

# ***2010 YOUTH SOCCER LEAGUE RULES***



## GENERAL:

1. The goal and objective of the league shall be to provide enjoyment and instruction of the game of soccer. Good sportsmanship and basic fundamentals should be stressed by all coaches. The sole purpose of winning should be played down. An atmosphere of learning and relaxation is the objective of this program.
2. The matters concerning the league of rule interpretation shall be administered by Apex Parks, Recreation & Cultural Resources (APR&CR) Department.
3. All volunteer coaches shall be selected by APR&CR, and governed by the policies and procedures set forth by APR&CR.
4. All new players shall be selected by the coaches at the pre-season draft. All players returning from the year before will remain on the same team. Brothers / sisters shall be placed on the same team. Coaches will pick in the reverse order of finish from the previous season.
5. All coaches shall attend each practice or have his/her assistant attend in his/her place. Players shall not be allowed to practice without supervision. No player not officially registered and on the roster through APR&CR will be allowed to practice.
6. No player shall be dropped from a team without the approval of APR&CR. Coaches shall report to APR&CR any player that missed practice repeatedly.
7. If your team roster drops below 13, the first player on the waiting list will be placed on your team by APR&CR per the waiting list policy.
8. All rules will be governed by USSF rules except for the local rules stated here.

## OPERATING GUIDELINES

### Section 2

#### **A. Registration**

Registration for participation shall be coordinated and conducted by APR&CR. Under unusual circumstances, individuals may be added or deleted to/from the program at the discretion of APR&CR. This shall be done only after taking into consideration those involved and the ramification on the league.

#### **B. Scheduling**

Schedules for all regular practice, game and makeup game situations, shall be coordinated through APR&CR taking into account field availability.

##### PRE-SEASON

1. Each team will be provided the same number of practice opportunities per week.
2. Any deviation from allotted schedule MUST be cleared through APR&CR and player attendance at such practices IS NOT a player requirement.

##### IN-SEASON

1. Teams will be offered the opportunity to practice on a facility availability bases.
2. Teams may not reserve fields for more than one week at a time and may not do so before 12:00 noon on Monday of the week they wish to practice.

##### POST-SEASON

1. An end of season league, single elimination tournament will be held for the Midget (7-8), Major (9-10), Junior (11-12) and Senior (13-14) leagues. There will be no trophies given to the tournament winner. No post season play for the Mite (5-6) league.

#### **C. Try-Outs**

To be organized and operated by APR&CR according to facility availability and weather.

### **D. Draft Procedures**

To be organized and operated by APR&CR and the league coaches under the following guidelines:

1. Teams shall draft in reverse order of their finish in the previous season.
  2. All teams will be age balanced.
  3. As the draft allows, each team must have a minimum of 2 boys and 2 girls. A boy or girl may be taken with the teams first pick, but after round 1 the team must balance the roster with at least 2 boys and 2 girls.
  4. Each team shall be permitted to keep returning players, sons, and daughters under the following conditions:
    - a. Based on the total number of players needed to equalize the number on each team, each coach will draft until he reaches this number then withdraw from the draft. EXCEPTION: When a team reaches 7 players on their roster, that team must hold until all other teams reach 7 players. NOTE: Any team that returns 7 or more players will receive a first round choice, and then have to hold until all other teams have the same number of players.
    - b. If after registration, tryouts, and the draft, a player wishes to be placed on a team, this shall be done at the discretion of APR&CR . Appointments shall be made per draft order and waiting list policy.
    - c. Options may be awarded to a coach and /or coach's child who has registered to participate. All options must be declared in writing prior to July 14<sup>th</sup>. All options on the oldest age for the league will be protected through the second round. All options on the next oldest age will be protected through the third round. Brother / sister options will be protected in the last round. A team is allowed two option players.
- \* NOTE: A team may NOT have more than two option players on its roster during a season.
- d. Bonus Rounds: All expansion teams shall be awarded bonus round picks. Each team will be awarded one bonus pick for EACH eligible player that DOES NOT return to the team. Bonus rounds begin after the third round and continue until all teams have a total of seven players from returning players plus bonus picks.

e. Pre Draft: Teams that does not have 1 returning player will be given a pre-draft pick. Any team that receives a pre-draft pick, will go to the last position in the first round (only) and then return to their normal spot in all rounds there after.

