

RULES AND REGULATIONS OF ST PAULS SOCCER ASSOCIATION INC.

These soccer rules and regulations serve as a set of rules for how soccer activities operate within our organization. They can be modified from time to time to better serve the needs of our community, or specific program we may be offering. However these rules affect the play of the game and the game participants, they shall not conflict with NCYSA/USYSA/USSF, especially when they apply to players, administrators and teams that participate in the state, regional and national approved or sponsored competitions.

RULE 1 – RULES OF PLAY

General

- a) St Pauls Soccer Association may enact rules and regulations, not inconsistent with the By-laws, Rules and Regulations of the NCYSA/USYSA/USSF, for the sanction and control of districts, leagues, teams and players playing in variations of association football indoors or outdoors. St Pauls Soccer Association will also enact rules and regulations as defined by NCYSA/USYSA/USSF as modified for youth play and small-sided games.
- b) A copy of every proposed and/or approved change to the Rules and Regulations shall be forwarded by the Executive Director (or designate) of St Pauls Soccer Association to the membership within fifteen (15) days after receipt and/or approval. These decisions must be submitted for ratification by the membership at the next General Meeting.
- c) Modified rules of the game will apply for 4v4, 7v7, 9v9 as described by US Soccer's Player Development Initiatives when playing in matches that are sanctioned by NCYSA/USYSA/USSF programs within the club.
- d) Some of the modified playing rules for ages U6 through U12 can be seen in the images below:

4v4 Playing Format and Rules – for all SPSA Youth Recreation Leagues

Playing Time: 4 quarters

- Kindergarten: 4 x 8 minutes quarters (32 Minutes Game + 25-minute practice)
- 1st Grade - 2nd Grade: 4 x 12 minutes quarters (48 Minutes Total)

Number of Players on Field: 4 v. 4

- No Goalkeepers (Coaches, be aware of players positioning)
- Minimum: 3

Ball Size: 3

Field Dimensions: 35 yards x 25 yards Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Restarts: All restarts are indirect – must touch someone else before crossing goal line

Throw-ins: No Heading: Not Allowed (per USSF Mandate)

Referees: Volunteer Coaches

Playing Time

- Playing Time: Each player MUST play a minimum of 50% of the total playing time.
- Coaches MUST make every effort to balance playing time between all players at game

The Field

- Dimensions: field size 35 yards long and 25 yards wide, with center circle
- Goals: 2 small goals. Max. size 4ft x 6ft

Number of Players

- Maximum number of players per team on the field at one time is four (4).
- Minimum number of Players: per team on the field to start or continue the game is three (3).
- Coaches should loan players to a team that is shorthanded in order to allow all children to play and have fun!
- Substitutions can be made on any stoppage of play such as a kick-in, kickoff, free kick, goal kick, corner kick, or injury stoppage.

Players' Equipment

- Uniforms: Players are required to wear the appropriate home or away SPSA jerseys at all games.
- The team listed first on the schedule shall be the home team.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc. EXCEPTIONS include medical bracelets which must be taped down and woven-in hair beads in under 12 small sided SPSA games which must be tightly secured in a bun or wrap.
- Shin guards: Players must wear shin guards • Footwear: Soccer cleats are recommended (not required). No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Only one coach per team allowed on field.
- Team volunteers must complete background check before working with the team in any coaching capacity.
- Both team's on-field coach-referees to work together to officiate the game and ensure

all players are safe and enjoying the game.

- Half-time must be five (5) minutes
- Teams attack same goal for all 4 quarters.
- Quarter breaks must be two (2) minutes.
- The volunteer coaches shall allow for time lost through injury (only when a player is replaced) or accident but not allow the half to run longer than 20 mins = K / 30 mins = 1st & 2nd grade.

Starting the Game

- The game begins with a kickoff in the center circle, by the home team, to start the first half. The Away team will kick off to start the second half. The opposing team must be outside the center circle on their own half of the field.
- The player taking the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.
- A goal may NOT be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff award a goal kick.
- A kickoff occurs at the beginning of each quarter and after each goal.

Ball In and Out of Play

- The ball is out of play when it has entirely crossed over the touchline.
- Coaches should try to let play flow to avoid constant stopping, and not call out of bounds in a strict manner, especially at Kindergarten (U6) level.
- Sideline restarts are kick-ins. Opposing players must be 6 yards away.

Method of Scoring

- The ball must completely travel over the goal line, inside of the goal.
- Players are not allowed to score a goal from own half, must be in attacking half

Off-Side

- There is no offside (K—2nd grade)

Fouls and Misconduct

- All fouls will result in an in-direct free kick with the opponents 6 yards away.
- The coach/team volunteer to explain ALL infractions to the offending player.
- While slide tackles are legal when done correctly, coaches are not to instruct or encourage players to play on the ground. Players should be encouraged to stay on their feet to tackle the ball from an opponent.

Free Kick

- All fouls will result in an indirect free kick.
- All opponents must be 6 yards away until the ball is in play.

Penalty Kick

- No penalty kicks for this age group

Goal Kick

- Opponents must be no closer than the midfield line until the ball is in play.
- Goal kicks are taken from the team's goal line or goal area.
- A goal may NOT be scored directly from a goal kick.

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 6 yards away from the ball.

Special Note to Coaches/Parents SPSA wants coaches to teach and encourage players to be aggressive to the ball. However, SPSA instructs the coaches to call fouls when players are aggressive to the ball in an unsafe or out of control manner, or if a player by his/her words or actions shows he/she has intent to foul.

7v7 Playing Format and Rules – for all SPSA Youth Recreation Leagues**Number of Players on Field:**

- 7v7 Including Goalkeepers (No punting)
- Minimum: 5 players including goalkeeper

Field Dimensions: Approx. 60 yards x 40 yards

Throw-ins: Yes (retakes and education encouraged)

Heading: Not Allowed (per USSF Mandate)

Team Areas:

- Player & Coach Sideline: *ONLY rostered players and officials allowed
- Parent/Spectator Sideline: *Expected to sit/stand on half of field directly opposite their team's players and coach(es)

Referees: 1 center provided by SPSA

- All rule infractions shall be briefly explained to the offending player.

