

# **CAPITAL FC U9/10 DEVELOPMENT LEAGUE**

## **RULES OF COMPETITION**

### **SPRING 2018**

#### **Summary**

The Capital FC U9/10 Development League is a regional league designed to give a higher level of competition to U9 and 10-aged players and teams in the mid-Willamette Valley and allow these teams from different clubs in the area to compete against one another in a positive, developmental, age-appropriate environment.

Sanctioned by Oregon Youth Soccer Association and hosted by Capital FC Timbers, the league is open to U9 and 10 teams that have all their players and coaches registered with Oregon Youth Soccer Association and US Youth Soccer.

#### **League goals**

- To create a safe, fun, and developmental experience for U9 and 10 aged kids, with meaningful, well-balanced games.
- To provide an excellent and professional soccer experience for coaches, players, and parents.
- To create a culture that supports key values taught through soccer such as respect, fair play, teamwork, and discipline.

#### **League Contacts**

League Director - Cale Powers, [cale.p@capitalfctimbers.com](mailto:cale.p@capitalfctimbers.com) , (503) 689-6807

League Scheduler - Valorie Westlund, [valorie.westlund@comcast.net](mailto:valorie.westlund@comcast.net)

Referee Coordinator - Billy Powers, [billy@capitalfctimbers.com](mailto:billy@capitalfctimbers.com)

#### ***Day of game and emergency contact numbers:***

Cale Powers, (503) 689-6807

Vicky Cruz Rosales (español), (971) 240-2086

#### **League Rules**

League rules, field size, and roster size have been put in place to maximize the overall experience and development of players. Games should be fun, fast, and entertaining for families. Emphasis should be on player development, sportsmanship, competition, and fun.

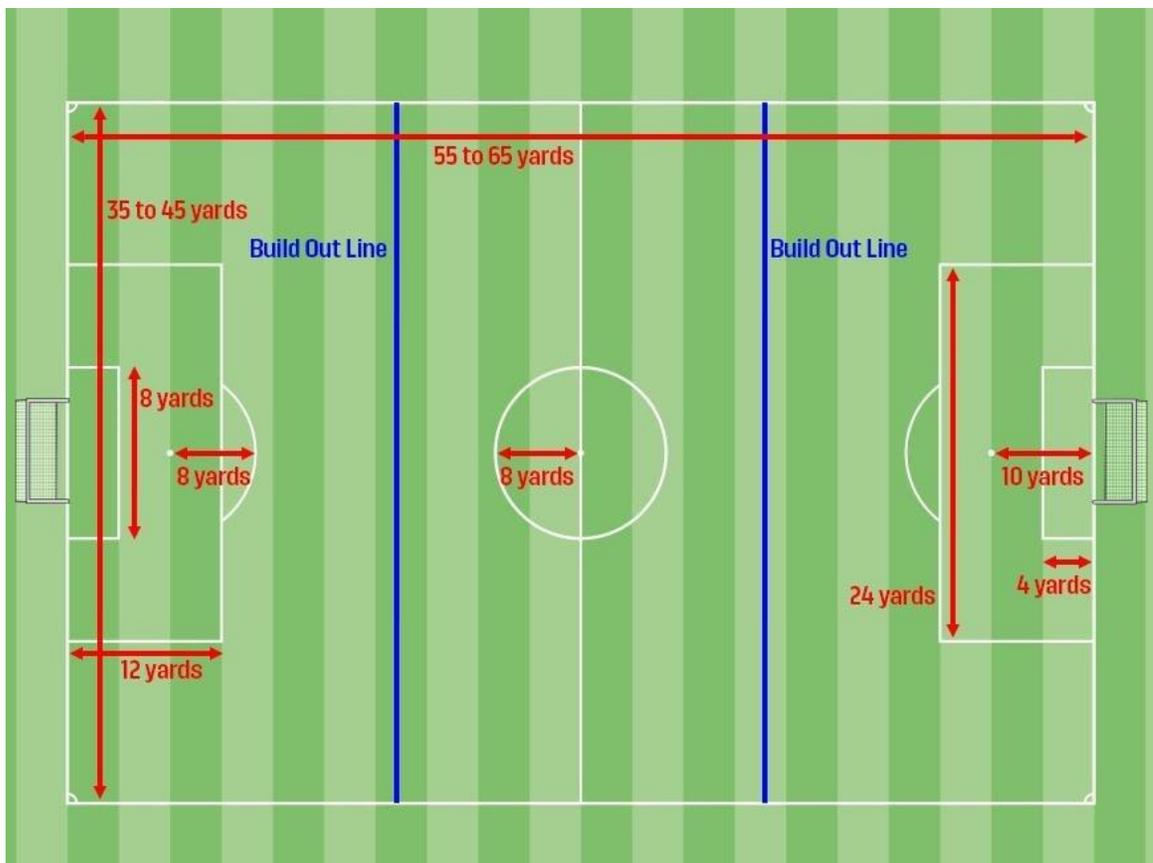
**A. FIFA Laws of the Game apply except as specifically modified.**

