

PART I – GENERAL

RULE 101. APPLICABILITY OF POLICY

All coaches, players and spectators are required to know the rules of the game and abide by them. There shall be certain standards of conduct expected from every member and person associated with a team before, during and after a game, which extends to spectators. Unsportsmanlike conduct, as deemed by officials, will not be tolerated and may bring disciplinary measures against the offending individuals, including stoppages of play due to intolerable behavior of spectators. Coaches, managers and team captains are responsible for the action of their teams. If, in the opinion of the referee, a game cannot be continued in a sportsmanlike manner, the game shall be forfeited by the offending team. In the case of spectators, intolerable behavior shall result in the spectator being removed from the facility or the vicinity affecting the field of play if the match is played at a facility without immediate boundaries for expulsion.

RULE 102. GENDER OF TEAMS

UAYSL will provide a league for both boys and girls. Male players may only participate on boys teams.

RULE 103. AGE GROUPS

UAYSL divisions are established as 9U, 10U, 11U, 12U, 13U, 14U, 15U, 16U, 17U, 18U, and 19U. The UAYSL Board has the authority to combine or reclassify age divisions, to include the option of implementing flex scheduling.

103.1 Teams Playing Up

All teams must play in USYSA registered age groups unless the team is granted permission to play in an older age division. Teams may only move into an older age division at the discretion of the UAYSL Board of Directors providing the following criteria are met:

- (a) A minimum of four teams remain in the age division that the petitioning team is departing; and
- (b) The roster of the team requesting to play up has a minimum of 9 returning players from the previous season; and
- (c) The team is the UAYSL outdoor-league champion for their true-age division from the previous summer, or:
- (d) The team played up during the season before and won more than fifty percent of their games.

103.2 Exceptions

The UAYSL Board of Directors may consider exceptions to rule 103.1 on a case-by-case basis, with the spirit of being allowed to “play-up” being that a UAYSL team merits playing up for competitive reasons. Also, the Board shall consider all “play-up” requests, but in acting for the good of the league, are not required to accept all requests.

In the case of flex scheduling, the UAYSL Board will still utilize these 103.1 criteria in considering the schedule as a whole, even though most league teams will receive play-up opportunities within such a schedule.

103.3 Girls' Teams in Boys' Divisions

A qualified girls' team may petition the UAYSL BOD for scheduling consideration versus boys' teams or in a boys league. For this purpose, "qualified" means a team that has demonstrated a consistent record of achievement in UAYSL league play, as determined by the Board, and a need for further development opportunities. The league shall consider any such requests on a case by case basis and must first act in the best interest of the league, equally weighing safety and any changes to the competitive balance of the league as well as the effect that such a request may have on the boys teams in question. The Board may elect to schedule a girls team versus a boys team at the teams true age, or with the girls' team playing one year down – decisions shall be at the discretion of the Board.

The following Notes apply only to the team(s) meeting the conditions for playing up listed above:

NOTE 1: The definition of —one team, as concerns item 103.1(b), includes a league champion that splits into two teams for the purposes of indoor play. In this case, if all other conditions are met, both teams would be allowed entry into the older age division. Condition 103.1(c) would apply to the overall, combined roster.

NOTE 2: 11U teams may move up a single age division, but may not move into a combined age bracket. In this case, the heading rules for the 11U team will apply to their opponents on that game day.

NOTE 3: 12U – 14U teams are allowed to move into a combined age bracket, as long as they do not play up more than two years above their true-age division. Teams moving up into an older age division must comply with the older age division rules (ball size and number of players on the field).

NOTE 4: A qualified 12U team, if approved by the UAYSL Board of Directors, may play up into a 13U age bracket, the team must comply with the age-division rules (size 5 ball, 11-per-side). When playing up versus a 13U team up to 18 players may dress for the game.

NOTE 5: 15U teams and older may move up into any combined age group, if approved by the bracketing committee.

