



SFPAL SOCCER Rules and League Policies 2009

Welcome and thank you for joining the SFPAL 2009 Spring Soccer Playing League.

Below is a list of League Policies and Rules. By participating in the SFPAL Soccer Playing League you consent to abide by the rules and specific league policies listed.

As a reminder, these rules and policies are put into place for two purposes:

1. For the protection of all participants (players, officials, etc.) When you fail to abide by these rules and policies you put everyone at risk, especially the youth. **When you break them, YOU, not the league enforcing these rules, compromise the safety and participation of the youth as well as the integrity of the play for all.**
2. Previous inappropriate behavior (usually by a coach or spectator) has led us to include in writing the following league policies.

RULES AND REGULATIONS

TABLE OF CONTENTS

<i>Topic</i>	<i>Section</i>
Purpose and People:	1.0
General	
Purpose of League	
Person's Subject to League Rules	
Eligibility to Play in League	
League Officials and Authority	
Non-Discrimination Policy	
Registration	2.0
Player Participation	3.0
Roster Limit Definition	4.0
Coach Behavior	5.0
Uniforms	6.0
Schedules	7.0
Game Format	8.0
Ejections	9.0
Injuries	10.0
Protests	11.0
Sideline Coaching:	12.0
Spectators	
Referees	13.0
Championships	14.0
Alcohol Policy	15.0
Rain-Outs	16.0
Miscellaneous	17.0

1.0 PURPOSE AND PEOPLE

1.10 GENERAL

Laws as promulgated by F.I.F.A., subject to C.Y.S.A. adaptations and age group adjustments apply to all League games. SPPAL is singly affiliated with CYSA for the soccer program.

1.20 PURPOSE OF THE SFPAL SPRING PLAYING LEAGUE

The League is a Class 4 recreational league open to recreational or developmental teams as defined by CYSA and the League. The primary goal of the SFPAL Playing League is to provide a safe and enjoyable soccer experience for recreational players up to 14 years of age. Teams classified as non-recreational, competitive or Class 3 or higher are not eligible to participate in the SFPAL Spring Playing League. Exception for this rule will be on a case by case basis when a division 3 option is not available. These teams will then have to be placed according to skill level. An example would be a U10 team playing up to the highest level at U11.

1.21 Teams wishing to participate **may not hold try-outs or select players based on ability.** With the exception of the teams in rule 1.20 above.

1.20 PERSONS SUBJECT TO THE SFPAL SPRING LEAGUE RULES AND REGULATIONS

All teams, coaches, individual players, parents, spectators and all individuals participating in this League or attending League games are subject to the rules of the League and disciplinary action for violation of League rules, whether or not such conduct is the subject of the issuance of a yellow or red card by a referee.

1.30 ELIGIBILITY TO PLAY IN LEAGUE

To participate in SFPAL Soccer, a player must attend a school in San Francisco, reside in San Francisco or be a member of an invited CYSA team. All players must be properly registered and in good standing with CYSA and the league in which they are registered.

1.40 LEAGUE OFFICIALS AND AUTHORITY

League Officials are the officers, directors, age/division commissioners, and any other persons appointed by the President of the League. League Officials have the authority to monitor and control all League activities and venues, and shall have authority over all persons present. League Officials have the authority to temporarily halt, suspend or terminate any game or activity, if in their opinion a violation(s) of League rule exists. Any person who interferes with or disputes the actions or decisions of a League Official shall be automatically suspended or banned for at least two games and shall be subject to further discipline including loss or suspension of coaching privileges, and banned from all League activities. A League Official may award a loss to any team, which persists in conduct after being instructed to cease or correct the conduct. Any person who physically touches a League Official in a hostile manner shall automatically be banned from League activities for a minimum of one year, whether or not the action or decision of the League Officials are upheld.

1.50 NON-DISCRIMINATION POLICY

Under no circumstances shall anyone be discriminated against, based upon race, creed, national origin, age, gender, or sexual orientation, by any member, participant or coach in the SFPAL Spring Playing League.