The Field

- Dimensions: approx. 60 yards long and 40 yards wide. Field should have two build out lines located equidistant from top of penalty area and center circle.
- Goals: 6 ft high and 18 ft wide

The Ball

- Size 4 ball to be provided by home team.

Number of Players

- Max. number of players per team on the field at one time is seven, including GK.
- Min. number of players per team on the field is five (5).
- Substitutions can be made on any stoppage with the referees' permission Players'

Equipment

- Uniforms: Players are required to wear the appropriate home or away SPSA jerseys at all games.
- The team listed first on the schedule shall be the home team and if jersey color issue, then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc. EXCEPTIONS include medical bracelets which must be taped down and woven-in hair beads in under 12 small sided SPSA games which must be tightly secured in a bun or wrap.
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Duration of the Game / Playing Time

- REC & CH – 2 x 25 min. halves
- Half time should be at least 5 minutes

Starting the Game

- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- Kickoff occurs at start of each half and after each goal. Opposing team must be outside center circle on their half of field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called per USSF Mandate if it is blatant. Starting at the buildout line.
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- No punting: if a goalkeeper punts (volley or ½ volleys the ball from hands), the other team shall be awarded an indirect free kick on the center spot (halfway line). Restart with indirect free kick.
- No heading: Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box.
- Slide tackling: While this is legal, coaches should encourage players to stay on their feet to tackle the ball from an opponent.

Build Out Line/Rule

Goal Kick:

- All opposition players must retreat behind build-out line. They can only cross the build out line after the goal kick is played and it has been received or the ball crosses the build out line. Play then resumes as normal.
- Ball can be received inside penalty area by possession team on goal kick

Goalkeeper Possession

- All opposition players must be behind build-out-line when the ball is the goalkeeper's hands. They can only cross the build out line when the ball has left the goalkeepers hands after the goalkeeper has passed the ball to a teammate and it has been received or the ball crosses the build out line. Play then resumes as normal.

Free Kick

- Indirect and direct free kicks to be given in accordance with laws of game.
- Opponents must be 8 yards from the ball.

Penalty Kick

- Taken from 8 yards out
- Goalkeeper must have at least one foot on the goal line when the ball is struck

Corner Kick

- Awarded when ball crosses goal line, except through the goal, and was last played or touched by a defending player. Attacking team to take corner from same side of the goal on which it went across the goal line.
- Opponents must be 8 yards from the ball.

9v9 Playing Format and Rules – for all SPSA Youth Recreation Leagues

Playing Time:

- 2 x 30-minute halves

Number of Players on Field:

- 9v9 Including Goalkeepers
- Minimum: 6

Ball Size: 4

Field Dimensions: Approx. 70 yards x 50 yards (min)

Throw-ins: Yes

Heading: Not Allowed (per USSF Mandate)

Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

The Field

- Dimensions: Field will be approximately 70yards long and 70 yards wide.
- Goals: 6-7 ft high and 18-21 ft wide.

The Ball

- Size 4 ball to be provided by home team.

Number of Players

- Max. number of players per team on the field at one time is nine (9), including GK.
- Min. number of players per team on the field is six (6).
- Substitutions: any goal kick, kick off, your team's throw in, and injuries (referee's discretion). If team in possession is subbing the other team may sub.

Players' Equipment

- SPSA Uniforms: Players are required to wear the appropriate BLACK (Home) or GREY (Away) SPSA jerseys at all games.
- The team listed first on the schedule shall be the home team and if jersey color issue then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to watches, rings, earrings, nose rings, bracelets, necklaces, hair beret clips, etc. EXCEPTIONS include medical bracelets which must be taped down and woven-in hair beads in under 12 small sided NCFC Youth games which must be tightly secured in a bun or wrap.

- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Three (3) referees provided by SPSA. One center referee and two assistant referees.
- If short an official, then a club linesmen (parent) may be sought to only call out of bounds.
- All rule infractions shall be briefly explained to the offending player.

Duration of the Game / Playing Time

- 2 x 30 min. halves
- Half time should be at least 5 minutes Starting the Game
- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- A kickoff occurs at the start of each half and after each goal. The opposing team must be outside the center circle on their half of the field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called by the referee
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- Punting: while this is allowed at 9v9 level, if a goalkeeper punts ball into other team's penalty box without touching anyone then indirect free kick awarded to opposition on the kickoff spot (halfway line).
- No heading: Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box

Free Kick

- Opponents must be 8 yards away from the ball Goal Kick
- Ball is no longer required to leave the penalty area to be considered in play.
- Opposition players must remain outside the penalty area until the ball is kicked.

Penalty Kick

- Taken from 10 yards out
- Goalkeeper must keep one foot on goal line

Corner Kick

- A corner is awarded when the ball has completely crossed the goal line, except through the goal and was last played or touched by a player of the defending team. It shall be kicked into play by the attacking team from the corner of the field on the same side of the goal on which it crossed the goal line
- Opponents must be 8 yards away from the ball.

11v11 Playing Format and Rules – for all SPSA Youth Recreation Leagues**Duration of Game:**

- 2 x 35-minute halves for 7th -8th Grade/U13-U14
- 2 x 40-minute halves for 9th -10th Grade/U15-U16
- 2 x 45-minute halves for 11th -12th Grade/U17-U18

Number of Players on Field:

- 11v11 Including Goalkeepers
- Minimum: 7

Ball Size: 5**Field Dimensions:** Approx. 100 x 65 yards**Throw-ins:** Yes Team Areas:

- Player & Coach Sideline: ONLY rostered players and officials allowed
- Parent/Spectator Sideline: MUST sit/stand on half of field directly opposite their team's players and coach(es)

Referees: Three (3) referees provided by SPSA. One center referee and two assistant referees.

