

Central/NorthCentral District League Rules and Regulations

Members

- The Central/NorthCentral District League is composed of Competitive teams from clubs registered to CJSA's Central and NorthCentral Districts.

Mission Statement

- The League's mission is to give Competitive teams registered to the Central and NorthCentral Districts a place to play games against other teams with similar capabilities. To accomplish this goal the League creates Divisions based on the team's age group and team strength. Division schedules are created so each team has a minimum of 5 league games and max of 7.
- The League develops a recommended match schedule. The League allows games to be rescheduled so when conflict occurs the game still can be played on another agreed to date. The top priority is to have players play games.
- Game results and Division standing are published for all age groups U11 and older.

League Governance

- The Central/NorthCentral District League will be administered by a League Director who will be jointly appointed by the Vice Presidents of the Central and NorthCentral Districts.
- The Central/NorthCentral District League will be governed by a committee consisting of three representatives named by each District and chaired by the League Director. Each representative will have one vote on all combined League matters. The committee will meet a minimum of four times per year (prior to and after each season).
- The governing committee for the combined league will have sole responsibility for determining league rules and all decisions regarding the running of the League. In addition, they will be responsible for naming all League contacts including Division Coordinators and Protest chairman.
- The League will continue to use district contacts for registration, fee collection, and as necessary, disciplinary actions.
- The League will determine an entry fee (see below) for each team wishing to participate.
- League rules and schedules will be published to appropriate district representatives and teams prior to each season.
- The League Governing Committee will review the rules prior to each season and amend them as appropriate.
- The League will be responsible for recognizing division winners. No awards will be given within the 9- and 10-year-old brackets. Division winners must have reported results in a timely manner and completed their league schedule satisfactorily to be eligible for awards. Division winners must have a minimum of a .500 record. Standings are based on a point system, three points for each win, one point for each tie. Teams tied for divisional championship will be reviewed by the Board and considered co-champions.
- The League supports CJSA Silent Sidelines weekend initiative each Fall and Spring playing season.

Club Responsibility

- Sponsoring clubs will be solely responsible for adhering to all league rules.
- Sponsoring clubs will submit participating teams to the League by the announced date using the CNC League App in Sports Connect per the instructions in the following link [CNC Team Registration Guidelines](#).
- Sponsoring clubs will be responsible for communicating team head coaches' names and addresses to the League Director using the CNC League App in Sports Connect.
- All league games must be played. If, for any reason, a league game cannot be played, the designated division coordinator must be contacted for resolution. The decision of the division coordinator will be binding on both teams and will be accepted by the League. **All forfeits must be approved by the Division Coordinator.**
 1. At each league game passes or official CJSA roster(s) must be presented to show that every competitive player and coach (maximum of 4) is properly registered and a rostered member of the CJSA club. The passes shall be in accordance with CJSA rules and policies or an official CJSA roster with pictures of the players and coaches may be used. If either team fails to present player passes or the official roster, the scheduled game will not be played, and the following penalties shall be invoked.
 - a) If the visiting team fails to present player passes or an official roster(s), the visiting club will be responsible for all referee fees and the game shall be rescheduled.
 - b) If the home team fails to present player passes or an official roster(s); the game shall be rescheduled at the home site of the visiting team.
 2. Each player must be registered with the club and of the age or younger of the age group competition.
 3. If neither team produces player passes and/or roster(s), the game must be rescheduled at its current home site.
 4. If either team knows it does not have passes or an official roster the game may be canceled without penalty given 48 hours' notice of the cancellation and the game rescheduled at the home field.
 5. **In all cases, coaches must have properly certified passes or be on the official roster(s) to be on the team sideline.**
 6. The league develops a recommended match schedule. Games may be rescheduled by mutual agreement of the teams. Each team should be sensitive to the needs of each team. This includes conflicts with other events, the hosting site field and referee availability and consideration for darkness. The coaches' availability is a factor to be considered if accommodation is feasible, but the home team is not required to reschedule. Any adult with a certified pass can coach a team.
- **Inclement Weather:**
 1. If your field becomes unplayable on the day of competition, the home team **MUST** notify the visiting team two hours prior to the scheduled game time.
 2. When the visiting team has travelled to the field and a game is cancelled or abandoned because of inclement weather or the referee deems the field unplayable and less than half the game has been played, the game shall be rescheduled in its entirety. If a half or more of the game has been played the final score will be the score at which the game had been called.
 3. The visiting team has the option to host a re-match. The original home team is responsible for the referee fees for cancelled or abandoned games. The hosting team will be responsible for referee fees for the replayed match.
- **Lightning – Recognizing the threat:** Apply the 30-30 rule: When you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving shelter. Referees must protect the safety of all participants by stopping game activities quickly, so

that participants and spectators may retire to a safer place before the lightning threat becomes significant. Remember, if you can hear thunder, you are within reach of lightning.