PART II – PLAYER AND ROSTER REQUIREMENTS

RULE 201. ROSTERS AND PLAYER PASSES

Player passes and the official UAYSL GotSport team rosters are mandatory. All players, including guest players, must be properly registered with AYSA. The team's coach or manager must submit their UAYSL roster to the referee and the opposing team prior to the start of the game. Failure to do so will be noted on the referee's game report and the league will enter the game as a forfeit. Player passes must be at the field and in possession of either the coach or manager during all league games. Failure to show player passes upon the request of the referee or opposing coach will result in one of the following:

****Player Passes are not required at this time – 6/10/2023**

- a. If a team's passes are not present the game will be played, the referee will note that the team did not have the player passes and the league will enter the game as a forfeit.
- b. If an individual's player's pass is not present that player will not be permitted to play in the game until the pass is present.

201.1 Roster Size (subject to modification for indoor play)

- (a) Competitive 10U teams will be allowed to carry no more than 11 and no fewer than 7 players on their roster for league play. If offering a recreational division, UAYSL 9U recreational teams may carry no more than 14 and no fewer than 6 players & 10U recreational teams may carry no more than 14 and no fewer than 6 players on their roster for league play.
- (b) 11U & 12U teams will be allowed to carry no more than 18 and no fewer than 9 players on their roster.
- (c) 13U through 15U teams will be allowed to carry no more than 18 and no fewer than 11 players on their roster.
- (d) 16U – 19U teams will be allowed to carry no more than 22 and no fewer than 11 players on their roster for league play. Only 18 players may dress for any one game.
- (e) If a team elects to roster more than one female player on a boys' team, at no time may the roster fall below a 3:1 ratio of mostly boys to girls; otherwise the TAP must approve the team.

201.2 Guest Players

- (a) An AYSA Player Pass may be used as a Club Pass during UAYSL league play. Club passes will allow players to move within their club to play up an age group or laterally. Only four (4) players per game will be allowed to Club Pass, and such players will be added to the team's roster for that game, and the referee and opposing coach notified.
- (b) Club passes apply to age groups 11U and older. 11U to 14U players may only club pass up one age group. 15U and older may club pass up 2 age groups. Individual players playing up an age division from their true age, may only club pass up one age group. *Example: A true 14U player who is playing on a 15U team may only club pass up to a team playing in the 16U league.* No player may play down unless authorized at the league bracketing meeting for the league or by the TAP. Approval of players to play down shall only be granted to players deemed developmental, which must be determined before the conclusion of bracketing. All teams seeking to play any player down, must provide notice to the Board of Directors the day before the bracketing meeting. Considerations for playing up or down involve both safety and competition. League and division names should reflect age groups that fall in line with AYSA's age group policy.
- (c) Players must be registered (rostered) with a club team already competing in UAYSL league play, and thus have any applicable player fees paid in full receiving guest-player status.
- (d) Players may not play in games totaling more than 180 minutes in a twenty-four (24) hour period. Players are expected to honor the primary team's schedule (the official rostered team is the primary team).
- (e) Female players within a club are eligible for Club Pass movement within the club, subject to all other rules and regulations herein (to include only being available to

Club Pass lateral to rostered age or higher; players, female or male, may not Club Pass down from the age at which they are rostered). To remain in compliance with Rule 205.1(e), rosters for boys' teams must remain at least 70% boys, to include when utilizing a female player as a Club Pass guest player.

(f) When a team is participating in a flex-play schedule, and said team is playing against an older age group team, the younger age group team may choose to use up to 4 guest players equal in age to the opposing team. The younger age group team is still allowed only 4 guest players but they may choose to use guest players equal in age to the opposing team for some or all of their allowed guest players.

(g) In accordance with the adopted USYS, US Club Soccer, and AYSA Birth Year to School Year team formation changes, UAYSL will allow a coach to request that they be able to utilize up to four (4) players whose birthdays fall between August 1 and December 31 of their birth year to guest play on a team with their school year peers born between January 1 and July 31 of the year after their birth. This request must be made by the coach of the team and accepted by the opposing coach prior to the start of the match and that the head referee of the match also be informed prior to the start of the match. This adjustment is in accordance with the national sanctioning youth soccer bodies and will be adopted by UAYSL for limited implementation during the current Winter Indoor 2026 Season.

201.3 Recruiting

(a) Recruiting may be allowed during the periods allowed by AYSA. Recruiting is defined as any communication which seeks to enroll a player.

