

# **MYSA General Rules and Regulations**

**Applies to all age levels**

## **Equipment:** (provided by player)

1. Soccer cleats or tennis shoe, no toe cleat and no metal cleats.
2. Shin Guards must be worn and covered by socks at all games and practices.
3. Soccer Ball – Size 3 for U4-U8; Size 4 for U10; Size 5 for Jr High.

## **Uniforms:**

1. Uniforms are provided as part of your Registration fees. Uniforms (jersey) must be worn to all games.
2. Each child is responsible for their own shin guards and ball. Shin guards must be worn and covered by socks at all practices and games. Bring your ball to all practices unless otherwise instructed by coach.
3. Soccer cleats or tennis shoes are required to participate in all practices and games.
4. A goalkeeper jersey and gloves will be provided to all U9 to Jr. High teams by the league. During games, the goalkeeper must wear a goalkeeper jersey or some other jersey/shirt that is not similar in color to either team involved. Gloves are recommended, but not required.
5. The supplied uniform must be worn over any other clothing. No exposed hoods and no jean pants. Hats, knit gloves and athletic type apparel may be worn during cold weather.
6. NO jewelry or hard items are to be worn.

## **Weather:**

1. Games will be cancelled for thunder and/or lightning, severe cold or poor field conditions at the discretion of the Board. It is the intent of the league to only cancel games if absolutely necessary.
2. Games will be cancelled for inclement weather in a reasonable amount of time prior to the game starting in order that teams and referees can be notified.
3. Once a game has started, if lightning strikes or thunder is heard everyone will retreat to their vehicles and there will be a half hour hold on the games. Games may also be called off by a Board member if necessary.
4. Any make up/cancelled games will be played the following Saturday afternoon. Divisional Directors will notify the coaches by Tuesday of the make up game times. If other arrangements are needed, coaches must get Board approval.

## **Playing time:**

1. All players must play or be encouraged to play half of each game, it may be at one time or scattered throughout the game.
2. U5, U7 and U9 teams play (4) 10 minute quarters with a two minute break after the first and third quarters and a 5 minute break at half time.
3. U-11 teams play (2) 25 minute halves with a 5 minute break at half time.
4. Jr. High teams play (2) 35 minute halves with a 10 minute break at half time.

### **Team:**

1. Field players may use any part of their bodies except their hands. ("Hands" defined as the shoulder, from armpit, down to fingertips)
2. The goalkeeper may use their hands only while in the 18 yard box (penalty box).
3. U11 and Jr. High;
  - a. Off sides will be called.
  - b. May head the ball (with Coach instructions)
4. NO slide tackles for any age group. Slide tackle defined as a player sliding onto the ground, into another player with the intent to gain possession of the ball.
5. U5 will have a total of 4 players on the field, can be changed at game time if agreed upon by both of the coaches. No players are allowed in the goal arcs at any time. If the ball stops in the goal arc, the result is a dead ball and a goal kick is issued.
6. U7 will have a total of 7 players on the field, NO goalkeeper. Referee to officiate. Score is not kept. No players are allowed in the goal arcs at any time. If the ball stops in the goal arc, the result is a dead ball and a goal kick is issued.
7. U9 will have a total of 7 players on the field (1 goalie, 6 field players). Referee to officiate. Score is recorded.
8. U11 will have a total of 7 players on the field (1 goalie, 6 field players). Referee to officiate. Score is recorded.
9. Jr. High will have a total of 11 players on the field (1 goalie, 10 field players). Referees to officiate. Score is recorded.

### **Timing and Substitutions:**

1. Time starts when the referee signals to start or blows the whistle.
2. The clock is running at all times, it should be stopped during an injury or time will be added at the end at the discretion of the referee.
3. U9 – Jr. High substitutions may enter during a teams own throw-in, if they do choose to make a substitution at this time then the opposing team may also substitute, any goal kick and after a goal. U5 and U7 may substitute at the discretion of the coach.
4. Substitutions must enter from the centerline.
5. Goalkeeper may substitute only when the ball is dead.

### **Kickoff:**

1. U5 through U11 the home team starts the game with a kick off, alternating between the teams for each quarter/half. Teams will switch defending ends at halftime.
2. Jr. High there will be a coin toss prior to the game starting. Captains will meet referees at the centerline of the field. Away team will call the coin toss. Winner will have choice to either;
  - Kick off first or
  - Choose which end they would like to defend the first half.Loser of coin toss will have whatever choice is remaining. At halftime teams will switch defending ends and the kick off.
3. The kickoff will be at midfield with two offensive players. The ball must travel forward and fully cross the centerline before it can be played in any direction.
4. The first player to touch the ball may NOT play the ball again until touched by another player.
5. A goal cannot be scored directly from the kickoff unless it is touched by another player.