2.0 REGISTRATION

2.10 CYSA player, coach and assistant coach passes will be used for all age groups and must carry the PAL stamp. **Without the PAL stamp on the CYSA pass, the player, coach and**

assistant is not eligible to participate. Please check that all your passes have the PAL stamp.

2.20 In order to register a new team in PAL, please provide the following for each player:

- A. Proof of age (CYSA Sec.3:05:01)
- B. Completed CYSA registration form
- C. Current photo (1" x 1")
- D. \$25.00 subsidized fee per player. If your team has a hired/paid coach/trainer you will be **asked** to pay the full amount of \$75 per child listed on roster. SFPAL fundraises \$55 of the cost for each player, and asks that you consider paying the full amount for your child (\$75).
- E. Completed PAL Liability Waiver

For *previously* rostered/registered CYSA teams (Viking and Mission), please provide the following:

- A. Copy of CYSA roster
- B. CYSA player passes
- C. Completed PAL Liability Waiver for each player
- D. Team Fee: \$25.00 subsidized fee per player. If your team has a hired/paid coach/trainer you will be **asked** to pay the full amount of \$75 per child listed on roster. SFPAL fundraises \$55 of the cost for each player, and asks that you consider paying the full amount for your child (\$75).
- E. If you have new players/coaches to add or make changes on your roster, do so with your home league and bring your passes to PAL to be stamped along with copies of your add/drop/transfer form. Submit a copy of the add form for coaches/assistants that are not listed on the roster. Make sure all coaches listed have the correct address and phone as any updated schedules will be mailed to the coach's address.

If a child has any medical condition listed on the PAL Liability Form, a Medical Clearance Form signed by the Doctor will be **required** prior to participation.

2.40 All coaches/assistants must submit in writing the strength of their team at the time of registration. If this form is missing at registration, your team will be placed in the strongest division.

2.50 Roster Limits

Division	Min. Players On Roster to Register	Max. Players Allowed on Roster	# of players “A Side” during play
U7 (Plays up to U8)	10	12	7
U8	10	12	7
U9	12	14	8
U10	12	14	8
U11	14	18	11
U12	14	18	11
U13	14	18	11
U14	14	18	11

2.60 Add/Drop Deadline

The Add/Drop deadline for the SFPAL Spring Playing League is Thursday, April 23rd. However, each league has their own deadline to process paperwork prior to bringing it to the PAL office. **Please check with your home league for the Add/Drop deadline.**

You must make an appointment with SFPAL to add or drop players by Thursday of each week. No walk-ins will be allowed. This applies to SFPAL home league teams as well.

Transfer players must wait 7 days before they are allowed to play.

2.70 Two Coach Roster

Each roster must have at **least two** current, registered and licensed coaches. Coaches must have successfully passed a criminal background check from SFPAL. Any other adult who wishes to be placed on the roster, not in a coaching position (i.e. manager) must have also passed a criminal background check from SFPAL.

2.71 Team Managers. Team managers will not be given a coach pass by CYSA. Only F licensed coaches will receive a coaching pass.

2.72 Only two coaches will be allowed on the sidelines at a game. Teams may have unlimited registered, licensed and fingerprinted coaches on their roster but only two coaches may actively coach on Saturdays.

3.00 PLAYER PARTICIPATION

The coach shall play each player present and in uniform at the start of the game for at least one half of the total game time. Any player in uniform who selects not to participate in the game but wants to sit on the sidelines with his or her team must have parent/guardian permission that the player for said reason is opting out of the game. Any non-uniformed player may not sit on the side lines but can sit with spectators. Players who arrive late to the game, after play has started, must check in with the referee at halftime in order to participate.

3.10 SFPAL will not register any new team who has more than 50% Under 8 team members on their roster. The only exception to this rule is if a visting (Viking/Mission) team who has played in the prior Fall season as a Under 8 team.

3.20 The League will do its best to create divisions based on age and gender. Divisions by age and gender will be determined by the number of teams that registered in each age and gender division. In the event that we cannot fill a complete division, we will create a mixed division or, in rare cases, require a team to play “up” one division. Teams can be comprised of all girls, all boys, or co-ed. When possible we will create separate divisions for boys, girls and co-ed teams.

