



MAPL CUP GAME DAY GUIDE

Red Cards:

- Any player or team official sent off receives an automatic minimum **one-match suspension from the team's next Mid-Atlantic Cup match**.
- Additional sanctions may apply.

Tied Match

- Every match must produce a winner.**
- Tied after regulation → 2 x 10-minute extra-time periods → Kicks from the Penalty Mark
- Both extra-time periods are played in full. There is **no golden goal**.
- During extra time, teams receive one substitution moment in each extra-time period, plus the interval between periods

Referee Fees

- Preliminary Rounds through Semifinals: Home and away teams split referee fees equally. Each team must arrive with its required portion.
- Championship Finals: Referee fees are paid by MAPL

Game Format

Age Group	Format	Ball	Match Length
U12	9v9	4	2x30 min
U13-U14	11v11	5	2x35 min
U15-U16	11v11	5	2x40 min
U17-18/19	11v11	5	2x45 min

Substitutions:

- U12: Unlimited substitutions at an appropriate stoppage with referee permission.
- U13-U14: Unlimited substitutions over 3 substitution moments per team, per half, plus halftime.
- U15-U18/19: Unlimited substitutions over 4 substitution moments per team, per match, plus halftime.
- HEAD INJURIES:** A player suspected of a concussion or other head injury must be removed and may not return to the match. Each team may use up to **two head-injury substitutions** per match.

Uniforms:

- Teams should communicate uniform colors before match day.
- The home team is responsible for resolving uniform conflicts and providing an alternate uniform when necessary. The referee has final authority on uniform conflicts.