1. Substitutions - Unlimited substitutions are permitted with the consent of the referee on any dead ball.
2. Length of Game and Ball Size

Age	No. of Players	Length of Half	Halftime	Ball Size
U9/10	7v7	25 min	5 min	4

3. Game Balls - The home team is expected to provide game balls acceptable for the referee, although the referee may accept game balls from either team.
4. Field Size

Age	No. of Players	Min	Max	Goal
U9/10	7v7	35x55yd	45x65yd	6.5ft x 18.5ft



5. Build Out Line

(a) The build out line is a line parallel to the end line located half way between the penalty area line and the center line.

(b) When the goalkeeper takes possession of the ball in his/her hands, the opposing team must retreat behind the build out line and remain there until the goalkeeper puts the ball into play by throwing or passing the ball.

6. Goal Kicks

(a) All players on the defending team (team not taking the goal kick) must be behind the build out line when the opposing team takes the goal kick.

(b) If a defending player is nearer to the opponents goal than the build out line when the goal kick is taken, the goal kick will be retaken.

7. Offside

(a) A player may only be penalized for an offside infraction when the player is nearer the opponents' goal line than the build out line.

8. No goalkeeper punts

(a) A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop kicking the ball.

(b) If a goalkeeper punts or drop kicks the ball, the opposing team is awarded an indirect free kick from the spot of the offense.

(c) If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

9. No heading

(a) A player may not use his/her head to play the ball.

(b) The infraction consists in intentionally playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee will allow play to continue.

(c) The penalty for playing the ball using the head is an indirect free kick at the spot of the infraction.

(d) If the infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred.

## 10. Player's Equipment

(a) All players on the field must wear matching uniforms (except the goalkeeper) to the satisfaction of the referee. All jerseys must have numbers on the back. The goalkeeper's uniform must be different from the opposing keeper, all other players on the field, and the referee.

(b) Each team must have numbered jerseys of an alternate color. In cases of uniform color similarity, the designated home team (listed first) will change jerseys.

(c) A player may not wear or use any equipment that is dangerous to himself or another player.

(d) No jewelry is permitted, even if taped. Medical alert bracelet/necklaces are allowed, if taped.

(e) Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to play.

## **B. Safety**

1. A player who is bleeding or has blood on his or her uniform must leave the field and may be substituted at the coach's discretion. A uniform with blood on it must be changed. After the bleeding is stopped and the wound is covered, the player may return to the game when beckoned onto the field by the referee.
2. A player who demonstrates signs of concussion as a result of an observed or suspected blow to the head or body must leave the field and may not return to play in that match. Referees will include in their match report information about any player required to leave the field because of a suspected concussion. A player who has been removed from a game by a referee because of a suspected concussion is ineligible to play until the league director has received a copy of a medical release signed by a health care professional that authorizes an unrestricted return to competition.
3. Coaches should be aware that SB 721, enrolled as 2013 Oregon Laws Chapter 489, and codified as ORS 417.875, became effective January 1, 2014 and applies to all competitions sanctioned by OYSA. If a player

exhibits signs of concussion following an observed or suspected blow to the head or body, a coach is prohibited from allowing that player to participate in any competition, including practice, until the player has been cleared to return to play by a health care professional.

