



Heartland Harvest Cup



2025 Tournament Rules and Information

Dates

October 11 - 12, 2025

Tournament Headquarters & Venue

Grand Park Sports Complex
19000 Grand Park Blvd.
Westfield, IN 46074

Tournament Director

Josh Lindemann
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Age Groups, Playing Format, Roster limits:

Age Group	Birth Year	Format	Roster limit	Ball size	Match Duration
U9	2017	7v7	12	4	2 – 25 Minute halves
U10	2016	7v7	12	4	2 – 25 Minute halves
U11	2015	9v9	16	4	2 – 30 Minute halves
U12	2014	9v9	16	4	2 – 30 Minute halves
U13	2013	11v11	18	5	2 – 35 Minute halves
U14	2012	11v11	18	5	2 – 35 Minute halves
U15	2011	11v11	18	5	2 – 35 Minute halves

* 4 guest players permitted per team

Team and Uniform Colors

The home team should wear a light-colored kit; the away team should wear a dark-colored kit. The home team is listed first on the game schedule. Both teams must bring two sets of uniforms to each game. If there is a conflict, the home team will be required to change.

Player Credentials & Uniform Numbers

Player Passes/IDs are to be present and available at all matches. The shirt number of each player must be the same as the players' number on the daily match report/roster. If the numbers are not the same, the player will not be allowed to take part in the match until the numbers are the same. Identical numbers are not permitted.

Laws of the Game

All matches will be played in accordance with the FIFA laws of the game, except as modified as follows in the tournament rules. All matches will use USSF certified referees.

FIFA rules will be in effect with the following exceptions:

1. Unlimited substitution
2. Substitutions may be made:
 - a. Before a throw-in in your favor
 - b. Before a goal kick
 - c. After a goal by either team
 - d. At halftime
 - e. In case of injury, unlimited to both teams
3. Indiana Soccer Heading Restrictions (8U-12U)
 - a. All players, 8U – 12U shall not engage in deliberate heading in competitive training or in games.
 - b. All players who play in small-sided games, 4v4, 7v7 or 9v9, shall not intentionally head the ball in a game.
 - c. All players 12 & under who play on a 13 & under team or older will comply with the aforementioned 11U & 12U restrictions.
 - d. The referees will enforce heading restrictions as per the age-level of the contest. There will be no intentional heading in all small-sided games (4v4, 7v7, 9v9).
 - e. When a player deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense.
 - i. If the deliberate header occurs within the penalty area by the defending team, the indirect free kick should be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.
4. **4v4 (8U) MODIFIED RULES:**
 - a. Law 1 – Field of Play
 - i. Length 25-35 yards
 - ii. Width 15-25 yards
 - b. Law 2 – Ball
 - i. Size 4
 - c. Law 3 – Players
 - i. 4v4 (no goalkeepers)
 - ii. Substitutions are unlimited and can occur at any stoppage
 - d. Law 5 – Referee
 - i. Minimum certification as a U.S. Soccer Grade 9 Referee
 - e. Law 7 – Duration of the Match
 - i. 4 quarters
 - ii. 10-minute quarters
 - iii. 3-minute break between quarters
 - iv. No added time
 - f. Law 11 – Offside
 - i. No offside

- g. Games
 - i. -Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
 - ii. -Kick-ins and/or dribble-ins are also acceptable
 - iii. -Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
 - iv. -If used, all free kicks are indirect
 - v. -Opponents should be 10 feet away from the ball on all restarts
 - vi. -No penalty kicks
 - vii. -No offside
5. **7v7 (9U-10U) MODIFIED RULES:**
- a. Law 1 – Field of Play
 - i. 55-65 yards (length)
 - ii. 35-45 yards (width)
 - b. Law 2 – Ball
 - i. Size 4
 - c. Law 3 – Players
 - i. 7v7 (6 field players and 1 goalkeeper)
 - ii. Game may not start or continue if there are less than 5 players on a team
 - iii. Substitutions are unlimited and can occur at any stoppage
 - d. Law 5 – Referee
 - i. Minimum certification as a U.S. Soccer Grade 9 Referee
 - e. Law 7 – Duration of the Match
 - i. 2 halves
 - ii. 25-minute halves
 - iii. 5-minute halftime
 - iv. No added time
 - f. Law 11 – Offside
 - i. The build out line will be used to denote where offside offenses can be called
 - ii. Players cannot be penalized for an offside offense between the halfway line and the build out line
 - iii. Players can be penalized for an offside offense between the build out line and goal line
 - g. Build Out Line
 - i. The build out line promotes playing the ball out of the back in a less pressured setting
 - ii. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
 - iii. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
 - iv. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