5. Expansion of league shall be conducted in the following manner:

- a. The new team(s) shall assume the number one (and/or two) draft pick. Flip of a coin shall determine number one position when adding more than one team.
- b. Each new expansion team shall be awarded a pre-draft pick. Selection will be on a rotation basis with two or more expansion teams.

### **E. Length of Games/Tie Breakers**

Length of games:

|                                   |  |
|-----------------------------------|--|
| Mite, Major<br>and Midget Leagues | 4 quarters of 8 minutes each<br>2 minutes between quarters<br>5 minutes for halftime |
| Junior and<br>Senior Leagues      | 2 halves of 24 minutes each<br>5 minutes for halftime                                |

The official time is being kept on the field by the referees. The stopwatch that is kept by the timer is not the official game time.

### **Ties**

1. Regular Season Games

- a. Any regular season game that ends in a tie will remain a tie.
- b. Any regular season game that ends in a tie shall be counted as one half a game win in the league standings.

2. For purpose of the next year's draft:

- a. If team records are identical, the first tie breaker will be head-to head competition. This will be followed by a draw if head-to-head results can not be used.

Tournament Ties :

Any tournament game that ends in a tie will play one additional quarter with a half way break to change sides, (Jr and Sr leagues will play 12 mintues). If at the end of this quarter the game is still tied, the teams will go to kicks from the penalty mark.

Penalty kick will be handled in the following manner:

- a) Each team will shoot 5 kicks from the penalty mark.
- b) If the game is still tied after each team has taken 5 kicks from the penalty mark, each team will take one additional kick from the penalty mark until the tie is broken.

### **F. Cancellations/Inclement Weather/Make-up**

1. INFORMATION

In case of inclement weather, a decision will be made by APR&CR. Information may be obtained by calling APR&CR's ( after 4pm) :

INFORMATION HOTLINE: 249-3348

2. MAKE-UP GAMES

The department will reschedule games within 3 working days. Please contact us if you HAVE NOT RECEIVED your notification within this time period. If at all possible, all games that are canceled due to weather or other conflicts approved by APR&CR will be made up. However, IF EXTENUATING CIRCUMSTANCES OCCUR, APR&CR RESERVES THE RIGHT TO DESIGNATE WHICH GAMES WILL BE MADE UP. It is the responsibility of the coach to notify his/her players as to the make up date. APR&CR cannot be responsible for contacting players on an individual basis.

3. REGULATION GAME: Any game that is stopped at halftime or further in the second half will be counted as complete.

### **G. Field and Equipment**

Field Size :

|                 |                      |
|-----------------|----------------------|
| Mite            | 40 yards by 30 yards |
| Midget          | 50 yards by 40 yards |
| Major           | 60 yards by 40 yards |
| Junior & Senior | 80 yards by 50 yards |

Goal Size :

|                         |          |
|-------------------------|----------|
| Mite / Midget           | 6' x 12' |
| Major / Junior / Senior | 8' x 24' |

|             |                         |        |
|-------------|-------------------------|--------|
| Ball Size : | Mite / Midget           | size 4 |
|             | Major / Junior / Senior | size 5 |

### **H. Officials**

All referees shall be trained and approved by the Department. The referee will have authority over the game and his / her decisions over goals scored, rules, etc shall be final. Please respect their rights and work with them and the field supervisor to ensure a well played game.