The Field

- Dimensions: Approx. 100 yards long and 65yards wide.
- Goals: 8ft high and 24ft wide

The Ball

- Size 5 ball to be provided by home team.

Number of Players

- Max. number of players per team on the field at one time is eleven (11v11), including GK.
- Min. number of players per team on the field is seven (7).
- Substitutions any goal kick, kick off, your team's throw in, and injures (referee's discretion). If team in possession is subbing, the referee may allow another team to sub also.

Players' Equipment

- The team listed first on the schedule shall be the home team and if jersey color issue, then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Three (3) referees provided by SPSA. One center referee and two assistant referees.
- If short an official, then a club linesmen (parent) may be sought to only call out of bounds.
- All rule infractions shall be briefly explained to the offending player.

Duration of Game:

- 2 x 35-minute halves for 7th -8th Grade/U13-U14
- 2 x 40-minute halves for 9th -10th Grade/U15-U16
- 2 x 45-minute halves for 11th -12th Grade/U17-U18
- Halftime should be at least 5 min

Starting the Game

- Conform to FIFA
- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- A kickoff occurs at the start of each half and after each goal. The opposing team must be outside the center circle on their half of the field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- Conform to FIFA
- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- Conform to FIFA
- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Conform to FIFA
- Offside will be called by the referee
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- Conform to FIFA

Free Kick

- Conform to FIFA
- Opponents must be 10 yards away from the ball

Goal Kick

- Conform to FIFA
- Ball is no longer required to leave the penalty area to be considered in play
- Opposition players must remain outside the penalty area until the ball is kicked.

Penalty Kick

- Conform to FIFA
- Taken from 12 yards out
- Goalkeeper must keep one foot on goal line

Corner Kick

- Conform to FIFA
- A corner is awarded when the ball has completely crossed the goal line, except through the goal and was last played or touched by a player of the defending team. It shall be kicked into play by the attacking team from the corner of the field on the same side of the goal on which it crossed the goal line
- Opponents must be 10 yards away from the ball.

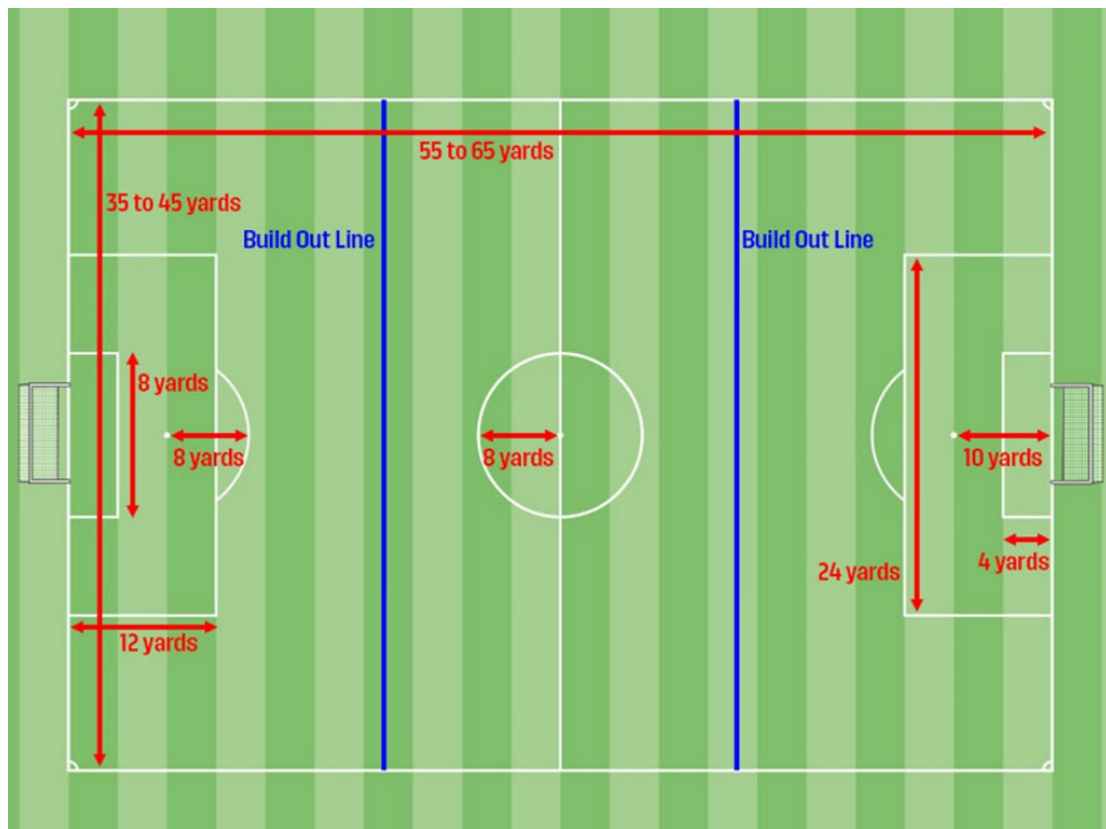
MODIFIED PLAYING RULES FOR SMALL-SIDED GAMES

Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

MODIFIED FIELD DIAGRAM FOR 7v7 Competition



RULE 2 – RECOMMENDED FIELD DIMENSIONS FOR ALL LEVELS OF PLAY

The first size is the suggested minimum; the second size is the suggested desired size.

19U/18/17 - 65 x 110, 75 x 120

16U/15 - 65 x 110, 70 x 120

14U/13 - 60 x 110, 65 x 115

11U/12U – 45 x 70, 55 x 80

RULE 3 – LENGTH OF GAMES AND GAMES PLAYED SHORT

In order to constitute a match, the first half of the match must have been completed.

- a) if before the completion of the first half, a match is abandoned due to weather conditions, field conditions, or other reasons not involving discipline or the actions of one or both teams, the match shall be considered not played. The match must be rescheduled and replayed in its entirety. All referee fees must be paid again.
- b) if a match is terminated at any time by a referee due to fault of a coach, player(s), spectator(s) then the opposing team will be awarded a win using the same standard as a forfeiture (5-0). If the opposing team has a winning score at the time the match is terminated, it will be awarded the win and the score will stand.

