

SYSL Recreational Playing Rules 2019-2020

SYSL strives to create a friendly, supportive atmosphere for all of its participants.

Section One: Home Teams

Home teams are listed first on the schedule and are responsible for the following:

- A. Conditions of the grounds, proper field markings, nets and corner flags
- B. Changing to an alternate colored jersey, or using pinnies when uniform colors are similar
- C. Goalie uniforms should be distinct from either team
- D. Provide a completed game card to the center referee.
- E. Retrieve the completed game card from the referee after the game (unless there has been a send-off) and drop it off at their club's designated location.
- F. Provide at least three (3) game balls of the appropriate size.
- G. Access to restroom facilities is recommended

Section Two: Head coaches for both teams

On game day, both coaches are responsible for the following:

- A. Behavior of their teams and spectators. Please refer to the SYSL code of conduct.
 - a. Note :the referee may stop the game to warn coaches and if necessary may terminate the game if the problem persists. If a head coaches ejected(send off) from the game and there is no assistant coach, the game automatically end. Final disposition will be determined by the penalties and discipline committee (PAD)
- B. Home team will have preference to which side of the field will be the home team for the team and Spectators. The visiting team and their spectators must use the opposite side of the field. Note : when space or safety considerations do not allow for this, the home team will designate which side both teams and their Spectators will occupy.
- C. Verify the game time, location and directions to the field by checking the website before the scheduled game.
- D. Report the final game score within 24 hours to the SYSL TeamSideline website.
- E. Head coaches must present a valid coaches pass to the referee prior to the start of the game. note colon if the head coach or assistant coach is not present at the game, and the other coach from within the same club, with a valid coaches pass, they coach the team. If there is no coach from the club with a coaches pass, the game cannot be played and the club managers should be contacted immediately.
- F. Coaching is only allowed within 10 yards of the midline. Instructing players is only to be done by coaches with a valid coaching path. Only coaches with a valid past are allowed in the bench area.
- G. Anyone instructing a player who does not have a valid coaches pass me the asked to leave the field by the referee or by the team's head coach.
- H. No artificial noise-making devices are allowed. Those using the device may be asked to leave the field by the referee or head coach.
- I. Both teams shall provide valid player passes to the referees prior to check in. No player shall be allowed to play without a valid pass. No exceptions .
- J. Both coaches are encouraged to have the game start on time.

- K Coaches must respect and accept a referee's decision regarding the concussion protocol.
- L. Coaches are responsible for their teams trash- please pick up after your team and spectators.

Section 3 : players for both teams.

- A. Players must have a valid SYSL playing pass and this must be presented to the referee prior to their participation in the game. Note: no valid pass, no participation. No exceptions.
- B. All player uniforms must have SYSL approval. No logos other than the club logo. Each player on a team must have different jersey numbers. Duct tape may be used to alter duplicate numbers.
- C. All players are required to wear shin guards. Any style soccer shoe is acceptable unless otherwise deemed unsafe by the referee. This includes sneakers and Tennis Shoes as permitted by the referee.
- D. No jewelry(including but not limited to earrings, necklaces, watches, hair pins, Etc.) Or cats may be worn by any player on the field.
- E. All players must play at least half the game. Only if the players coach notifies the referee and the opposing coach prior to the start of a scheduled game that a player(identified by jersey number) will exceptions be allowed.
- F. Any team delaying the start of a scheduled game by more than fifteen(15) minutes without the sanction of the proper Authority shall forfeit the game by a score of 1 to 0.
- G. no modifications of the rules are allowed for sysl games regardless of age group.
- H. Charging the goalkeeper shall not be permitted at any time, when he/she is within his / her own penalty area.
- I. Players may be substituted at any stoppage and are unlimited.

Section Four: Spectator Line

For the safety of all of the players, all Spectators must be behind the spectator line which will be a minimum of 12 feet back from the touchline. Some fields may not have this option. If a spectator line is not marked, all Spectators still must be 12 feet back from the touchline. Pop ups, umbrellas and chairs must be back the full 12 feet as well no parent or spectator shall be behind the goal area of either team.

Section Five: Sportsmanship Rule

Please note that this rule applies to U9-U19 teams within SYSL. There is no score keeping in the lower age groups.

Sysl believes that it is important to maintain good sportsmanship during games that turn out to be lopsided. Despite our efforts to seed teams fairly inappropriate divisions, there are always instances where one team is far superior to another. Despite the valuable life lessons inherent in losing, and losing gracefully, there is a difference between losing a close spot contest and being blown out by far better team. In the ladder type of losses, the hurt feelings tend to hinder the ability to absorb the life lessons involved in losing.

In order to promote respect and good sportsmanship, as well as heat the atmosphere fun and friendly, SYSL acceptable winning margin is a goal differential of **six**. Teams that win by a margin of seven or more will get a warning from there a GC or Club manager. The second time the

team wins by a goal differential of seven or more, both games in which the team exceeded the goal differential of 7 will be converted to a loss in the standings. The AGC or Club manager will contact the sysl secretary to have the standings changed the syfl secretary(with the assistance of club managers) will keep track of the lopsided wins for future reseeding purposes.

All lopsided scores will be reported to the SYSL PAD committee and repeated infractions may lead to further disciplinary measures.