#### 4. Lightning Safety

(a) If lightning is seen or thunder is heard, play should be immediately suspended.

(b) Participants and spectators should immediately move to a safe location, in a substantial building or a hard-topped metal vehicle.

(c) Wait 30 minutes after last seeing lightning or hearing thunder to restart the match.

(d) See the National Weather Service website at <http://www.nws.noaa.gov/om/lightning/sports.shtml> for more information about lightning safety.

#### 5. Heat Safety

(a) When Wet Bulb Globe Temperature (WBGT) equals or exceeds 89.6 , the referee will pause the game for a hydration break in each half of the match.

(i) WBGT may be measured directly using an instrument designed for that purpose,

(ii) WBGT may be approximated for the area of the field using a cell phone application (e.g. WeatherFX), or

(iii) WBGT may be estimated from the US Soccer Heat Guidelines available from the Recognize to Recover site at <http://www.recognizetorecover.org/s/Heat-Guidelines.pdf>.

(b) The coaches of both teams should consult with the referee to determine whether the temperature at game time will require hydration breaks.

(c) The referee will add time to the end of each half to account for the time allowed for hydration breaks.

### **C. Game Start Time and Interruptions**

1. Teams are expected to play games at the scheduled time and location. Referees must complete the player/coach credential check-in process (with valid member passes and official roster) prior to each scheduled game.
2. The referee will wait for 15 minutes after the scheduled start time for one or more of the teams to complete pre-game check-in (provide cards and/or rosters, or provide the minimum number of players to begin the match). Before abandoning the match, and for any other emergency, call the league's emergency number (page 1).
3. If a game cannot be started on time, must be temporarily suspended for safety issues (such as lightning or other severe weather conditions), or cannot be completed as scheduled due to safety concerns or other issues:
  - (a) The referee or a team official should call the league's emergency number (see page 1) for guidance.
  - (b) If the first half of a match has been completed, the match will be considered completed and the results considered final.
  - (c) Games that are not played or have completed less than one half of play will be rescheduled if possible.
4. Unplayable or unusable field - If the scheduled field is declared to be unplayable by the referee or cannot be used for any other reason:
  - (a) Move the game to another field if one is available.
  - (b) If no alternate field is available, both teams and the referee should call the league's emergency number (see page 1) and inform the league that the game was not played. The game will be rescheduled, if possible.
5. Missing Officials - If no assigned referee appears at the scheduled field by fifteen minutes after the scheduled game start time,
  - (a) Call the league's emergency number (see page 1) to advise that a referee is not present and request guidance.
  - (b) If the game cannot be played at the scheduled date and time, it will be rescheduled.

### **D. Minimum Number of Participants**

1. A team playing an 7v7 match must have at least five (5) players who are listed on the match roster and one eligible adult to start a match.
2. An eligible adult is either
  - (a) listed on the roster, or
  - (b) has with them a valid member pass from the same club as the team.
3. If a team is unable to maintain the minimum number of players on the field after a match has been started, the match will be abandoned.
  - (a) A match abandoned for too few players will stand as a completed game if the teams have completed at least one full half.
    - (i) If the team with too few players has fewer goals at the time of abandonment, the score at abandonment will be the final score of the match.
    - (ii) If the team with too few players is leading at the time of abandonment, the game will be treated as a forfeit by the team with too few players.
  - (b) If a match is abandoned because of too few players before the first half is complete, the game will be treated as a forfeit by the team that has too few players.
  - (c) If a match is abandoned because a team does not have an eligible adult on the team sideline, the game will be treated as a forfeit by the team without an eligible adult.

