**A logo of a football team

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**SOCA OmegaBall Tournament  
at Charlottesville SFSP Fields**

**7/19/25 Youth or 7/20/25 Adults**

**(To benefit: SOCA’s Matt Henderson Fund)**

**General Information** Soccer Organization of the Charlottesville-Area (**SOCA**) invites you to participate in the **1st Annual Omegaball Tournament**. The tournament will take place in Charlottesville VA at South Fork Soccer Park on 1685 Polo Grounds Road. Saturday July 19th for Youth and Sunday July 20th for Adults**.**

**SOCA’s Matt Henderson Fund** Matt Henderson Fund was established in 2002 as a means to supplement and support SOCA’s financial assistance and Outreach Program budgets. The fund is used to help eliminate obstacles for participation in SOCA youth programs.

**Tournament Fee and Registration Process**For a registration/roster form, go to: *www.socaspot.org/tournaments*

The fee is **$225 per youth team or $250 per adult team**, payable by check, credit card, or cash.

Email your registration form with roster to our tournament Director at [Bobby.Lutz@socaspot.org](mailto:Bobby.Lutz@socaspot.org). Then you may choose to:

* Call with your card information 434-975-5025, ext. 112
* Checks are payable to “SOCA Matt Henderson Fund”; or
* Visit the SOCA office and take care of everything at once!

The SOCA office is located at: 1685 Polo Grounds Road Charlottesville VA, 22911

Tournament fees are used to pay for tournament expenses and then all additional proceeds are donated to SOCA’s Matt Henderson Fund. This fund helps provide scholarships for qualified families.

**Tournament Schedule** The tournament is a one-day format. Each team will play a minimum of three games with qualifying teams advancing to post-group play. Teams must be prepared to play any time between 8:00AM and 6:00PM.

**Tournament Divisions**

Saturday July 19th Youth

U10, U12, U15, U19 Boys & Girls Travel and/or Challenge Divisions

Sunday July 20th Adults

2 Co-rec divisions Upper (Div 1 & 2) and Lower (Div 3 & 4)

Over-40 Division and Premier Division

The placement of teams will be determined by the Tournament Director who also reserves the right to adjust divisions if needed to form competitive brackets. Teams will be notified in advance of changes.

**Awards**

**Championship T-Shirts will be awarded to the Youth team winners of each division on Saturday. Gift Certificates from 3NB will be awarded to the adult team winners of each division on Sunday.**

**Tournament Rosters**

Rosters shall have a minimum of 7 players and a maximum of 10 players per team in this tournament by SOCA.

Co-rec teams must include at least 2 females on the roster. At least 1 female player must participate on the field at all times or the team will have to play down or short 1 player.

**Team Check-In Process** Teams will need to arrive no later than 15 minutes prior to their first scheduled kick-off.

**Important Dates**

**July 7th, 2025, Registration Deadline**

**July 15th, 2025, Schedule Distribution**

**July 17th, 2025, Roster Freeze**

**July 19th, 2025, Youth SOCA OmegaBall Tournament at SOCA SFSP**

**July 20th, 2025, Adult SOCA OmegaBall Tournament at SOCA SFSP**

**OMEGABALL TOURNAMENT RULES for SOCA**

Concept: OmegaBall is a growing sport that has its foundation in soccer (or its international name, football), but is a faster paced game with a lot of action and scoring.

OmegaBall is a team game played with a soccer ball sized (age appropriate) three (3) teams, three (3) goals, three (3) “Dead Ball” (corner kick) locations, one (1) center spot, three (3) penalty arcs (36’ arcs), and five (5) players per team. There are no “throw-ins” and no offside rule.

**THE PLAYING FIELD** The overall pitch (field) is round with a diameter of 180 feet (goals extend slightly beyond 180-foot perimeter (U15, U19 and Adults), 160-foot perimeter (U12), 150-foot perimeter (U10). Goals are labeled as “A”, “B” and “C” clockwise around the field perimeter. The Corner kick spot between goals “A” and “B” is labeled as “Corner A-B”, while the corner kick spot between goals “B” and “C” is labeled “Corner B-C” and the Corner kick spot between goals “C” and “A” is labeled as “Corner C-A”. The sideline for team B will be behind their goal area and between corner kick spot A-B and B-C.