### **Goalkeeper:**

1. Use of the hands can only be done inside the 18 yard box (penalty box).
2. The goalkeeper may punt the ball.
3. The goalkeeper may not be charged. They are to be left alone in their own 18 yard box or while in possession of the ball. ("Possession" defined as having both hands on the ball and having it in control.) Kicking at the ball must be stopped immediately following the goalkeeper acquiring possession.

### **Restarting Play:**

1. Throw-in is awarded if the ball is unplayable by fully crossing the sideline. The throw must be made with both feet on the ground behind the line, two hands on the ball, and from above the head.
2. Corner Kick is awarded if a defensive player kicks it out of the end line.
3. Goal Kick is awarded if an offensive player kicks it out the end line.

### **Fouls:**

Ball is put into play from point of infraction. Opponents must be at least 10 yards away from the ball in all directions. Results of fouls are:

Direct Free Kick (only awarded to U11 and Jr. High, all fouls in all other divisions will result an indirect free kick): Can be identified by the signal given by the referee. The referee will only point in the direction of the infraction (toward the offending team's goal). A goal can be scored by a single player kicking the ball directly into the defending team's goal. Infractions that will result in a direct free kick are:

- Kicking, striking, tripping or the attempt of any of these infractions on another player
- Handball
- Handball by goalie outside of 18 yard box
- Pushing or holding another player
- Violent charge

Indirect Free Kick: Can also be identified by the signal given by the referee. The referee will raise one hand straight above their head and will only lower it once the ball is in play and is touched by a second player. A goal cannot be scored by a single player kicking the ball into the defending team's goal. The ball must touch another player before entering the goal. Infractions that will result in an indirect free kick are:

- Off-sides (U11 and Jr. High)
- Illegal obstruction
- Unsportsmanlike behavior
- Dangerous play

## **U9 - Jr High Competitive Rules and Regulations**

It is understood that U9 U11 and Jr. High divisions are considered competitive divisions with the following additional rules, regulations and guidelines.

### **Forfeit Rule:**

1. There is no automatic forfeit rule. Teams will play with the number of players present. The coach with the least number of players may choose to forfeit. There will be no reschedule of that game unless it is under extreme circumstances and done so by the Executive Board.
2. In the case of a coach deciding to forfeit a game that counts towards the standings, to apply this forfeit to the standings goals will be awarded per the following; forfeit team = 0goals, non-forfeit team = 4 goals.

### **Standings:**

1. Teams will be ranked in standings based on their record from games that count determined by the following point system; win =3points, tie =1point, lose= 0points.
2. Teams ranked in 1<sup>st</sup>,2<sup>nd</sup> or 3<sup>rd</sup> will be recognized as such. The number of ranked teams will not exceed half of the number of teams in the division.
3. Standings will appear each week on the league board at the field and the website.

### **Tie-breaker Formula:**

1. Ties in the standings will be broken based on the following formula. The formula will be implemented from the top down on the games that counted.
  - a. Head to head games
  - b. Goal differential
  - c. Total goals allowed
  - d. Total goals
2. A team will be awarded a maximum of 4 goals more than their opponents
3. A team's goals against will be increased by a maximum of 4 goals less then their opponents score for each game played to be used as the basis of the Tie breaker formula.
4. If after the 4<sup>th</sup> step of the Tie breaker formula a tie is not broken, the teams will be both awarded the same ranking in the standing.

### **Score Sheets:**

1. Score sheets will be given to the referees to track items including, score and misconducts.
2. Score sheets will be provided for each game by the Board of Directors.
3. Score sheet must be signed by both coaches.
4. Referee/s will sign the score sheet and return it to the league representative assigned to disburse referee payments.

### **Team Captains (Jr High only):**

Jr. High Coaches to select 2 player captains from their team to participate in the pregame coin toss. Coaches may also assign other duties to the captains, examples; lead in stretching, relaying instructions from the coaches, discussions with referees, etc. Coaches may also change the captains as they see fit on their team.

### **Disciplinary Sanctions (U9-JH only)**

The yellow card is used to communicate that a player, coach or parent has been cautioned (the coach will be shown the caution for any of their players parent violations).

The red card is used to communicate that a player, coach or parent has been sent off (the coach will be shown the red card for any of their players parent violations).

Any player, coach or parent that receives a direct red card will be required to meet and discuss the sanction with the Head Coach, Head Referee, game Referee/s and parents at the earliest day following the date of the sanction

The referee/s have the authority to take disciplinary sanctions from the moment they enter the field of play until they leave the field of play after the final whistle.

### **Cautionable Offences (Yellow)**

A player, coach or parent is cautioned and shown the yellow card if they commit any of the following seven offences:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick or free kick
- Entering or re-entering the field of play without the referee's permission
- Deliberately leaving the field of play without the referee's permission

### **Sending-Off Offences (Red)**

A player, coach or parent is shown the red card and is sent off if they commit any of the following seven offences:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within their own penalty area)
- Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Using offensive, insulting or abusive language and/or gestures
- Receiving a second caution in the same game

A player, coach or parent who has been sent off must leave the vicinity of the field of play. A substitute player can be put in play for a sent off player.