(b) Unlawful recruiting is defined as any effort to persuade a player to join a team by extending a personal invitation to a guaranteed slot, by appealing to youthful egos, making derogatory statements about opposing teams, coaches or clubs, or by initiating invitations to join a team during the timeframe of indoor or outdoor seasons.

(c) Any coach or club official found guilty of unlawful recruiting will be subject to a minimum three-match suspension and may face further disciplinary action from the league at its discretion.

RULE 202. MULTIPLE ROSTERING

Intra-club dual/multiple rostering will be allowed in all divisions with maximum set by the roster limits. At no time may a player play below his/her true age unless prior approval by the Board has been given but may play true age or above according to the UAYSL Rules of Competition.

RULE 203. USE OF AN INELIGIBLE PLAYER

Only players officially entered on a team's roster, or players who have met the criteria for guest-player (Club Pass) status as set forth in UAYSL Rule 201.2, are eligible to play in scheduled games. The use of an ineligible player will result in an automatic forfeiture of the game by the offending team. An ineligible player is defined as any player who is not listed on the team's official UAYSL roster, or who is in violation of any portion of the rules governing guest-player status.

Clubs and club directors will be notified by the UAYSL administrator immediately upon receiving notice of a team's violation of these rules. At the discretion of the UAYSL, knowledge by a coach or manager as to the status of an ineligible player who plays in a sanctioned UAYSL

match shall justify additional punishments of missed games, coach or manager suspension and potential forfeitures.

RULE 203.1 SUPPLEMENTARY DISCIPLINARY PROCEDURES

As stated in Rule 203, all games featuring the use of an ineligible player, when noted by the referee or brought to the attention of the UAYSL Board of Directors, within the timeframe required for game protests, will result in an automatic forfeit for the offending team. The Director

of Coaching and/or Technical Director of the club will be notified by league administrators of the action. Also, if the player in question is ineligible due to a lack of registration with AYSA, the offending club will immediately be assessed a monetary penalty, as prescribed below. Additionally, the following disciplinary actions will be taken:

a. **FIRST OFFENSE:** In addition to the automatic game forfeit, the head coach of the offending team must immediately serve a one-game suspension. The coach in question may not coach or otherwise be on the bench for another club team until this suspension has been served. Any coach found to be in violation of the terms of his or her suspension will face further disciplinary measures according to UAYSL bylaws.

b. **SECOND OFFENSE:** In addition to automatic game forfeit, the head coach of the offending team must immediately serve a three-game suspension. The coach in question may not coach or otherwise be on the bench for another club team until this suspension has been served. Moreover, upon a second offense, the player(s) who took part in the game despite being ineligible according to Rule 209 above will be automatically assessed a one-game suspension. If the ineligible player(s) had not officially registered with the club or UAYSL, the one-match suspension will take effect for the first scheduled game after registration has been completed. All UAYSL suspensions, for coaches and players, can and will be carried over from season to season. If affected, UAYSL will also forward notices of delinquent suspension to Alaska Youth Soccer Association and ask that the coach or player suspension levied by the league be honored before participation in the Alaska State Cup is allowed.

c. **THIRD OFFENSE:** In addition to the game forfeit and coach and player suspensions, any team found using an ineligible player for the third time in a particular season will have all guest-player privileges suspended for the remainder of the season. At this point, the UAYSL disciplinary committee may enforce further penalties, to include restrictions on the club's ability to continue utilizing UAYSL guest-player rules.

The monetary fine for playing a player that is not registered with AYSA is \$100. The fine is assessed against the team / club not the player. The fine is to be paid within one week from the date of notification by the administrator. If the fine is not received within 7 days, all games played from the date of notification will be forfeited retroactively and all future games will be forfeited until the fine is received. The offenses will carry over from season to season and don't end at State Cup. The offenses will follow the coach. The offenses will expire after two years of the last infraction against the coach/es.

PART III – GAME PLAY

RULE 301. RULES OF PLAY

Conform to FIFA and the spirit of the game unless otherwise noted.

301.1 Game Time

Game time is forfeit time, with the correct time determined by the referee. However, a ten minute grace period will be allowed for a team with sufficient number of players to arrive but the clock will start at the correct scheduled game time as determined by the referee.