RULE 4 – SUBSTITUTIONS

Recreation Match Substitutions Modified for U12/U11 and below:

The Small Sided Committee was put together to determine the recommendations to be made to the NCYSA Recreation, Challenge and Classic Councils for 12U and below soccer. These guidelines outline various topics, which are affected by the change to small-sided games at various levels and ages. This includes, but is not limited to, the following: format, keeps, roster size, goal size, pitch size, center circle, corner arc, goal box, penalty area, penalty spot, score kept, throw in, fouls, offside, game times, number of periods, substitutions and playing time.

NOTE: The USSF Player Development Initiative is mandated for all NCYSA programs, example – Academy, State Cups, Sanctioned Tournaments. We encourage all our membership honor the mandate. If a Recreation Association feels they need to modify the mandate, the decision to do so will rest with the Recreation Association.

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than nine players, one of whom is the goalkeeper.

Substitutions: During Classic and Challenge games, players may be substituted only during certain stoppages of the game. The number of substitutions shall be unlimited unless the rules of a competition superseding the jurisdiction of this association specifically determine otherwise. Substitutions may be made, with the approval of the referee, at the following times:

- A) Prior to a throw-in, by the team in possession. If the team in possession elects to substitute, then the opposing team may also substitute. (For NCYSA League Play ONLY)
- B) Prior to a goal kick, by either team

- C) After an injury, by either team
- D) At half-time
- E) Before the taking of a kick-off.

[Taken from North Carolina Youth Soccer Association Rules: Section 7, Rule 5]

Classic Match Substitutions

During Classic games, players may be substituted only during certain stoppages of the game. The number of substitutions shall be unlimited unless the rules of a competition superseding the jurisdiction of this association specifically determine otherwise.

Substitutions may be made, with the approval of the referee, at the following times:

- A. Prior to a throw-in, by the team in possession. If the team in possession elects to substitute, then the opposing team may also substitute. (For NCYSA League Play ONLY)
- B. Prior to a goal kick, by either team.
- C. After an injury, by either team.
- D. At half-time.
- E. Before the taking of a kick-off.
- F. After a yellow card has been awarded, a substitution may be made for the player receiving the yellow card. (Does not apply to Cup Competitions).

In any case, a substitute may not enter the middle of field of play until he/she has been given a signal to do so by the referee and the player being replaced has come off the field.

RULE 5 – FORFEITURE

There are certain situations that may occur in Classic League play, or recreation matches, which will result in a forfeit. In CLASSIC LEAGUE PLAY ONLY, in these situations, the score will be recorded as 5-0. In RECREATION MATCHES ONLY, the score will be recorded as 1-0

1. Failure to make up required scheduled matches
 - if teams cannot agree to a make-up date and time, then NCYSA will:
 - (a) reschedule the game based on the guidelines of Part IV of the NCYSA Classic Handbook, and/or
 - (b) give teams double forfeits per the advisement of the VP of Classic
2. Teams that do not show up to play their scheduled games
3. Teams that fail to have their player passes at a scheduled match and at least one (1) team staff member's pass. NO PASS = NO PARTICIPATION
4. If a player plays in a match and is not properly registered, his/her team shall automatically forfeit that match
5. Any team delaying the start of a scheduled match more than fifteen (15) minutes without the sanction of the proper authority shall forfeit the match to the opponent.
6. Any player who has received a red card would be ineligible for at minimum the team's next played match.

NOTE: If the team plays an ineligible player (a player whose red card sit-out/sanctions had not yet been fulfilled), that team would automatically forfeit that match.

It is the duty of the referee to check all passes of any individual (player or adult) that is present on the team bench sidelines. IF they refuse for whatever reason to check the passes, it should be notated on the match report and NCYSA should be notified immediately. Your team should not play if the opponent's passes have not been checked and verified.

If teams forfeit more than ONE WEEKEND of play, then those teams are MAY NOT BE eligible to participate in ANY NCYSA State Cup Series Tournament that seasonal year absent a request to the VP of Classic. The VP of Classic will have final determination. The decision of the VP of Classic can be appealed to the NCYSA Executive Board. Teams that simply refuse to show up for matches with no call to anyone will face stiff penalties and fines, including possible suspension from league play. Association sanctions could follow. NCYSA suggests that if you apply for the league, play the games.

RULE 6 – SEASONAL YEAR

Each seasonal year will be from September 1st to August 31st as defined by NCYSA.

RULE 7 – CALENDAR YEAR

The calendar year is defined as January 1st to December 31st

RULE 8 – RESPONSIBILITY FOR REGISTRATION OF PLAYERS

Players will be registered with NCYSA by the official Head Registrar of the club. 100% of all players that participate in the club will be registered through NCYSA by a certified NCYSA registrar.

RULE 9 – AGE LIMITS

Age Definition

The term "youth" as applied to the NCYSA Constitution and for the purposes of St Pauls Soccer Association shall mean a youth amateur player who has not attained his/her nineteenth (19th) birthday before December 31 in the seasonal year for which he/she applies for registration

Age Limit

Players attaining the limiting age for any age group and area on or after January 1 immediately prior to the seasonal year will be eligible for play for the remainder of that seasonal year.

Age Divisions

All leagues, unless otherwise sanctioned by the Board of Directors of this Association, and the Board of Directors of NCYSA, may divide play among classic, challenge and recreation of equal age groupings. See current age chart on the NCYSA Website. Currently, the NCYSA offers Divisions for U2 – U19. SPSA will also work to provide those options available to all ages in our region as well.