3.21 Team Strength Form. Every team must fill out a form ranking your team’s abilities. Please include all relevant information on this sheet. If you have specific needs please speak with PAL directly so we can place your team accordingly. Teams that do not fill out a Team Strength Form will be placed according to their standings from the Fall 2008 Viking Season.

4.0 ROSTER LIMIT DEFINITION

4.10 A player can only play in one division higher than his/her own age division. (If you have a player that would like to play up two divisions you must notify the SFPAL League at time of registration.)

4.20 Pursuant to CYSA rules, no age waivers from other leagues will be accepted for a child who plays in a division lower than where he/she should be. Any team that does not remove the older child will be placed in the division of the oldest child on the roster and held accountable to those specific roster requirements.

4.30 All teams must have two coaches 18 years or older. Youth Coaches (under 18) may assist coach, but they must be listed as the third coach. Each youth coach must have a current and signed SFPAL Waiver of Liability on file with all team information. A youth coach may never be left alone with the team or individual players.

4.40 2008/2009 seasonal year birth dates are:

Age Division	Born on or After (From)	Born on or Before (To)
U 8	08/01/2000	07/31/2001
U 9	08/01/1999	07/31/2000
U 10	08/01/1998	07/31/1999
U 11	08/01/1997	07/31/1998
U 12	08/01/1996	07/31/1997
U 13	08/01/1995	07/31/1996
U 14	08/01/1994	07/31/1995

5.0 COACH BEHAVIOR

5.10 Coaching may come only from official coaches and not from parents or spectators and may only be given within the technical area.

5.20 Any coach who places an ineligible player/s on his/her roster or allows an unregistered or ineligible player to participate may be suspended for a minimum of one year and the team ejected from the league for the rest of the season. League officers may impose more severe sanctions. (CYSA Rule 4:06:01)

5.30 Coaches are required to comply with all requirements, dates, times and deadlines. Coaches and assistant coaches are required to have PAL stamped CYSA I.D. card for **each** team that they coach and/or assistant coach.

5.31 A head coach can only head coach two teams.

5.40 Before the first scheduled game, the coaches must place the jersey number of each player in the upper left corner of each player's pass and must cross out any names of players on the game card who are not participating at that particular game.

5.50 Coaches are **REQUIRED** to keep games, parents and fans under control **BEFORE, DURING AND AFTER THE GAME**. No coach, parent, player, fan, or spectator is to question a referee's call. Nor may they make any derogatory, insulting, abusive or offensive remarks or gestures to the referees other players, coaches, or fans *before, during or after the game*.

5.60 Only licensed, rostered and background checked adults who are listed as a current coach on the team roster may stand on the sidelines and give instruction to the players. A maximum of 2 licensed coaches are allowed on the sidelines at games. If for whatever reason, a licensed, rostered, background checked adult can not make one game, please call the SFPAL office. We will work with you to get a properly sanctioned adult to attend your game. While the safety of our children is always our first concern we also want to ensure that children can play as many games as possible.

5.70 In the absence of an appointed referee, the coaches should agree to a solution - find a licensed referee or each team's coach can referee one half of the game. A coach who is refereeing may not coach his/her team while refereeing. A game card should be completely filled out by coaches and submitted to the office.

5.80 Should a game start late, the referee should shorten the halves, making sure that they are of equal duration, or call the game off.

5.81 For liability reasons, there will be no friendly games. This means that if you agree to play the game the score will be official. Once you decide to accept the substitute officiating and begin play the game is official and not "just a friendly game." If a referee does not show up, the coach has the right to not play the game if agreement on substitute officiating can not be reached. However due to the short length of the season and shortage of fields the game will not be rescheduled unless it directly effects the standings at the end of the season.

5.90 Running up the score.

Teams and coaches may not run up the score in any game. If one team is stronger than the other, the League encourages the coach of the stronger team to take steps like substituting for stronger players, playing weaker players in forward positions, etc. to even the competition. If a team gets a four-goal advantage, it must reduce the number of players on the field by one. For each additional goal by the leading team (increase in the lead), the leading team must reduce the number of players on the field by one additional player. For each additional goal by the trailing

team (decrease in the lead), the leading team may increase the number of players on the field by one player.

