teams must check in at the registration table at least 30 minutes before their first game.
- At check-in, confirm your roster and payment
- Teams not checked in 5 minutes before their first game may be subject to forfeit.

Section 2 — Field of Play, Equipment and Team Format

2.1 Field

- Size: 15m x 20m (approximate dimensions; exact dimensions may vary by field)
- All boundaries are marked with line paint.

2.2 Goals & Crease

- Goal size: 1.2m x 1.8m (4'x6') hockey nets will be used.
- Crease: A painted 1m radius semicircular arc marked in front of each goal.
 - ***The crease rule is central to this format — know it before you play.***

2.3 The Ball

- Size 4 futsal ball used for all games. Tournament supplies match balls.

2.4 Player Equipment

- All players on the same team must wear matching coloured shirts or pinnies (available)
- Shin guards are mandatory.
- Footwear: cleats, turf shoes, or athletic shoes. No bare feet. No metal studs. No baseball cleats
- Jewelry must be removed or fully taped before taking the field.
- No hoodies or other clothing that have loose hanging pieces.

2.5 Team Format

- 3 players on the field; (maximum of 3 subs)
- No goalkeepers (see crease rule)
- Minimum of 3 players required to start a game

Section 3 — Tournament Format

3.1 Game Length

- Two 10-minute halves.
- 2-minute halftime.
- Running clock.
- Tournament organizers may shorten games if required due to weather or scheduling.

3.2 Round-Robin Pool Standings

- Win = 3 points; Draw = 1 point; Loss/Forfeit = 0 points
- Tiebreakers
 1. Head-to-head result
 2. Goal differential
 3. Total Goals scored
 4. Fewest goals allowed
 5. Penalty Kicks (3 to start with)
- Mercy rule: If a team leads by 7 goals, the game ends immediately.

3.4 Playoffs (Semi-Finals and Finals)

- Top teams from each pool advance. Pool winners are seeded above runners-up where possible.
- Tied games are followed by a 5min extra time. (First to score wins; ie. Golden Goal or Sudden Death)
- If game is still tied after extra time then they proceed to penalties.
- Each team selects 3 shooters.
- If still tied, sudden-death penalty kicks continue until a winner is determined.

Section 4 — Rules of Play

4.1 Substitutions

- Unlimited substitutions
- Substitutions are rolling, no need to stop play.
- Subbing player may enter only AFTER their teammate has left the field.
- Substitution infraction: indirect free from centre field (unless referee determines advantage)

4.2 Kick-Offs & Restarts

- Kick-offs are indirect.
- Opponents must remain 5m away.
- After a goal, play restarts from midfield.
- Free kicks are indirect; opponents remain 5m away.

4.3 Ball Out of Play

- Kick-ins replace throw-ins.
- Ball must be stationary for kick-ins
- Kick-ins must be taken within 5 seconds.
- Opponents must stand at least 5m away.
- Goals may not be scored directly from a kick-in.

4.4 Corner Kicks

- If a defender was last to touch the ball over the end line; a corner kick is awarded
- Ball is placed on the nearest corner
- Corner kick is indirect
- Opponents must stand back at least 5m.

4.5 Offside

- no offside

4.6 Crease Rule

- The crease is a no-touch zone for all players.
- Players may run through the crease.
- No player may touch the ball while it is inside the crease.
- If an attacking player touches the ball in the crease, possession is awarded to the defending team.
- If a defending player touches the ball in the crease, a penalty kick is awarded.
- A player may not stand in the crease to block a shot.

4.7 Penalty Kicks

- The ball is placed at the centre point of the field.
- All players must remain behind the ball until it is kicked.
- The shooter takes an uncontested shot on the open goal.
- No rebounds are allowed.

4.8 Fouls & Misconduct

- No slide tackling. No charging, pushing, tripping, or dangerous play.
- Deliberate handballs result in a Yellow Card.
- Dangerous Play or Unsportsmanlike conduct may result in:
 - * Yellow Card: Warning (may not sub back in for the remainder of the half; but team does not play short)
 - * Red Card (2 Yellow Cards): Removal from the game and team plays short for remainder of game.
 - * Suspension: Ejection from the tournament no refund (at discretion of referee and tournament organizers)
- Referee or Tournament organizer decisions are final; no appeals

Section 5 — Forfeits, Delays & Cancellations

5.1 Forfeit

- Teams unable to field 3 players at game time receive a 5-minute grace period.
- After 5 minutes: game is forfeited. Score recorded as 5–0 to the ready team.
- A team that forfeits more than one game may be removed from the tournament.

5.2 Schedule

- Games start on time. The schedule will not wait for late teams.
- Schedule is posted at the registration table. The Tournament Director may adjust it during the day

5.3 Weather

- Lightning: play suspends immediately. All players move to shelter. A 30-minute wait applies after the last strike before resuming.
- The Tournament Director may cancel, shorten, or modify games due to weather or field conditions. Decision is final.
- Full-day cancellation: teams notified as early as possible. Refund or reschedule policy to be determined by the organizing committee.

Section 6 — Health & Safety

- A basic first aid kit is available at the registration table.
- Players participate at their own risk. The Altona Soccer Group, Sunflower Festival Organizers and Town of Altona are not responsible for personal injury or loss of property.
- Leave your area clean. Garbage bins are provided throughout the site.

Sportsmanship

This tournament is intended to promote fun, competition, and community spirit. Respect teammates, opponents, referees, and volunteers at all times.

Tournament organizers reserve the right to interpret and enforce these rules as necessary.

Section 7 — Contact & Questions

Tournament Director	Karl Enns, Altona Soccer Group
Email	karl@altonasoccer.ca
Website	www.altonasoccer.ca
On Tournament Day	Find us at the registration table.

Thank you for being part of THE BEAUTIFUL PROJECT.

Every team that registers is helping build the future of sport in Altona.