1. There will be no less than one official for the Mite, Midget and Major leagues and two for the Junior and Senior leagues.
2. Referees shall :
  - a) Make all decisions for infringement of the rules committed within or outside the boundary lines from the beginning of the game to the end.
  - b) See that all kickoffs, free kicks and penalty kicks are taken properly.
  - c) Act as timekeeper and allow the full or agreed time, adding any time lost through injury or other causes at their discretion.
  - d) Will show a caution or yellow card to any player or coach guilty of misconduct or unsportsman like conduct. In such a case the referee shall give the name of the offender to the field supervisor who in turn will give a report of the incident to the Department.
  - e) Will send off the field of play and show a red card to any player or coach who is guilty of violent conduct, serious foul play, the use abusive language, or is guilty of a second cautionable offense in the same match.

### **I. Players and Substitutions**

A team will consist of the following :

8 players, ( 7 players and one goalkeeper ), for Mite, Midget and Major leagues.

9 players, ( 8 players and one goalkeeper ), for Junior and Senior leagues.

Forfeit :

A team will forfeit their game if they are unable to field 7players ( 6players and 1 goalkeeper ) **This includes the fourth quarter when a team cannot field 7 players because of participation time rule infraction.** There will be **no grace period** given for any scheduled game.

Substitutions :

1. Substitutes may be put into the game for any other player
2. Players that are going into the game must report at the timers table. They should check-in with their backs turned so the timer can easily see their numbers. Also, please help the know which players are coming out of the game. All this will help in charting your players time correctly.
3. A player who has been taken out of the game for any reason other than disqualification, may be allowed to reenter the game any number of times.
4. Substitutions may occur only when the ball goes out of bounds with approval of the referee. Team **does not** have to be in possession of the ball in order to make a substitution. The referee will not, however, allow a substitution from the bench for corner kicks or penalty kicks. You may change positions of your players on the field during a corner or penalty kick, including your goalkeeper with approval from the referee.
5. Goalkeeper substitutions: The new goalkeeper must have all equipment on and ready to play before they enter the game. This is to prevent teams from stalling for time.

**NOTE: Substitutions must be made at the half way point of the first three quarters for the Mite (5-6) and Midget (7-8) Leagues. .**

The clock will be stopped at the half way point as play allows. All players on the bench must go in the game and stay throughout the rest of the quarter.

EXCEPTION: Injured player

### **J. Scoring**

1. A goal shall be scored when the ball has been legally kicked or passed wholly between the goal posts and under the cross bar.
2. A goal may not be scored directly from a kickoff, or an indirect kick.

## **K. The Game**

### A. Preliminaries :

1. Coaches indicate the goalkeeper to the referee before starting the game and when making any change of goalkeeper.
2. Coaches shall participate in a coin toss to decide which team shall kickoff and selecting the goal which team is to defend.
3. Coaches shall turn a line-up card to the timer before the game starts.
4. At the beginning of the second half of the match, teams shall change ends and attack the opposite goal.
5. Goalkeepers must wear the jersey that does not match either team's jerseys.

### B. Beginning of Game :

1. Game shall start by an indirect kick from the center of the field in the direction of the opponent's goal.
2. After a goal is scored, the team scored against shall kickoff.

### C. Players / Goalkeepers Privileges :

1. A player may dribble, volley, block, trap, or pass the ball. At no time may a player touch the ball with his / her hands.
2. Player may play the ball while it is trapped by an opponent, provided there is no foul. If the player is on the ground, a dead ball is called and the ball is awarded to the opposing team.
3. Goalkeepers privileges within the penalty area:
  - a. pick the ball up
  - b. bounce the ball once
  - c. punt the ball
  - d. drop kick the ball
  - e. throw the ball
  - f. **may not** delay the game by holding the ball indefinitely
4. Goalkeeper safety : when a goalkeeper comes out to make a play on the ball, the offensive player must be within playing distance of the ball to make an attempt on the ball. Otherwise the offensive player must yield to the goalkeeper regardless of the distance between the ball and the goalkeeper. (Note: this rule applies only if the goalkeeper has already made a move towards the ball, including bending to pick the ball up while standing. It does not apply if the keeper is not attempting to save the ball.) If the player does not yield, he/she can be called for dangerous play (indirect kick) and given either a yellow or red card. NOTE: This rule is in place for the safety of the players, it is however a rule that

will be to the discretion of the referee if the play is fair and safe for all players involved.