301.2 Number of Players

(a) Competitive 9U & 10U teams playing in their true-age division will play 7v7. Teams playing in a UAYSL recreational 9U or 10U division will play 7v7.

(b) 11U and 12U teams will play 9v9.

(c) Teams playing 7v7 must have a minimum number of 5 players to play a game. Teams playing 9v9 must have a minimum of 7 players to play a game. Teams playing 11v11 must have a minimum of 7 players to play the game. If at any point in the game a team falls below the minimum number, the game is ended and the team falling below the minimum number will forfeit the game. The rules of a forfeit will apply.

301.3 Player's Equipment

(a) Conform to FIFA, with the exception that no metal or no screw in cleats will be allowed under any circumstances. Absolutely no use of soft ground, baseball, American football or metal cleats.

(b) Shin guards must be completely covered by the socks. Players will not be allowed to play without shin guards. Cardboard, Styrofoam, napkins, paper towels and similar materials stuffed into socks do not replace shin guards. Shin guards must be age appropriate and cover a significant or reasonable portion of the shin.

(c) A player must not use equipment or wear anything that is dangerous.

All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorized/dangerous equipment or jewelry, the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.

301.4 Uniforms

All players will wear shorts and have matching tops with a unique identifying, minimum 6-inch number on the back of the jersey. Any player not conforming must leave the field until the discrepancy has been corrected unless permitted by both the opposing team and referee as not to create a problem with fair competition. Home teams (always listed first on the schedule) are required to wear their club's light (white) uniform top, with light (white) socks. Away teams will wear their club's dark jerseys and a dark sock. If teams wear the same color, the team not in compliance with the above rule (home-white; away-dark) will change or wear pinnies of a different color. No numbers are needed on the pinnies.

301.5 Casts/Braces

No plaster casts or metal braces shall be allowed unless wrapped safely, to be determined by the referee.

301.6 Red Card—Ejection

(a) Conform to FIFA

(b) The player and/or coach who receives a red card (two yellow cards in a single game will be treated as a red card) must leave the field for the remainder of the day and may not participate in UAYSL play regardless of location for the remainder of the day.

(c) The player's and/or coach's name and jersey number will be recorded on the game sheet by the referee, and the referee will submit a misconduct report to the league administrator within 24 hours.

(d) The player and/or coach who receive a red card are not allowed to participate in the next sanctioned UAYSL league game for the rostered team for which the red card was received. Player cannot play as a guest player until his or her suspension has been completed.

(e) A red-carded player is not required to attend their sit-out game. The coach or manager must inform the match referee that the red-carded player is not present and is serving the red card penalty sit-out. This must be recorded on the referee's game report.

(f) A dual rostered player, who receives a red card for one rostered team, must serve the required red card penalty sit-out for that specific team at the next regularly scheduled league game for that team. The red card does not follow the player to his/her additional team/s. In this situation a player could receive a red card for one rostered team and play for his/her second rostered team the same day. However, a red carded player may not serve as a guest player until the red card penalty sit-out has been served.

NOTE: It is the coach and the team manager's responsibility to make sure that ejected players under the age of 18 are sufficiently supervised once they leave the match area due to ejection.

301.7 Foul Language

Foul, obscene and/or abusive language or gestures are not allowed and zero tolerance shall be enforced. Referees are directed to reprimand the offending player(s) and/or coach(is) in accordance to Law 12, Fouls and Misconduct.

301.8 Bench Personnel

(a) All teams must have an adult coach (minimum age of 21) or team representative (minimum age of 18) on the bench for the duration of the game. This person is responsible for the actions of the players and should identify himself or herself to the referee before the game.

(b) Both teams will have their bench on the same side of the field. Coaches must respect the technical area. Only players and team personnel listed on the official roster are permitted to remain on the bench.

(c) For all Rosters, there is no limit to the number of bench personnel that may be listed on the official roster. However, a maximum of four (4) adults are allowed on team side lines per game. Each adult on the sideline must be listed on roster, completed background check, have a current SafeSport certificate and be in possession of a USYSA pass.

301.9 Slide Tackling

Slide tackling will be allowed in divisions U11 & above. Slide tackling is not allowed for U8, U9 or U10 divisions.