- Any game not played will be reported as such. No decision by individual coaches regarding ties or forfeits will be accepted. Any game not played will not be counted in the final standings. All forfeits must be approved by the Division Coordinator.
- Unfinished games due to any cause shall be replayed if neither team is at fault and play has not begun in the second half. If play is stopped during the second half and cannot be resumed and if neither team is at fault, the Division Coordinator may deem the game complete. However, if play is stopped at any time due to one of the teams being judged to be at fault, it shall be at the discretion of the Division Coordinator whether the game is to be replayed or declared a forfeit,
- Each club will be assessed a fine (see below) for any team not completing its league schedule. This includes teams that agree to forfeits without consulting their division coordinators. Teams identified as multiple offenders will not be allowed to participate in League play.
- The League Director must be notified by email to either cncleague@cjsa.org or cncscore@gmail.com of any team that drops from league play prior to completion of the season. Results to date must be submitted.
- Each club will be assessed a fine (see below) per team for any team not reporting league results on a timely basis.
- Any club placed in 'bad standing' by the League Board will be assessed a fine of \$100. Examples: Failure to pay all assessed fees and fines; Having player participate in league competition that have not been age verified and added to an official roster or other as defined in the CJSA Guidebook (www.cjsa.org ->About US -> Guidebook).
- All fines assessed against a club must be paid for the club to remain in good standing and to be eligible for future league play.
- Final standings will be published at the end of each season and sent to a representative of each participating club. This representative will be responsible for communicating League results within their club.
- The league requires that all league games must have completed referee reports through Central Assign. Incidents concerning coach and spectator conduct must be reported through this means. It will be the responsibility of the club Referee Assignor to ensure referees are aware of this requirement and it is the responsibility of the referee to ensure their compliance.
- All League game scores will be reported by the Team using the instructions described in the CNC Team Scheduling and Scoring Guidelines issued each season to the team volunteers and club representatives. This applies to all age groups U09 and older.

League Conduct

- Protests of games and officials must be directed to the Protest Chairman. Referee protests will be accepted for 1) qualifications; 2) referee system; or 3) gross misconduct. Referee decisions during the game are generally not grounds for protest. All protests must be submitted by email to cncleague@cjsa.org , and a non-refundable fee of \$100, sent to the CJSA office in C/O CNC League within 48 hours of the game. Decisions will be rendered within 72 hours of receipt.
- Any questions regarding the scheduling of League games should be handled by the participating coaches. In those cases where the coaches cannot agree on a mutually acceptable time/place, the division coordinator must be contacted. His/her decision regarding the time/place of the game or other adjudication will be final.

- In the event that a League game is terminated prior to the normal completion, the League official acting in their role as Division Coordinator will have sole right and authority to determine whether the game will stand as terminated or determine if it shall be replayed.
- In the event that both coaches wish to substitute a cup game for a scheduled league game, both coaches must contact their Division Coordinator in advance of the cup game to specify their consent. The score of the cup game at the end of regulation time will determine league results.

Team Eligibility

- Team must be activated as a Competitive team in the CJSA Sport Connect registration system
- Team must meet CT Cup residency rules per the eligibility paragraph in CJSA CT Cup Policies (www.cjsa.org ->CUP -> Connecticut Cup ->CT Cup Info -> Policies)
- Competition with the following exceptions:
 - For the purpose of League play, the combination of Central & NorthCentral Districts shall be considered a single district, allowing a team to utilize players across district lines with no additional penalty.
 - For the purposes of League play, if a team wishes to participate in league play and does not meet the residency requirements of CJSA Connecticut Cup competition, they must obtain approval from the District Board of Appeals (email: cncleague@cjsa.org) prior to the pre-scheduling meeting.

(Please note that the above applies only to League play and in no way alters the residency requirements for Connecticut Cup eligibility).

Fees & Fines

- League entry fee for U9 & u10 teams: no fee
- League entry fee for U11 and above: \$50 per team (waived for 2022)
- Fine for failure to report team results in a timely basis: \$50 per team.
- Fine for not completing League schedule: \$50 per team.
- If a team entered in the League withdraws after the league schedule is issued there will be a fine of \$50.00 for each team that withdraws.

Referees.