#### D. Offsides

1. A player is in an offside position when he is ahead of the ball while the ball is being played by a member of his team unless the following occurs :
  - a. player is in their own half of the field
  - b. there are two opponents nearer their goal line than the player in question.
2. Penalty for offside : an indirect free kick shall be awarded at the spot where the foul occurred. A player will not be penalized for being offsides unless, in the referee's judgement, he/she is seeking an advantage or is denying the other team an advantage.

#### E. Fouls and Penalties

1. A player shall not trip, kick, stroke, hold, push or jump at an opponent or use unnecessary roughness, or handle the ball.
2. The umpire may suspend any player or players from the game for unsportsmanlike conduct or unnecessary roughness. A player or players so disqualified may not re-enter the game. The team must play short one player the rest of the game if they have no substitute ready.
4. A penalty kick shall be awarded if the foul is made by the defensive team in the penalty area.

#### F. Slide Tackle

Slide tackling is not allowed.

#### **L. Sideline Area**

1. The only personnel permitted on the sidelines are:
  - 1) players; 2) head coach; 3) 2 assistant coaches
2. All sidelines should be cleaned by the team that occupied them at the end of the game. This is the responsibility of the head coach.

3. Coaches must remain on the sideline when the game is in play.

Exception: To attend an injured player - head coach only, with the specific permission of the referee

### **M. Conduct / Sportsmanship**

1. No coach or player shall belittle or berate the players or coaches of another team. This type of action will NOT be tolerated..

First offense: Warning

Second offense: Ejection from game of offending person and/or head coach.

PENALTY: Any coach or player ejected from a game will be suspended for a minimum of 1 game up to a maximum of the remainder of the season. When a player is ejected for unsportsman like conduct that team will play a player short for the rest of the game. Any coach ejected from a game will be required to meet in person with APR&CR before coaching another game. The coach is responsible to set up this meeting himself.

2. Harassment of officials and field supervisors will not be tolerated. Questions should be asked by the HEAD COACH ONLY and done in an ORDERLY HUMANE fashion about rule interpretations only. Judgment calls are not to be argued. Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. NO WARNINGS WILL BE GIVEN!!
3. Coaches are accountable for the behavior of their assistant coaches, players, parents, and related supporters. Game officials may penalize the coach per above for any unsportsmanlike conduct.

REMINDER: The purpose of this program is to teach soccer, have fun, and learn sportsmanship. Players look to their coaches as role models and the things players see you do leave lasting impressions as they continue to play the game in later years. We're all human, and as such we ALL make mistakes including referees, coaches and parents. It's the kid's games so let them be the one that benefits most!

4. Players will be allowed to cheer for their own team and not jeer the other. This includes songs, cheers, etc.

## **N. Participation**

It is the philosophy of APR&CR that the emphasis of youth recreation should be on participation and skill development rather than winning or losing. Given this statement of philosophy the following guidelines will govern the Youth Soccer season.

1. **Minimum Playing Time:** Each child must play a minimum of 1 and a half quarters per game. If they do not have their minimum minutes by the start of the 4<sup>th</sup> quarter (12 minute mark for Jr & Sr leagues), ***they must start*** the 4<sup>th</sup> quarter and play at least until this rule is satisfied before they go off the field.  
**EXCEPTION :** If the game is shortened for any reason. If the player is injured during the game. If a player is being disciplined by the coach for missing too many practices. ( If a player is not going to play his/her time, the head coach must inform the field supervisor and head official ***before*** the game starts.  
**NOTE :** A player that has missed repeated practices and is going to be disciplined by the coach must be informed along with his/her parents of this action before the game starts. APR&CR must also be notified before this action can take place.
2. **Maximum Playing Time:** Each child can only play a maximum of 3 and a half quarters per game. At the start of the fourth quarter, (12 minute mark for Jr & Sr leagues), if a player(s) has less than 8 minutes in the Mite, Midget, Major Leagues or 12 minutes for the Junior and Senior Leagues to reach the maximum, ***they must sit out*** at least until the number of minutes left in the quarter matches the number of minutes the player has before they reach the maximum level.  
**EXAMPLE:** At the start of the fourth quarter, a player has 5 minutes before he/she reaches the maximum playing time, that player will not be allowed in the game until there are 5 minutes left on the clock.  
**EXCEPTION:** If a team has 9 players or less when the game begins the maximum play rule does not apply.