301.10 Offsides

Conform to FIFA.

301.11 Heading

All players age 11 and younger (11-U teams & younger) shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player age 11 or younger inadvertently heads the ball in a match,

the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team. Players age 12 (12-U teams) shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skill session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting. Exception for 12-U Teams: if 11-U & 12-U divisions are combined in a league session, heading will not be allowed for any players in any game. This includes if a game is between two 12-U teams. Players age 13 and older (13-U teams & above) shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session.

301.14 9U & 10U Build Out Line

A Build Out Line will be utilized with no GK punting for 9U & 10U teams. The Build Out Line will be the half-line of the field. When the GK has the ball, either collected in their hands during play or from a goal or other free kick from the defensive penalty area, the opposing team should move behind the build out line. Once the opposing team is behind the build out line, the GK can pass or throw/roll the ball to a teammate (no punting, drop kicks, or bouncing the ball on the ground and kicking). The GK has the option of a quick start to put the ball into play prior to the opposing team all going behind the build out line. After the ball is put into play by the GK, either by throwing, rolling or kicking, then the opposing team can cross the build out line and play resumes as normal.

Putting the ball in to play:

The ball must be stationary and is kicked from any point within the goal area by a player of the defending team.

- a. The ball is in play when it is kicked and clearly moves.
- b. Opponents must be outside the penalty area until the ball is in play.

Re-start due to an infraction at the build-out line by the team not putting the ball into play will be an indirect free kick on the build out line.

301.12 Kickoff

The ball may move in any direction on a kickoff.

301.13 2019 FIFA Amendments – revised Goal Kick and Substitute exit rules

- a. Goal kicks may be played from the keeper in one touch to any teammate, regardless of whether that player is within the penalty area.
- b. Substitutes exiting the field are not required to run across the field of play to the middle of the bench side of the field to exit. Substitutes may exit the field to the closest touchline and walk around the field to their teams bench and behind the bench of the other team if feasible. (effects implementation of Rule 302).

RULE 302. SUBSTITUTIONS

(a) Substitutions may be made, with the consent of the referee:

- 1) If the team in possession is substituting, the opposing team may substitute at the same time.

- 2) Prior to a throw in by the team in possession
 - 3) Prior to a goal kick, by either team
 - 4) After a goal, by either team
 - 5) After an injury on either team when the referee stops play
 - 6) At halftime
 - 7) When the referee stops play to caution a player, only the cautioned player may be substituted at that time
- (b) The number of substitutes shall be unlimited. Substituted players may reenter the game.

RULE 303. LENGTH OF GAMES AND BALL SPECIFICATIONS

Game Length	Ball Size
U18 & 19 Two 45' halves	5
Under-17 Two 45' halves	5
Under-16 Two 40' halves	5
Under-15 Two 40' halves	5
Under-14 Two 35' halves	5
Under-13 Two 35' halves	5
Under-12 Two 30' halves	4
Under-11 Two 30' halves	4
Under-10 Two 25' halves	4

RULE 304. REFEREES

When two or more referees work together they will wear uniforms that are the same color and style. If any referee's uniform is the same color as any team the referee will change. If only one referee is available, the match will be played with one official.

RULE 305. GAME FORFEITURE

- (a) Any team forfeiting a game must notify the league administrator 48 hours or more in advance.
- (b) Any team forfeiting a game less than 48 hours in advance, including at game time, will be required to pay a forfeit fee. For 7v7 games the fee will be \$100 per game, for 9v9 or 11v11 games the fee will be \$200. Half of the fee collected will be given to the opposing team for the missed game.
- (c) All forfeited games will be recorded as 1-0 losses for the offending team. In the case that neither of the teams scheduled to play a league game can field the minimum number of players necessary to begin play (Rule 301.2(c)), both teams will receive a forfeit and have the game recorded as a loss. Each team will pay a forfeit fee of \$100.
- (d) A forfeited game may be played as a friendly by mutual consent of both coaches; however, the game is unofficial and will not count for league points or standings; i.e., the score remains 1-0 in favor of the non-forfeiting team, regardless of the outcome of the friendly game.
- (e) Games cancelled due to weather conditions that cannot be rescheduled do not count as forfeited matches.