A diagram of a football ball

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**LINEUPS for GAMES**

Rosters shall be a minimum of 7 players and a maximum of 10 players per team in this tournament by SOCA.

a. A team shall consist of five players on the field per team, one (1) of which is stationed in the goal as the goalkeeper.

b. Each team may configure their playing positions in alignment with their game strategy. Each team has one (1) goal to protect and can score on either of the opposing two (2) goals.

**GAMEPLAY & RULES**

a. Three (3) teams of five (5) players each compete to get the ball into the other team's goal, thereby scoring a goal. The team that has scored the most goals at the end of the game is the winner. Players other than goalkeepers may not deliberately handle the ball with their hands or arms during play. Goalkeepers may only handle the ball with their hands inside their penalty arc.

b. Within regulation play, all players are free to play the ball in any direction and move throughout the pitch.

c. Players attempt to create goal-scoring opportunities through individual control of the ball, such as by dribbling, passing the ball to a teammate, and by taking shots at the goal, which is guarded by the opposing goalkeeper.

d. Goalies may also score from anywhere on the field (standard rules apply - goalie may only use their hands within their respective penalty arcs; use of hands to score via throwing motion is not allowed. The Goalie may not punt or drop-kick the ball. Also, the GK may not throw the ball into either opponent’s penalty arc.

e. If the ball is “passed back” to the goalie from his/her own team, the goalie MAY NOT use their hands. If this infraction occurs, an indirect free kick is awarded to the team that is applying the most pressure to create the situation. The spot for the indirect free kick will be on the penalty arc line spot nearest to where the infraction occurred.

f. Opposing players may try to gain or regain control of the ball by intercepting a pass or through tackling the ball while in possession of the opponent; however, physical contact between opponents is somewhat restricted (standard soccer rules apply).

**GAMES Format for Preliminary Rounds**

a. Matches consist of 3, 7-minute periods with a 1-minute break between periods.

b. **OmegaBall** is generally a free-flowing game, with play stopping only when the ball has left the field of play or when play is stopped by the referee for an infringement of the rules (clock counts down from 13:00).

c. After a stoppage, play re-commences with a specified restart by the referee. Refer to RESTART OF PLAY AFTER A GOAL for more details.

d. Teams will rotate goals clockwise each period. Subsequently, a team’s sub/technical boxes and team benches rotate with each respective team.

**TIMEOUTS** will not be used in **OmegaBall**.

**COIN FLIP/STARTING THE GAME**

a. Coin Toss: Three captains each toss a coin. Whomever the “odd” team is, wins (i.e., two heads and one tails; tails is the odd result and wins the toss) and may pick possession or a goal to defend, they may not defer.

b. From there, a standard coin flip occurs between the remaining two captains in which heads or tails is called. The winner may pick to kick off or a goal to defend. Winner of the toss may not defer: I. Coin Toss Example, Team A wins the first coin toss and chooses to defend Goal 1. Then Team B wins the second coin toss and chooses to kick off. That would leave Team C with the choice of defending Goal 2 or Goal 3. Team B kicks off from the center spot.

c. The team kicking off does so at the center spot. Only 2 players from that team may participate in the kick-off.

d. All other players from all teams (not participating in the kick-off) must remain inside their respective penalty arcs until the ball is in play. Kick-offs are indirect.

e. Whenever a player from the possessing team or a ref sets a ball in play (i.e. kickoff, dead ball /corner kick), the team with possession must start playing within 5 seconds.

**OVERTIME** will not be used in this Tournament.

**SCORING A GOAL**

a. Scoring a goal in **OmegaBall** is in alignment with standard soccer rules: I. Goals may be scored in any of the two opposing goals.

Goals may be scored by any player on the OmegaBall field of play, including a goalkeeper.

**DEFLECTION GOALS**

a. A player in an attacking role may shoot at any opposition goal.

b. If during a shot, a player from either of the opposition teams causes an accidental deflection which ends in a goal, the primary attacking player that committed to the original shot on target will be awarded the goal.

c. During the primary attacking player shot towards goal: If a player from the other non-defending team actively changes the position of their body to deliberately redirect or change direction of a shot (toward goal and ends in a goal being awarded), the goal will be awarded to the player who deliberately redirected or changed the direction of a shot on goal at the discretion of the referee.

d. Whomever was in control last, will typically be awarded the goal.