5.91 At no time will either team have more than the maximum or less than the minimum number of players on the field according to their age group rules. With the exception of the 5.90 rule above (see rule 7.40)

5.92 SFPAL highly encourages coaches to discuss this rule with players and explain the sportsmanship element. Planning ahead for this situation is beneficial to all parties involved. In addition, please rank your team impartially and include as many details as possible so we can avoid such situations. (See rule 3.21)

6.0 UNIFORMS

6.10 Proper dress for all teams and players is required. Minimum requirements are SFPAL T-shirt worn on the exterior, shorts, proper footwear and shin guards.

6.20 Goalkeepers should wear colors distinguishable from other players and referees.

6.30 All teams must wear SFPAL shirts on the exterior during games. Failure to wear SFPAL shirts will result in a forfeiture and if repeated will result in expulsion from the league.

6.40 No jewelry, accessories or casts may be worn during play.

7.0 SCHEDULE

7.10 Once schedules have been completed, no changes will be made. If you are unable to make a game you must:

- 1) Notify the PAL office
- 2) Notify the other team
- 3) Pay the forfeiture fee of \$100.00.

7.20 No-Show: If your team is a no-show it will be ineligible for championship play and not allowed to register with SFPAL next spring.

7.30 There is no waiting period. Late teams will forfeit that game. All games will start as scheduled. In the event both teams do not show up for a scheduled game, then both teams will be assessed a loss and both teams will have to pay a \$100 Forfeit Fee.

7.40 The minimum number of players on the field at the START of the game are as follows:

- 5 for U8**
- 6 for U9 & U10**
- 7 for U11 to U18**

Any team not having the minimum number of players at START TIME will automatically forfeit the game. NO FRIENDLY GAMES ARE ALLOWED

7.41 In the event of a forfeit, referees are not allowed to officiate any play.

8.0 GAME FORMAT

8.10 Playing formats are as follows:

Division	# of players "A Side" during play	Size of Ball	Time	Half Time	Off-Side
U7 (play up to U8)	7	#3	2 - 20 min. halves	5 Mins.	No-off side called
U8	7	#3	2 - 20 min. halves	5 Mins.	No-off side called
U9	8	#4	2 - 25 min. halves	5 Mins.	Off-side called
U10	8	#4	2 – 25 min. halves	5 Mins.	Off-side called
U11	11	#4	2 – 30 min. halves	5 Mins.	Off-side called
U12	11	#4	2 – 30 min. halves	5 Mins.	Off-side called
U13	11	#5	2 – 35 min. halves	5 Mins.	Off-side called
U14	11	#5	2 – 35 min. halves	5 Mins.	Off-side called

8.20 Substitution Timings

Division	Time	Substitution Timings
U8	2 - 20 min. halves	6 and 13 minute marks
U9/U10	2 – 25 min. halves	8 and 16 minute marks
U11 – U14	2 – 30 min. halves	Free substitutions on your own team's throw-ins and goal kicks

9.0 EJECTIONS

9.10 A player or coach ejected from a game by the referee will be suspended for one or two games. If the reason for suspension or infraction deserves greater disciplinary action, a hearing will be held to determine further sanctions.

9.20 Any players or coaches ejected twice in a season will be automatically suspended for the duration of the playing league. Additionally, any team (includes players, coaches, assistant coaches, team officials and parents) receiving 4 red cards throughout the season may be dropped from the league depending on the severity of the violations.

9.30 Be advised that SFPAL will honor TERMS OF PROBATION AND SUSPENSIONS of players or coaches from other leagues and if a coach or player participates in a league game while still under suspension he/she will be suspended from PAL for one year and the team will be dropped from the league.

9.40 Ejections and poor sportsmanship and/or behavior will directly affect your chances of participating in future SFPAL activities, including, but not limited to, denial from enrolling in the 2009 Fall playing league.

10.0 INJURIES

10.10 All injuries must be properly reported to the league and on a claim form obtained from the CYSA. Completed injury reports must be mailed to the CYSA within 30 days.