- v. The opposing team must also move behind the build out line during a goal kick until the ball is put into play
 - vi. Build out lines should be equidistant between the penalty area line and halfway line
 - vii. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
 - viii. 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
 - ix. The build out line will also be used to denote where offside offenses can be called
 - x. Players cannot be penalized for an offside offense between the halfway line and the build out line
 - xi. Players can be penalized for an offside offense between the build out line and goal line
- h. Build Out Line Practical Applications
- i. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
 - ii. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes
 - iii. To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
 - iv. Coaches are responsible for addressing these types of issues with their players
 - v. Referees can manage the situation with misconduct if deemed appropriate
 - vi. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line

6. 9v9 (11U-12U) MODIFIED RULES:

- a. Law 1 – Field of Play
 - i. 70-80 yards (length)
 - ii. 45-55 yards (width)
- b. Law 2 – Ball
 - i. Size 4
- c. Law 3 – Players
 - i. 9v9 (8 field players and 1 goalkeeper)
 - ii. Game may not start or continue if there are less than 6 players on a team
 - iii. Substitutions are unlimited and can occur at any stoppage
- d. Law 5 – Referee
 - i. Minimum certification as a U.S. Soccer Grade 9 Referee
- e. Law 7 – Duration of the Match
 - i. 2 halves

- ii. 30-minute halves
- iii. 5-minute halftime
- iv. No added time

In accordance with FIFA Policy:

1. There shall be no dissent between players, fans and/or coaches and the referee. Questioning a referee is considered dissent.
2. Any player ejected from a game, whether by red card or two yellow cards, will be ineligible to participate in the next tournament game.
3. In the event of an ejection, the offending team may not replace the ejected player.

The game clock will not stop for injury unless at the discretion of the referee. The injured player must be removed from the field by medical staff.

Procedure for Determining a Winner

Three (3) points will be awarded for a win, one (1) point for a tie, and zero (0) points for a loss. If a team forfeits, their opponents will receive a score of 4 – 0. In the event of ties in total point standings, the following sequence will be used:

1. Head-to-head competition between teams that are tied**
2. Best goal difference for all games - up to 4 per game
3. Fewest goals allowed
4. Most goals scored
5. Penalty kick shootout - 5 players per team; if still tied, sudden victory penalty kick shootout

**In the event of a three-team tie or teams playing in a “crossover” flight, head-to-head competition will be eliminated if a winner cannot be decided. The following tie breaker sequence will be used:

1. Best goal difference for all games - up to 4 per game
2. Fewest goals allowed
3. Most goals scored
4. Penalty shootout - 5 players per team; if still tied, sudden victory penalty kick shootout. A coin toss will determine who participates.

There will be no overtime for any games. If a semifinal or final game is tied at the end of regulation, the winner will be determined by penalty kicks. Only players on the field at the end of the game are eligible for penalty kicks.

If for any reason the “finals” cannot be played, co-champions will be declared, and distribution of 1st and 2nd place awards will be decided by coin toss.

Decisions of the tournament director(s) on advancement are final. There are no appeals on advancement decisions.

Conduct & Discipline

Team Conduct – Teams should understand the laws of the game and play by them. They should be respectful to all coaches, teammates, opponents and match officials. Profane and abusive language is prohibited.

Any ejection should be reported to the HQ immediately. Any player or coach sent off will automatically sit out the next game played. If the sending off was for fighting or violent conduct, the player will be suspended for the remainder of the tournament. Disciplinary action will be reported to USYSA in the post tournament report.

Spectator Conduct – Spectators are encouraged to provide positive support during all games. Do not talk to players or coaches for either team during the matches, except to offer support, congratulations, or assistance. Do not use abusive or profane language or argue with officials. Fighting, unsporting behavior or physical violence will result in automatic removal from the complex for the remainder of the tournament.

Alcohol, tobacco, and illegal drugs are prohibited at the complex.

Withdrawal/Cancellation Policy & Refund Policy

Team Withdrawal

30 days or more prior to Registration Deadline:

- Full refund of the registration fee if your team withdraws 30 days or more prior to the event's registration deadline.

Within 7 days of acceptance:

- Option 1: Defer your registration fee to another event within 12 months. Additional fees for the new event may apply.
- Option 2: Transfer your registration fee to another team in your club. Additional fees for the new event may apply.
- Team must have registered for the event prior to the Registration Deadline.

More than 7 days after acceptance:

- All sales are final. No refunds or credits will be issued.

Event Cancellation Due to Weather

Before Tournament Start:

- A minimum of 50% of the Registration Fee will be retained by the tournament to cover the startup cost of the tournament.

After Tournament Start:

- No refunds or credits will be issued.

Other Tournament Information

- Animals are prohibited at the complex
- Weather – Please check the tournament website for all weather updates.