RULE 10 – PROOF OF AGE

Proof of age shall consist of a birth certificate, a Uniformed Services Identification and Privilege Card (DD Form 1173) issued by the uniformed services of the United States, a birth registration issued by an appropriate government agency or board of health records, a passport, an alien registration card issued by the United States Government, a certificate issued by the Immigration and Naturalization Service attesting to age, a current driver's license, an unexpired federal, state, or local government identification card (if documentation of date of birth is required), or a certification of a United States citizen born abroad issued by the appropriate government agency. Hospital, baptismal, or religious certificates will not be accepted. A Non-English Birth Certificate (or proof of age) should be translated, or an English version provided.

RULE 11 – TEAM ROSTER LIMITATIONS

Different Divisions within St Pauls Soccer Association will have different roster limitations as recommended by NCYSA/USYSA and the modified rules of our club. Those max roster sizes are listed bellow

U4-U6 – 4v4 format – max roster of 8

U7-U8 – 4v4 format – max roster size of 10

U9-U10 – 7v7 format – max roster size of 12 players

U11-U12+ - 9v9 format – max roster size of 16 players

U13+ - 11v11 format – max roster size of 18

RULE 12 – PLAYER RELEASE AND TRANSFER PROCEDURE

Any player whose player pass has been validated for a competitive team is bound to that team for the seasonal year, except as modified by the following player movement exceptions.

Part 1: Player Release

A. INTRA Club Release: A player may be released with the intention of re-rostering to another competitive team within the same Association (intra-club release and intra-club re-roster). Signatures are required from player's parent/guardian and both team coaches or their designees. Only the Head Registrar or assistant registrar may approve.

B. INTER Club Release: A player may be released from their original competitive team (inter-club release) with the signature of their parent/guardian. All requests for the release of a competitive player shall be immediately communicated to the Association Head Registrar. The Releasing Association has two (2) business days from the time the registrar receives the signed form from parent, to contest the release and secure the Association Official's signature (if the pass was validated). If the Head Registrar does not receive a response after the time has expired, the response defaults to "approval to re-roster". If the Association Official denies permission to re-roster, an explanation must accompany the paperwork to NCYSA.

All requests for release of a competitive player shall be submitted to the State Office by the Association registrar, in writing on the proper forms, and with the player's pass. Final approval and the effective date of the release will be attested to by the State Registrar, unless otherwise stated in these Rules and Regulations.

If the player intends to re-roster with another NCYSA association team within the seasonal year, he/she MAY NOT communicate or participate with the new association until NCYSA has processed the release. The parents will be sent a copy of the release to present to the new association. Player released from their competitive team may re-roster with another competitive team in a different Association under the following situations:

A. Player requesting a release with a non-validated player pass is eligible to re-roster either with the same Association or a different Association. Parent/guardian signature is required. No permission is required from the Releasing Association. Only the Head Registrar/assistant can approve with the State Registrar attesting to the approval and effective date.

B. Player requesting a release with a validated player pass is released from the Releasing Association and eligible to re-roster with another Association only when permission from the Releasing Association is granted. Signatures are required from the parent/guardian and Releasing Association Official. Final approval and the effective date of the release will be attested to by the State Registrar, unless otherwise stated in these Rules and Regulations.

Part 2: Player Re-roster

A re-rostered player is a player who moves from one team to another or returns to the same team after being released during a seasonal year. There are two types of re-rostering a player: Intra-Club and Inter Club.

A. A re-roster to another competitive team between different associations during the seasonal year will be permitted only if the Releasing Association grants permission to the player re-roster. If the Releasing Association does not grant permission to re-roster with another Association, re-rostering will be granted only in the following hardship cases:

1. If the player has moved his/her primary residence fifty miles or more during the seasonal year.
2. The player's original team has officially folded, and all player passes have been received in the NCYSA State Office.

Player requesting a release with a validated pass that is denied permission to re-roster with another competitive team in a different Association may appeal the Releasing Association's decision by following the Appeal Process to the State Registrar.

Appeal Process – the following procedures must be followed:

1. Request for an Appeal must be received by the NCYSA office with four (4) days of receiving the State Registrar's decision.

2. Appeal related to registration issues:

- The State Registrar will appoint a three (3) person Appeals Committee made up of veteran registrars not associated with any of the persons involved in the appeal. A chairperson will be chosen.
- The Appeals Committee will contact the person involved in the transfer and come to a decision within a reasonable amount of time.
- The Committee's decision will be submitted in writing to the NCYSA office by the Committee Chairperson. The decision, along with appeal procedures will be distributed to all parties involved in process.
- An appeal of the Committee's decision will be heard by the NCYSA Executive Board. Procedures follow Discipline and Appeals (D&A) protocol as printed in D&A manual

3. Appeal related to non-registration issues:

- The State Registrar will submit the Appeal request to the NCYSA Executive Board for review.
- The Executive Board will hold a meeting (or phone conference) to review the Appeal and reach a decision.
- The Executive Board's decision will be submitted in writing to the NCYSA office by the Chairperson. The decision, along with appeal procedures, will be distributed to all parties involved in the process.
- An appeal of the NCYSA Executive Board will be heard by US Youth Soccer. Procedures will follow D&A protocol as printed in the D&A manual.
- There is a ten (10) day period once the Appeal decision is received for an appeal to be made. Again, the appeal must be submitted in writing to the NCYSA office.

B. No more than five (5) player INTER club re-rosters may be accepted by any one challenge or classic team during the seasonal year, if the team accepting the transfers intends to enter the NCS.

C. All Classic to Classic inter-club re-rostering during a seasonal year must be accompanied with a \$75.00 transfer fee, to be paid by new association, with the exclusion of transfers deemed hardship. Hardship transfers are approved by the State Registrar. All re-rostered players (except intra-club) will not be eligible to play with the new team until the team's third (3rd) NCYSA scheduled league game after the effective date of the re-roster. Hardship re-rostering is not subject to the two-game sit out unless the local association/scheduling league has such a rule.

D. No sit-out penalty will be imposed for a player re-rostered between competitive teams within the same association (intra-club).