11.0 PROTESTS

11.10 Protests must be submitted **in writing** to the SFPAL Soccer program, 350 Amber Drive, S.F., CA 94131 and must be postmarked within 2 days of the date of the game accompanied by \$50.00. Protests may only concern a point of rule or the eligibility of a player. Coaches must initiate any protests. For appeal procedure, see CYSA team manual.

11.11 With regards to appeals, SFPAL will provide for fair proceedings with notice and opportunity to be heard. For the complete process please refer to the rules as defined by CYSA.

12.0 SIDELINE COACHING

12.10 In addition to the CYSA rules regarding coaching from the sidelines (see Sec.3:08:020), the following are added:

- A. It will be the responsibility of both team coaches to see that their parents, fans and players behave in a proper and respectful manner at all times. Sanctions will be imposed on teams for inappropriate behavior of coaches, parents, fans and players.
- B. All referees are to report coaches who harass them. These coaches will be sanctioned. Due to the growing behavior problem of coaches toward young referees, the following procedure will be implemented:
 - a. Any mention by a referee of bad behavior by a coach/player/parent/fan will result in a forfeit.
 - b. If coaches have a problem with a referee's call, **KEEP QUIET** and notify the league about their concerns **in writing**. The referee will be evaluated.

12.20 SPECTATORS

- A. **NO ONE**, (including coaches, parents, and spectators) may stand behind the goal line. Coaches are required to enforce this rule.
- B. It will be the responsibility of both teams to see that their parents/fans/players behave in a proper and respectful manner at all times. Sanctions will be imposed on teams for inappropriate behavior of coaches, parents, fans and players.
- C. All spectators must follow all Rec and Park field use rules. This means (but is not limited to): no spectators inside the fence at Polo, Franklin, Garfield, and Silver Terrace. At other fields, parents and spectators are to be on one side of the field while both teams (coaches and players only) on the other side unless there is no free side and in this case, the coach and spectators from each team will share one half of the pitch. Coaches are responsible for enforcing this rule. At any time should an SFPAL or Rec and Park representative attend a game there fields rules are being violated, the game will be stopped.

13.0 REFEREES

13.10 The referee shall require that both teams enter all the appropriate information on a Referee Report Form prior to the start of the game. The home team (listed **second**, after "at" on schedule) will provide the game card and game ball. It is recommend that the visiting team have a sticker label with their roster on it to quickly stick on the game card. (Cross out any players who are not playing)

- A. The referee shall verify the identity of the player with his/her player pass and the identity of the coach with his/her pass. The referee shall collect the passes of those players who are to participate in the game. The referee will not allow anyone into the game for whom he/she has no pass with a PAL stamp and whose name does not appear on the game card. The referee shall also require that the coach of each team sign the game card verifying that the information entered on the card is correct. If a player or coach does not have a proper pass, he/she cannot participate in the game.
- B. Upon completion of the game, the referee shall send the game card to the SFPAL office, 350 Amber Dr. SF 94131 within forty-eight (48) hours. In such cases of ejection, the referee shall also mail a supplementary ejection report and the passes of the ejected player(s) and coach(es).
- C. Prior to the game, the referee shall make sure that each player's equipment is in proper order.
- D. A game card must be filed for every game played.
- E. In the event of a forfeited game, the referee must have the team present list all players and sign the form. Referee must note on the card "forfeit" and mail to the PAL office.
- F. A coach is obliged to help a referee when approached for help by the referee.

13.20 Referee Feedback Forms will be made available on line and at the SFPAL office. If you as a coach have a problem, issue or concern with a referee do not approach, speak to or confront the referee. Instead, fill out the referee feedback form and send it to the SFPAL office by the next business day.

13.30 At anytime if you feel that the game is getting dangerous or "out of control" you as a coach have the right to pull your players and stop the game. If this occurs the game will not be restarted and your team will receive a forfeit. You must fill out a Referee Feedback Form. Trust your instincts and never put the outcome/score of a game ahead of the safety of your players.

13.40 Volunteer Line Referees

Each team playing in the U9 through U14 age groups is required to have one person affiliated with the team who is a Volunteer Line Referee. The duties of the VLR are to assist in calling the ball in and out of play only.