**RESTART OF PLAY AFTER A GOAL**

a. When a team is scored upon, that team gains possession with the restart by a goalie clearance. The goalie must distribute the ball by throwing or rolling it to another player. The goalie may not throw the ball into either opponent’s goal area.

b. All opposing team players must be outside of the restarting team’s penalty arc. Gameplay does not stop after a goal. The 5-second rule is in effect. It is the discretion of the goalie if they decide to restart with opposing players in their arc. Opposing players may not deliberately linger.

c. If an opposition attacking player has not exited the penalty arc after a goal, the goalkeeper in possession of the ball has the option to play the active ball. Goalkeepers do not have to wait for the player to clear their penalty arcs.

d. If an attacking player blocks the path of a restarting goalkeeper, a verbal warning will be issued by the referee, and the play will be restarted with a drop ball to that keeper.

e. If the team advancing the ball out of their goal (after they were scored upon) accidentally plays the ball out of bounds (over their own third of the perimeter sideline, before it is touched by any other team, a corner kick will be awarded to the team directly opposite the sideline where the ball went out of bounds. (Thus, a corner kick awarded by the referee at “Corner C-A” would be taken by team B.)

f. If the 5-second rule is not observed, the team will receive a warning. After the 2nd infraction, and each subsequent infraction, the ball will be rewarded to the team that last possessed the ball.

**PENALITIES AND FOULS**

Fouls Inside of the Penalty Arc:

a. Fouls in OmegaBall are in alignment with standard soccer rules.

b. If there is a foul (within the penalty arc) that does not involve the defending team players, the team that absorbs the foul (or gets fouled) will receive possession of the ball via a kick-off. Standard kick-off procedures will apply.

c. Penalty kick fouls align with regular soccer fouls/rules. Penalty kicks are only awarded for a direct kick foul committed by a player within his/her own penalty arc/area.

d. When a direct free kick offense is committed by the defending team within their own penalty arc and a penalty kick is awarded, ALL players must remain outside of the penalty arc and 5 yards from the ball until the ball is kicked. The penalty kick will be taken from the penalty spot on the arc.

e. If the goal is scored, the defending goalie has 5 seconds to restart play. If it is saved by the keeper and goes directly out of bounds, it is a corner kick for the team that attempted the goal. If it is defended but rebounds into play, the ball is live, and all teams/players have a right to the ball. If the penalty attempt misses the goal entirely and is untouched, it is a goalie clearance by the team defending goal.

f. If a penalty kick is awarded, time will be extended to complete the kick if needed.

Fouls Outside of the Penalty Arc:

a. Direct free kicks are awarded for the standard soccer rule offenses:

I. Kicks or attempts to kick an opponent. II. Trips or attempts to trip an opponent. III. Jumps at or charges an opponent. IV. Strikes or attempts to strike an opponent. V. Pushes or tackles an opponent. VI. Handball outside of the penalty arc.

b. Indirect free kicks are awarded for standard soccer rules like:

I. Dangerous play, II. Obstruction, III. Pass back to Keeper (who then plays the ball with their hands inside their own penalty area)

c. During the restart both opponents’ team players must remain at least 5 yards away from the ball until it is put back into play.

**OUT OF BOUNDS POSSESSION**

1. Throw-ins are not a part of OmegaBall.
2. If a ball exits the field of play, over team B’s sideline (the third of the entire perimeter between the 2 corner kick spots closest to Team B’s goal, “Corner A-B” and “Corner B-C” ) last touched by Team A or Team C, then team B is awarded a goalie clearance. If the ball was last touched by Team B, it shall be a corner kick.

**DEAD BALL/CORNER KICKS**

a. The team that touched the ball second-to-last gains the dead ball/corner kick. For example, if a player from team A takes a shot and team B goalkeeper parries the ball over the goal then team A will be awarded a corner kick from the nearest corner kick spot from where the ball exited the field of play.

b. If a defending player accidentally plays the ball out-of-bounds in his/her 1/3 of the field, after a restart, and neither opponent touches the ball, the subsequent corner kick will be awarded to the team whose goal is on the opposite side of the field. (Thus, a corner kick awarded by the referee at “Corner C-A” would be taken by team B.) They will then have the most exciting opportunity to restart the corner kick in either direction towards either of their opponents’ goals.

c. There are three (3) dead ball/corner kick locations throughout the field.

d. The Referee will confirm the assigned location of the dead ball/corner kick based on the location the ball was kicked out of bounds. However, the player in possession may kick the ball in any direction and subsequently towards any goal.

e. Once the ball is placed in the dead ball/corner circle, the 5 second rule goes into effect.

f. Goals can be scored directly from the corner kick spot.