E. All re-rostering must be initiated and completed (registrar stamp) prior to the Freeze Date for all State Cup Tournaments including the USYS Cup, Kepner/President's State Cup, Singer State Cup and USYS Play-in matches. Rule applies to both intra-club and inter-club re-rostering activity.

Part 3 - Two Game Sit-Out – applies for Classic to Classic, INTER Club transfers only

The two (2) game sit-out for classic players will not apply to a mid-year transfer for a player that began 'playing up' when no team in his/her precise age group had been formed in his/her association. This exception will apply only when such a re-roster takes place during the first seasonal year in which the team corresponding to the player's age is formed.

- The two-game sit out does not begin until a player is re-rostered to a team and the re-roster has been processed.
- A player with a two sit out may not be dual rostered with the new team until the sit out penalty is fulfilled.

Part 4 – Involuntary Release

A player may be released from a team by a coach, without a parent/guardian signature, only if a player is unable to play for one of the following reasons:

1. A player has violated USSF, USYSA rules, NCYSA Rules or the Code of Conduct.
2. The player has moved their permanent residence beyond a reasonable travel distance. (50 or more miles)
3. The player is injured in such a manner that the player will not be able to participate for the remainder of the season. A reasonable attempt must be made to secure a signature from a parent/guardian for reasons two and three. The registrar will submit a document confirming communication with the parent/guardian was unsuccessful.

Part 5 -Roster Freeze

A team that is participating in the USYS/NCS Cup or Kepner/President's Cup, and Singer Cup shall have their roster frozen in accordance with the rules for the USYS National Championship Series, Kepner/President's Cup, and Singer Challenge Cup.

Part 6 – Dual Roster

Players, with exception of NCYSA Academy players, may register on more than one team per USSF, USYSA seasonal year, if the local association and/or scheduling league allow it, providing the following conditions are complied with:

A. A player cannot play for more than one team in the same competition. Competition is defined as any league or tournament which has league or tournament standings. Examples are recreational tournament, classic league, the State Cup Series, the Challenge Cup and any NCYSA sanctioned tournament. Each age level in the classic league is to be considered as a "competition".

Exception: A female player may be registered to a girl's and boys' team, in the same competitive level and age group as her participation on a boys' team does not convert that team to a girls' team. (4/29/2008 adopted by the NCYSA Executive Board)

B. A player cannot play for more than one team on the same day

C. A player can register on only two competitive teams at the same time. If the two competitive teams are from different associations, both Association Presidents must submit written approval to NCYSA.

D. Recreation passes will automatically be designated as non-Cup, unless otherwise specified by the Association Head Registrar. Executive Board, 4/7/2009

E. If a player's primary team is participating in a tournament, the player can play only for that primary team on a given day. If a player's primary and secondary teams are participating in the same tournament and the primary is eliminated from competition, the player can play for the secondary team in that tournament, provided tournament rules allow. Player may not play for two teams at the same tournament level: if one team is eliminated in quarter finals, may play for the second team in the semi-finals – may NOT play in the quarter finals with a second team.

RULE 13 – CENSURE AND SUSPENSION

Suggested Disciplinary Chart (*MINIMUM Sanctions*)

Offense	Coach/Player/Spectator	MINIMUM DISCIPLINE
Fighting	P	2 Games
Fighting	C, S	3 Games
Foul/Abusive Language	C, P, S	1 Game
Threatening Gestures	P	1 Game
Threatening Gestures	C, S	2 Games
Assault of a Coach, Team Official (not fighting)	C, P, S	2 Games
Referee Assault	C, P, S	3-Months
Referee Abuse	C, P, S	3 Games
Referee Abuse of Minor	C, P, S	6 Games
Referee Abuse of a Minor	C, P, S	3 Years
Verbal Threats	P	1 Game
Verbal Threats	C, S	2 Games
Violent Conduct	P	1 Game
Violent Conduct w/Intent to Injure	P	5 Games
Serious Foul Play	P	1 Game
Removing Team from Field	C	1 Game
Racial or Discriminatory Abuse	C, P, S	5 Games
Spitting At/Spitting on Opponent	C, P, S	2 Games/5 Games

1. Players, coaches, spectators, team officials or league officials found guilty of Referee assault and/or Referee abuse of a game official shall be subject to penalties set out in USSF Policy 531-9, Misconduct toward Game Officials, as stated in Section 8 of this Manual.
2. Players guilty of pushing, striking and/or fighting other players, coaches, team officials, league officials or spectators before, during or after a game shall receive a minimum two (2) game suspension. Coaches, Spectators, and other adults found guilty of pushing, striking, and or/fighting shall receive a minimum three (3) game suspension.
3. Players, coaches, spectators, team officials or league officials found guilty of using profanity, either by word or sign, against other players, coaches, spectators, team officials or league officials before, during or after a game shall receive a minimum one (1) game suspension.
4. Players, found guilty of making threatening gestures against other players, coaches, spectators, team officials or league officials before, during or after a game shall receive a minimum one (1) game suspension. These gestures do not include Referee Abuse.
5. Coaches and/or spectators found guilty of making threatening gestures against other players, coaches, spectators, team officials or league officials before, during or after a game shall receive

a minimum two (2) game suspension. These gestures do not include Referee Abuse.

6. Players guilty of violent conduct committed either off the field or on the field against an opposing player while the ball is dead or not in the area of play for the ball, or on the field while the ball is in play, or serious foul play shall receive a minimum one (1) game suspension.

7. Players found guilty of violent conduct with the intent to seriously injure or encouraging such conduct against other players, coaches, spectators, team officials or league officials before, during or after a game shall receive not less than a five (5) game suspension.

8. Coaches, spectators, team officials or league officials found guilty of making threatening gestures or using threatening language or profanity to players, coaches, spectators, team officials or league officials before, during or after a game shall receive a minimum two (2) game suspension.

9. Coaches, spectators, team officials or league officials found guilty of violent conduct with the intent to seriously injure or encouraging such conduct against any players, coach, spectator team officials or league officials before, during or after a game, shall receive a minimum of a one (1) year suspension.