- The Diagonal System of Control (DSC), using only US Soccer currently registered referees, shall be used for all League matches U11 and above.
- In situations where 3 USSF referees are not available, with referee concurrence, club assistants should be supplied. The dual or two (2) person system is not permitted in League games or competitions.
- For League matches U10 and below a single currently registered USSF referee is required. 3 USSF referees using DSC is optional.
- Before each game the referee shall verify the eligibility of each player. They are Competitive players registered to CJSA and are age eligible to play the match. Official CJSA roster(s) (roster with coaches and player pictures) is preferred, but Player passes can be used for proof of eligibility for the match, or any combination of the two.

Coaches, Teams, and Spectators

- Coaches must have two (2) copies of player eligibility available for each game. One for the referee and a second to be given to the opposing coach.
- Both teams should, whenever possible, be on the same side of the field with all spectators on the opposite side. Coaches must remain in their technical area or ten (10) yards off the center line of the field: on his/her own half of the field and on the same side as the “bench”. A three (3) yard spectator line is recommended.
- Coaches are responsible for their own conduct AND the conduct of their players and spectators. Abuse of referees will not be tolerated. Misconduct by coaches, players, parents and/or spectators may be referred to the Club Presidents and/or District VP’s

Game Day Information:

- **The length of the League Game will be as follows:**

Age	Game Length	Ball Size
U17-U19	Two 45 minute halves	5
U15-U16	Two 40 minute halves	5
U13-U14	Two 35 minute halves	5
U11-U12 (9v9)	Two 30 minute halves	4
U10-U09 (7v7)	Two 30 minute halves	4

- **Substitutions:** Either team may substitute at any stoppage of play with the notification and approval of the referee. Substitutes are to enter the field at midfield. Players should leave directly and immediately at the halfway line.
- **Team Bench Area and Supervision:** no more than 4 team bench persons (being only team coaches, team administrators, and team medical staff) shall be permitted at the team bench area during a match. Each bench person must have a current certified pass.
- **Field Size:**

	U09 and U10	U11 and U12	U13 and older
Field Size (Range)	L 55-65, W 34-45	L70-80, W45-55	L 100 (min), W 50 (min)
Goal Range	H 6.5, W 12-18.5	H 6.5-7.0, W 18.5- 21	H – 8, W - 24
Players	7 v 7	9 v 9	11 v 11

Please note that not every town in the league may not have proper sized fields and goals. You should always play the game as long as conditions are safe.

- **Small-Sided Games**
 - **U9 and U10**
 - No deliberate heading of the ball
 - 5 Players are required to start or continue play.
 - Penalty kicks conform to FIFA rules. The penalty spot should be 10 yards from the goal line.
 - These age groups will use a Build Out Line. The Build Out Line is a line across the field half-way between the penalty area line and the halfway line.

- 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.
- 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)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play. Ball is in play when ball is kicked and moves.
- 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 (or on the goal area line if offense in the goal area)
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so accept the positioning of the opponents and the consequences of how play resumes.
- Make sure you have an agreement with both coaches on how the game will be managed prior to the start of the game.
- U11 and U12
 - No deliberate heading of the ball (U11 only)
 - These age groups will NOT use a Build Out Line
 - On a goal kick all opponents are required to be outside the penalty area before the goal kick is taken and the ball is in play as soon as it is kicked and moved.

Concussion Initiative:

- Any player who sustains a significant blow to the head or body, who complains about or is exhibiting symptoms consistent with having suffered a concussion or is otherwise suspected of having sustained a concussion, must be removed from play and evaluated by an HCP before the player will be allowed to return to play.
- No coach shall permit a player who has been removed from a game for a concussion assessment to return to play until cleared to do so by an HCP. Coaches, parents/guardians or players may not overrule the HCP.
- If a coach seeks to allow a player to re-enter a game who has been removed from a game for a concussion assessment and who has not been cleared to return to play by the on-site HCP, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee may end the match.

Definition of Health Care Professional

Health Care Professionals (HCP) are licensed professionals such as an Athletic Trainer Certified (ATC) or Physician (MD/DO), with skills in emergency care, sports medicine injuries and experience related to concussion evaluation and management.

Revision Log

Revision #	Date	Comments
1	July 2015	League Fees Updated
2	June 9, 2017	
3	July 2017	Game Reporting Revised
4	July 2019	Added Referee, Coaches Teams and Spectator, Game Day Info, Small sided Games and Concussion Initiative
5	Dec 6, 2022	Update protest chair, fines for withdraw, added wording to team eligibility added wording per 12/5/2022 meeting
6	Jan 26, 2023	Added members and Mission
7	March 8, 2024	Update referee responsibility to insure player eligibility, inclement weather. Include copies of player eligibility to opposing coach