**REMINDER :** *please try to rotate players and playing time. Do not get caught-up in the same rotation of players each and every game. This would cause the same players to have the minimum amount of time each game. Please do your best to play the players equal and let them play as many positions on the field as possible. Remember this is a recreational league that is set-up for the kids to have fun first.*

**NOTE:** Substitutions must be made at the half way point of the first three quarters for the Mite (5-6) and Midget (7-8) Leagues. **Maximum Play Rule will still apply.**

The clock will be stopped at the half way point as play allows. All players on the bench must go in the game and stay throughout the rest of the quarter.

**EXCEPTION:** Injured player

3. Where inclement weather or other circumstances cause the cancellation or postponement of a game, requirement 1 and 2 will be waived. However, if these games are made up, all requirements for participation will be in effect.

**NOTE: Any game that is stopped due to inclement weather is considered official if two quarters are complete (halftime is reached). The final score is the score of the game when stopped.**

4. Failure to comply with these participation rules shall result in forfeiture of the game in question.
5. Protests shall be the responsibility of the coach and must be submitted in writing to APR&CR by 12:00 noon the following work day.
6. It is recommended that a coach alternate his substitutes (those who start today should be a substitute tomorrow and vice versa).

When ruling on a protest concerning participation, the coach's INTENT will be taken into consideration . It is quite possible circumstances may cause a player to not play the required time. The coach's intent is the determining factor in these situations.

#### PENALTY

For failure to abide by the participation rules above (upheld participation protest), the following penalties shall apply to the head coach:

- 1st offense: suspension of one game
- 2nd offense: suspension for rest of season

#### O. Protests

The following procedure shall be used for all protests involving APR&CR Youth Soccer league.

1. Protests will be allowed for rule misapplication only. No discussion will be permitted concerning judgment calls or the umpires integrity.
2. Protest must be noted by the field supervisor before the coach leaves the field.
3. All protests must be submitted in writing to APR&CR by 12:00noon the next working day. All protests should include:
  - a. A brief description of the play involved and the ruling that was made.

- b. A rule reference (page and statement) detailing what ruling should have been made.
  - c. A \$25 protest fee will be returned if the protest is upheld. If the protest is declined, this money will be set aside to buy equipment for the league.
4. Protests will be ruled on by the Program Supervisor.
  5. Notification of protest ruling will be given within one week after submission.
  6. APR&CR reserves the right to deny completion of protested game if it has no bearing on league standings or is not in the best interest of the league.

### **P. Uniform**

APR&CR will issue each player of each team a uniform. The uniform will consist of a game jersey. Each player must wear this jersey, unaltered, to each game. **A player not in uniform or in a altered uniform will be declared ineligible.** Each coach will be given extra shirts, for emergency fill ins. Shirts must be tucked in during play.

#### NOTE:

1. Altered uniform definition is when a player defaces the shirt in any way.

EXAMPLES: Cutting sleeves or adding name to game jersey, are some examples but do not represent every situation. Coaches are responsible to make sure that every player is wearing an official uniform that will satisfy this rule..

2. Players must wear and provide themselves, shinguards, shorts, and shoes. **No player will be allowed to participate in a practice or game without shinguards.**

### **Q. Jewelry / Equipment**

**No jewelry** allowed once play has begun. The referee may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.

NOTE: Taping over earrings is only acceptable in the case of new earrings and must be approved by the referee and Field Supervisor.

The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:

- 1) A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.
- 2) Head decorations, head wear and jewelry: **EXCEPTION:** Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.
- 3) Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.