14.0 CHAMPIONSHIPS

14.10 FOR U8-U10

No championship or playoffs will be scheduled for division in U8-U10.

14.20 CHAMPIONSHIPS FOR U11-U14

All teams who place 1-6th place in regular season play will have the opportunity to compete in the championships. Depending on field space and totally number of teams per division additional teams (7-10th place) may also be given the opportunity to participate in the championship round. It is SFPAL's objective to include all teams in the championship round.

14.21 The tie-breakers to determine standings and which teams make the championships are:

1. Head to head play (games played during the regular season)
2. Goal differential - goals scored minus goals allowed to a maximum of four (4) goals per game.
3. Record against other common opponents.

4. Coin Toss

A point system will be used to determine standings, 3 points for a win and 1 point for a tie. Forfeited games will have a score of 3-0.

14.22 Changes in Standings

Ways that you can have your standings effected including being knocked out of first place other than wins, loss or ties is as follows:

1. No show at game time.
2. Excessive poor sportsmanship and vilient behavior noted on team
3. Repeate offenses breaking any of the SFPAL/CYSA rules.

14.23 Coaches will be notified of final standings—prior to the championship round. (Please do not rely on the web bases posting, as it does not take into account events and variables that happen throughout the season, such as a team losing first place status for a no-show (see above rule 14.22). Also, please be aware that in situations of “ties” it lists teams alphabetically in rank—again not always correct. The web bases standing should only be used as a guide and a place for a team to track their *own* record only and not that of other teams.)

14.24 Trophies will be handed out to first and second place teams.

14.25 No Overtime. If at the end of the regularly timed game the score is tied teams will move into a shoot out round.

15.0 ALCOHOL POLICY

15.01 The League, CYSA and the San Francisco Rec & Park Department have a **NO ALCOHOL** policy. No alcoholic beverages, controlled substances or use of tobacco products are allowed by any team representative, player, parent, fan or spectator at or near a field on which a youth soccer game is being played. Violation shall be subject to police action, suspension or expulsion from league games and team disqualification, suspension, or expulsion from the league.

16.0 Rain-outs

16.10 The rain-out phone number is (415) 401-4666 (for games not for practice). If you leave a message on this number after 12:00 PM on a Friday, you will not get a response until the following Monday. Remember, we may not be able to update the information until after 9:00 AM on Saturday depending on the field. Those who have the 9 AM games may unfortunately have to show up.

16.11 We will do our best to update the website as early as possible in the event of a rainout starting Friday afternoon but please check the hotline as well.

16.20 The League will not reschedule games that are cancelled due to rain/rain-outs or field conditions/closed fields

17.0 Score Reporting

All teams both (winning and losing) must report their scores by the Sunday following your game. Scores must be reported online at the SFPAL website, www.sfpal.org. Scores reports are a space to provide feedback on your opponent's team/spectator behavior, on your referee and on field conditions in addition to the outcome of the game. SFPAL takes these score reports very seriously and we rely on you as participants to help up improve our league.

17.10 Teams that do not report their scores for more the three (3) consecutive weeks may be subject to further league sanctions.

18.0 MISCELLANEOUS

18.10 If you have any questions, need information on procedure or wish to verify something you were told by another coach or parent, please contact the PAL first before you agree to do anything. SFPAL is open Monday-Thursday from 9:00 AM to 4:00 PM and Friday 9am-12pm, please call before coming by.

18.20 Violation of league playing rules and CYSA rules will constitute grounds for expulsion from the PAL Soccer League. FIFA, USSYA, and CYSA rules will apply to the SFPAL Soccer Program and will be enforced by SFPAL. The solutions of problems not covered will be resolved by league officers.

18.30 No friendly games or scrimmages will be allowed due to liability issues and WILL result in your team being suspended or dropped from the league.

SFPAL reserves the right to change, update or edit these rules and polices for the benefit and safety of the league, its players and members.

**PLEASE MAKE SURE YOU PICK-UP AND TAKE ALL YOUR GARBAGE WITH YOU
AFTER THE GAME**