**GOALIE CLEARANCES**

If an opposing team kicks the ball out of bounds within the penalty arc line, the defending team gains possession with a goal clearance from the goalie.

**OWN GOALS**

a. If a team accidentally scores on their own goal, a goal will be deducted from that team (if at zero, the team will go to negative one). A goal reduction is advocated because it is an easier penalty to calculate when considering tracking goal differentials (goals for/goals against). A note should be put on the scorer’s sheet.

b. An own goal cannot be awarded by deflection. The attacking team that attempts a shot or is in an attacking position on a goal will always be awarded the goal.

**OFFSIDES** infractions are not a part of OmegaBall in the traditional sense. However, players may not enter either opponent’s penalty arc/area until after the ball has entered the penalty arc area or is a rebound from the keeper.

**SUBSTITUTIONS**

Subs may enter or re-enter the game at any time, but may only be done from the substitution area, simultaneously. Substitutions are unlimited and may be made during the run of play. Subs may not enter the field of play to replace their teammate until their teammate has returned to the substitution area and exited the field of play.

**TOURNAMENT** Scoring System for each game.

5pts = Winning team

3pts = 2nd place team

1pt = 3rd place team

1pt = add point for a shutout

4pts = Tie for 1st place in game

3pts = 3-way tie in game

2pts = Tie for 2nd place in game

4pts = score for 2 teams when the 3rd team forfeits game

6pts = score for winning team when other 2 teams forfeit game

0pts = Triple forfeit game

**FORFEIT PROCEDURES**

Teams should be ready to play at least 5 minutes before game time. At game time, if any team/s are short of the required number of players, they will be allowed a grace period of 2 minutes from the scheduled starting time to reach the minimum number of 4 players. Grace period time will be deducted from the actual playing time. (which means the referee will go ahead and start his or her clock) If any 1 or 2 teams do not have the required 4 players at the end of the 2-minute grace period, then that team or teams will forfeit.

If all 3 teams do not get at least 4 to begin the game once the grace period is up, the game will be declared a triple forfeit.

Please see the number of points awarded above in case of a forfeit.

**TOURNAMENT TIE-BREAKING PROCEDURES**

If there is a tie by 2 teams to determine which one makes the Championship game or wins the Championship game, then those 2 teams will participate in a shootout to determine which team advances to the Championship game.

If there is a tie between 3 teams to determine the 3rd team that advances to the Championship game or wins the Championship game, then a sudden death golden goal overtime will be played (no time limit) to determine which team advances to the Championship game. In the Championship game, when a sudden death golden goal is scored by a team then they are crowned the Champion.

If there is a tie between 3 teams for 2nd place to determine which team Advances to the Championship game, then a sudden death golden goal overtime will determine the 1st team to advance to the Championship game. Then the remaining 2 teams will participate in a penalty kick shootout to determine the 3rd team that advances to the Championship game.

**OVERTIME** will not be used in this Tournament.

**SHOOT-OUT RULES**

**For the Championship Game or as a Tie-breaker if needed**

a. Five (5) players from each team (that are tied in the lead) participate in a five (5) shot round (each player shooting once) and alternating teams after each shot. Goalkeepers are included in the shootout. The players participating in the shoot out must be on the field of play at the end of the game.

b. An attacking player will start on the center spot of the OmegaBall field. The defending goalkeeper will start on the goal line (of the selected target goal) between the goal posts.

c. Upon the referee’s whistle, the attacking player must move the ball towards the target goal. Upon the referee’s whistle, the goalkeeper may move towards the attacking player.

d. The maximum time allowed to take the shot is 5 seconds. The shot doesn’t have to enter the goal within the allotted 5 seconds to count as a goal.

e. If the goalkeeper saves or blocks the ball, the ball is immediately dead, and the shootout turn is over. No rebounds are allowed during a shootout.

f. The Goalie may roam anywhere to defend the shot but may only use their hands within the penalty arc.

g. If a goalkeeper uses his/her hands to save a ball outside of the penalty arc, the play is dead, and a penalty kick will be awarded from the penalty spot. The goalkeeper will receive a yellow card for their actions.

h. If subsequent rounds are required, it will become sudden death (one-for-one shots). The rotation of kickers will start over in the same order involving only the players on the field.