10. Spitting at an opponent will carry a minimum 2-game suspension. Spitting on an opponent will carry a minimum 5-game suspension.

11. In Classic and Select play, the D&A Chairperson or Manager will investigate every match when a coach or team official removes their team from the field of play before the end of a match. A one (1) game suspension shall be given to the coach, plus penalties for forfeiting the match. If a coach or team official abandons a match for safety reasons, the team must request the D&A Chairperson or Manager to investigate the matter within forty-eight (48) hours of the match to determine if sanctions apply

The Send-Off Process for Competitive Matches

Both players and coaching staff will be shown yellow and red cards for misconduct. Spectators engaged in misconduct should be reported by the referee to the coach, who will be responsible for the removal of the parent.

REMEMBER – An individual may be sent off or sanctioned AFTER the match is completed!

The Referee Issues an Ejection.

Most ejections are relatively straight forward. Two cautions. Someone denies a goal. The sanctions on these ejections are straightforward. However, there are red cards and ejections that are more complex, and egregious. The process is explained below.

Players that Receive Red Cards and/or are Ejected

A player will remove their jersey and remain on the team bench. It is the responsibility of the coach/team for the player's conduct after the ejection. While on the bench, should the player's conduct warrant it, the Referee can then have the player removed from the pitch. The player must be escorted away by an individual who has completed the Risk Management process (team manager, coach, assistant coach, team official). If there isn't one available, then with a parent. NOTE: Coaches and/or Assistant Coaches failing to control ejected players on their bench could be subject to sanctions by NCYSA Discipline and Appeals. Should the offending player or their team not comply with this directive,

the Referee will have the ability to abandon the match, which could result in a forfeit (win for the opponent).

Sanctions are Determined for the Ejection

Using the Suggested Disciplinary Chart (Note – these are suggested MINIMUMS) found elsewhere in this D&A Manual, the D&A Manager will read the Referee's report and make a determination on the sanction. The Discipline and Appeals Administrator at the State Office sends out a letter to the Association (President, D&A Liaison, Executive Director and DOCs) via email, as well as to the individual (email or USPS).

For More Egregious Ejections

Foul and Abusive Language. Violent Conduct. Referee Abuse or Assault. Based on the initial write up from the Referee, Discipline and Appeals may solicit more information from the RR (Center Official), SAR (Senior Assistant Referee), and JAR (Junior Assistant Referee). This additional information will help clarify any questions on the incidents and help to determine appropriate sanctions.

Appeal the Sanction of an Ejection

The first step in the appeal of a sanction for an ejection is to provide email statements to the D&A Administrator from eyewitnesses. Opinions of the referee's ability are not considered appealable. The D&A Chairman will make a determination, based on the statements if the sanction is to be revised. The appeal process goes through the Association's DOC or D&A Liaison.

If the Association still wishes to appeal, there is an Appeal Form that must be completed, and sent to the State Office with a \$100 non-refundable appeal fee. The appeal goes directly to the Executive Board for adjudication. Sanctions remain in place unless the Executive Board feels they are detrimental to the individual in question. The imposed sanction stays in effect unless:

1. The Board can electronically review the evidence provided and determine that the appellant will suffer irreparable harm without a stay and the appellant is likely to prevail upon the merits of the appeal.
2. The evidence is provided in a timely manner in which the Board can review electronically before said sanction is in force.
3. There is no guarantee that the Board can be brought together for such a review.

RULE 14 – CODE OF CONDUCT

Failure to comply with any of the below Codes of Conduct could result in removal from the team, our club, a field, sanctions, and/ or police involvement. Furthermore, failure to follow any of the following Codes of Conduct could result in sanction and suspension from the soccer leagues that are offered by our program. Any violation could potentially lead to the player, spectator, coach, or parent having to meet with a disciplinary committee to discuss the violation. Please make sure to represent the club in the highest order at all times.

Player Code of Conduct

Acceptance of membership by St Pauls Soccer Association is a privilege that carries certain responsibilities. As a SPSA player you are always representing our club. The following agreement is made between each player and SPSA.

- SPSA players are expected to conduct themselves in a manner which respectfully represents SPSA and does not bring discredit upon the organization.
- SPSA players shall refrain from using profanity and derogatory comments based on race, gender, sexual orientation, or religion at all times.
- SPSA players will show respect toward teammates, clubmates, referees, opposing players, coaches and parents at all times.
- SPSA players will not harass, abuse, or berate a match official for any reason at any time.
- SPSA players should arrive on time and be prepared for all training sessions and games.
- SPSA players shall not participate in physical violence on or off the field.
- SPSA players are expected to attend all training sessions, games and team related functions.
- SPSA players are expected to wear SPSA approved attire at all SPSA related activities.
- SPSA players are expected to be respectful of the facilities SPSA uses, both at home and away.
- Use or possession of any illegal substance including alcohol, drugs including but not limited to (E cigarettes, Vapor products or E-liquid) or participation in illegal activity of any kind will not be tolerated. Note: It is your responsibility to prevent illicit situations from occurring and to avoid such situations that occur.
- When traveling with a SPSA team, players are expected to follow all team rules established by the coach (this includes - but is not limited to - curfews, behavior in a hotel, behavior at a restaurant, etc.).
- SPSA players are expected to maintain the highest standard of conduct and good sportsmanship on and off the field.
- SPSA players are encouraged to use good judgment when using any social media outlet. Negative and derogatory comments will not be tolerated. This includes the posting of any inappropriate photographs and/or videos.
- SPSA players are expected to honor all commitments to the team and club. Failure to comply with the SPSA Player Code of Conduct Agreement may result in the player's suspension or expulsion from the club, as deemed appropriate by the Director of Soccer and CEO.

Parent/Spectators Code of Conduct

We ask that as an SPSA parent you always remember you are a role model. As a proud SPSA Parent, I will:

1. Always support my child with positive encouragement
2. Respect and adhere to ideals, policies, rules determined by SPSA and my child's team.
3. Always maintain self-control.
4. Respect the facilities, either home or away, in which my child is privileged to play.
5. Show respect for all decisions, judgement, and authority of all officials.
6. Show respect for the feelings and accept the capabilities of my child, my child's teammates,

and players on the other team.