Section 6: Referees

- A. Referees are provided by the home team and /or club for all games scheduled on their fields.
- B. Referees should not begin the game until the game card is completely filled out.
- C. If a referee is not present, the visiting coach may elect to play with volunteers from The Spectators with the approval of both coaches or to reschedule the game.
- D. If the game is to be rescheduled due to a referee issue, the visiting team selects the playing field and the whole team is responsible for paying the assigned referees.
- E. If the replacement referee(s) are to be accepted by both teams, then the replacement referee(s) Authority cannot be challenged once the game begins.
- F. U10 Games are recommended to have at least a two-person system.
- G. U12 games are recommended to have at least a two-person system.
- H. U14-U19 Games are recommended to have a three-person system.
- I. Youth referee should only referee games that are at least two age groups below their playing group. For example, a referee that plays U14 may referee a U10 game, but not a U12 game.
- J. The referee is the sole Authority on the field and his/ her judgment as to acceptable field conditions, conduct of the coaches and Spectators and any other perogative is granted by the laws of the game shall not be challenged.
- K. It is the responsibility of the referee to provide completed game cards at the conclusion of the game. Note: only if a red card has been issued will the referee keep the game card at the conclusion of the game.
- L. Referees are to follow the CalNorth concussion protocol.

Section 8: Build Out Line (U9/U10)

- A. Build out line is halfway between the halfway line and the top of the penalty area and should be marked. It is used only for
 - 1). goal kicks and
 - 2.) when the keeper picks up the ball during Dynamic play.It is not used for direct or indirect free kicks(IFK) originating from within the penalty area for which the ball is in play when it leaves the penalty area.
- B. when GK has ball in his/ her hands during Dynamic play:
 - The opposing team must move behind the build out line until the ball is put into play.
 - GK can pass(place ball on ground and kick it), throw, or roll the ball into play.

- The GK can put the ball in play whether or not the opponents are behind the line, but must accept the consequences of this action.
- Ball in play when keeper releases (Not to be confused with placing ball on ground to kick it) or kicks it; opposing team may cross build out line.

Section Nine: Goal Kicks

- A. U10 Goal kicks will be taken from anywhere at the top of the Penalty Box(18 yard box). The attacking players must be 10 yards back.
- B. U12-U19 goal kicks will be taken anywhere in the goal area(6 Yard Box).
- C. U10 - the opposing team must move behind the build out line until the ball is put into play as described in Section 8.
- D. U10- the kicker can put the ball in play whether or not the opponents are behind the build out line, but must accept the consequences of this action.
- E. U10- Ball must exit the penalty area to be considered “ in play”. restart: we take the goal kick.
- F. U10- There is no penalty if the player kicks the ball in the air over the center line at any time.
- G. U10- Goalkeeper is not allowed to punt or drop kick the ball. And I asked K should be awarded to the opposition at the spot of the offense. If the offense is in the goal area the IFK should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. Opponents must be eight yards away or on the goal line and between the goal posts.

Section 10: Heading

There will be no heading for age groups U12 and Under.

All players 11 years and younger playing on a U14 team must be marked by white athletic tape around their uniform arm, indicating that they cannot head the ball.

Please read the entire policy and note the practice policy.

The following policy for heading in games and practices is effective immediately:

PLAYING POLICY:

- Heading is prohibited in 12U and younger small-sided games.
- All players age eleven (11) years old and younger, who are playing up in 13U and older games, are prohibited from heading, and must clearly be identifiable to the match official. (i.e. armband)
- When a player, who is eleven (11) years old and younger, deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- All players age eleven (11) years old and younger, who participate in a non-CYSA sanctioned event with their CYSA player pass, must adhere to the CYSA heading policy and are prohibited from heading.

PRACTICE POLICY:

- All players age eleven (11) years old and younger are prohibited from heading.
- It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week.
- In addition, SYSL recommends that standard coaching methods to instruct on how to properly head the ball be instituted by all Affiliates. SYSL will continue to monitor decisions and guidelines from U.S. Soccer with regards to concussion protocol and heading.

Section Eleven: Head injuries and concussions

all teams must observe the ussf and Cal North concussion policy. If a player has a head injury and the referee or coach deems that the player should not continue, then that player shall not return until they have received medical clearance. The referee or coach must fill out an incident report if they remove a player from the game due to concussion protocol.

Section Twelve: Length of games

- A. coin toss by referee will be used to start a game. The team that wins the coin toss chooses which side to attack.
- B. U10-U19 Games will be played in two halves with a rest. Between halves. Length of rest. Is determined by age group. Under certain weather conditions the referee has the authority to allow for additional minutes as deemed appropriate.
- C. The second half of the game is started with a kickoff by the opposite team from the team that kicked off the first half.
- D. U6-U8 games will be played in quarters or halves as agreed upon by the coaches with a rest period Between each quarter or half.

Section Thirteen: time periods

- A. U6 are Four (4) 8 Minute quarters or 16 minute halves with a 2 to 5 minute rest period between each quarter or half.
- B. U8 are four(4) 10 minute quarters or 20-minute halves with a 2 to 5 minute rest period Between each quarter or half.
- C. U10 are two (2) 25 minute halves with a 10-minute rest period between halves.
- D. U12 are two (2) 30 minute halves with a 10-minute rest period between halves.
- E. U14 are two(2) 35 minute halves with a 10-minute rest period between halves.
- F. U16 are two(2) 40 minute halves with a 10 minute rest period between halves.
- G. U19 are two (2) 45-minute halves with a 10-minute rest period between halves.

Section Fourteen: minimum players per team in order to begin the game

- A. U10 will play with a minimum of five players.
- B. U12 will play with a minimum of six players.
- C. U14-U19 Will play with a minimum of seven players.

Section 15: Dogs

No dogs are allowed near the playing field at syst or District games. Dogs cannot be on the sidelines. Parents will be asked by either the coach or the referee to leave the playing area which includes where the spectators are.

Section 16: Alcoholic beverages

Important: alcoholic beverages are prohibited at any time before, during and after the game.