7. Exhibit a high degree of sportsmanship, teamwork, and positive attitude always when representing my child, the team, and our club.
8. Refrain from coaching from the sidelines during training and or games.
9. Respect the 24hr rule when dealing with issues and or concerns I have with respect to my child when communicating with a coach, program director or staff member.
10. Refrain from expressing my opinion of the coaches or players in front of my own child or in a public setting.
11. Refrain from using foul language towards other parents, coaches, officials, or opponents.
12. Refrain from yelling at or threatening officials, opposing players or coaches before, during or after games or training.
13. Refrain from using social media to express any negativity toward anyone associated with SPSA.
14. Refrain from demonstrating frustration or anger after a loss or poor performance.
15. Always accept defeat graciously.
16. Will commit to both club and team fees in accordance with required schedules.
17. Not physically or verbally abuse any other person.
18. Refrain from bringing alcohol, drugs or firearms to any SPSA games, training, team or club function/activity

Coaches Code of Conduct

All members, employees, volunteers, and contractors acting as a representative of or on behalf of SPSA, in the course of doing business with SPSA, or attending a SPSA event will adhere to the following:

- 1) All children will be equally treated with respect regardless of sex, race, religion, and culture.
- 2) Show respect to others involved in the game including match officials, players, coaches, managers, staff and spectators serving as role model for good sportsmanship.
- 3) Adhere to the laws and spirit of the game by promoting fair play and displaying high standards of behavior.
- 4) Always respect the official's decision. Never approach and/or confront a match official before, during or after a game in any manner that is not positive.
- 5) Children will not be touched in ways that make them feel uncomfortable, and their right to say no will be respected at all times.
- 6) At no time during a SPSA game, practice or other SPSA event will any employee, volunteer, or contractor be alone with a single child where they cannot be observed by others.
- 7) Children will not be left unsupervised. Coaches will not leave any child unsupervised until the child is picked up.
- 8) Any type of abuse will not be tolerated and may be cause for immediate dismissal. a) No player will ever be subjected to:
 - i) Physical abuse – including but not limited to striking, spanking, shaking, slapping, etc.
 - ii) Verbal abuse – including but not limited to: humiliation, degrading comments,

threats.

iii) Sexual abuse – including but not limited to inappropriate sexual touching or exposure or conduct which creates a sexually hostile environment.

iv) Mental abuse – including but not limited to shaming, cruelty, or neglect such as withholding food, water, basic care, etc.

9) Use of positive techniques of guidance is encouraged, including redirection, positive reinforcement, and encouragement rather than comparison and criticism. Staff, volunteer coaches, and team officials will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline.

10) Physical restraint will be used only when necessary to protect the child or other children from harm. When physical restraint is administered, the situation must be immediately documented in writing to the SPSA CEO.

11) The use, possession, or being under the influence of alcohol or illegal drugs immediately before and during or immediately following SPSA events involving SPSA players and parents is prohibited. Employees, volunteers, and contractors may be subject to drug screening.

12) Smoking/vaping or the use of tobacco is prohibited when representing SPSA

13) The use of profanity in the presence of SPSA players is prohibited.

14) Inappropriate jokes and sharing intimate details of one's personal life are prohibited.

15) Social Networking between adults and individual SPSA Players is discouraged. Electronic and phone communications with SPSA players should be limited to soccer specific topics. Please refer to SPSA Handbook for more specific information about Social Networking guidelines.

RULE 15 – 100% AFFILIATION REQUIREMENT

All players participating in any SPSA soccer program whether recreation, competitive, classic, tournament, or challenge shall dually be registered with the NCYSA as required by NCYSA in the 100% affiliation policy. All players must be completely registered with NCYSA by the certified Head Registrar before players will be allowed to participate in any association program.

RULE 16 – LEVELS OF PLAY

At the current time, St Pauls Soccer Association is only offering recreation level of play. Over the course of the next few years, we hope to develop into a program that offers a higher level of play for our community, but we must build up slowly promoting the game at the grassroots level to have a long term sustainable program. Recreational play is at the base of the player development pyramid and player development pathway, and it is our duty as a club to ensure that the base of the player development pyramid remains strong and intact in our community.

RULE 17 – RISK MANAGEMENT PROGRAM

RISK MANAGEMENT PROGRAM Required by NCYSA/USYSA/USSF

SECTION 6 - RISK MANAGEMENT

The risk management program of NCYSA shall operate as follows:

Part 1. Each of the following persons shall be a “Covered Person” required to comply with this Section 6.

- a. Each coach, assistant coach, substitute coach, staff coach, skills trainer, director of coaching, associate director of coaching, assistant director of coaching, referee assignor, athletic trainer, program administrator, and association officer employed, serving as a volunteer of, serving as an independent contractor of, or endorsed by a member association or a team of a member association (each such person being “associated” and having an “association” with such member association).
- b. Referees, referee assistants, fourth officials, instructors, assessors and administrators who are members of the North Carolina Soccer Referees Association (“NCSRA”) and who officiate, instruct, observe or participate in administering matches sponsored by member associations or NCYSA (each such person being “associated” and having an “association” with NCSRA);
- c. any person having a status or engaging in activities with a member association or with the Olympic Development Program of the NCYSA (“ODP”) who, as a result, can reasonably be expected to be alone with a registered player of any member association or NCYSA who is a minor in a non-public setting for any period of time by reason of such status or activities (each a person “associated” and having an “association” with the relevant entity); provided, however, that each member association shall be responsible for determining the persons associated with it who are within this category; and provided further, that NCYSA shall be responsible for determining the persons associated with it who are within this category.

COMPLETE RISK MANAGEMENT DOCUMENT CAN BE FOUND ON NCYSA WEBSITE www.ncsoccer.org