### ***E. Team Sidelines***

1. Except where field conditions prevent, both teams must be on one side of the field and ALL spectators must be on the opposite side of the field.
2. Each coach, substitute, or other team personnel not involved in active play is to remain within the team area two (2) yards behind the touch line, five (5) yards from the center line, and eighteen (18) yards from the corner of the field.
3. A "team" consists of those players, coaches and team officials listed on the official match roster who have checked in with the referee.
4. A player listed on the match roster who is ineligible to play in a match may be permitted on the team sidelines ONLY if the player is NOT

wearing the team uniform. Team warmups are considered part of the team's uniform.

5. A coach or other club official who is not listed on a team's match roster may be on the team sidelines, provided that the non-rostered adult checks in and shows a valid member pass from the team's club to the referee and no more than 4 adults are in the team area.
6. Additional adults may be on the team sidelines, at the discretion of the referee, to provide assistance to an ill or injured player or team official.

### ***F. Rosters and Member Passes***

Each team must submit an official match roster and valid member passes for the current seasonal year to the referee before each league match.

1. The match roster given to the referee at the team check-in must list every person who will play in the match and all adults who will be present on the team sideline.
2. The official roster is printed from OYSA's online software. Instructions for printing match rosters are available on the Leagues page of the OYSA website, or may be directly downloaded as <http://oysa.bonzidev.com/doclib/Accessing%20Game%20Roster.pdf>
3. Club Pass (borrowed) players are permitted, provided that:
  - (a) All borrowed players must have a member pass (Club Pass) from the club through which the team is registered.
  - (c) Club Pass players' ages must be equal to or younger than the team's age.
  - (e) The name, jersey number, and Player ID number from the member pass of each Club Pass player must be on the match roster before the roster is given to the referee.
  - (f) Club Pass player information may be hand-written on the roster.
4. Maximum Match Roster size:
  - (a) U9/10 teams playing 7v7 may have a maximum of 12 players and 4 coaches or other team officials listed on the match roster as eligible to play.
  - (b) When a team's printed roster shows more players than are allowed to play in a match, the team must indicate which players will not play by

drawing a line through those players' names before the match roster is given to the referee for check-in.

5. Member pass requirements

(a) Individual member passes must:

- (i) Be printed on plain paper or Avery 8371 plain business card stock, with USYS in the background of the card as a watermark,
- (ii) Show the club name matching the club name on the roster,
- (iii) Have a photo of the player or adult, and
- (iv) Be laminated.

(b) Only original member passes may be used.

(c) Player or coach signatures are not required.

6. The referee is responsible for verifying that a member pass is presented for each person whose name appears on the match roster as eligible to play. The referee will make a visible check mark next to the name of every player who has completed checking in for the match and make sure that a line is drawn through the name of any person listed on the roster who will not participate in the match.

7. A player who is not present for pre-game check-in (i.e., arrives late) must check in with the referee, identify their name on the match roster, and provide the referee with their member pass before participating in the match.

8. No roster, no cards, no game - except as follows:

(a) The official match roster printed from Affinity lists both teams. If one of the teams does not have a match roster for the match, but the other team does, the referee may use the single copy of the match roster to check in both teams. The referee should note in the match report which team did not present an official match roster.

(b) Only the players listed on the match roster that is presented for check-in, including any hand-written amendments to the list, are eligible to participate.

(c) Before abandoning a match because of missing cards or roster, the referee must call the league's emergency number (see page 1) for guidance.

9. **If a team is found to be using ineligible players - whether that is players not rostered, players impersonating a rostered player, or using fake player passes - the team will be immediately removed from the league without refund.**

### ***G. Score Reporting***

1. Scores will be submitted to the League Director by the referee.
2. Coaches must confirm the score with the referee following the game.

### ***H. Scoring Method and Tie-Breakers***

1. The standings of teams during the league season are based upon the number of points earned as follows:
  - (a) 3 Points for a Win (Forfeits are considered a 4-0 victory)
  - (b) 1 Point for a Tie
  - (c) 0 Points for a Loss
2. Tie Breakers: If two or more teams are tied in points at the end of the season, final league standings will be determined by applying tie breakers
  - (a) The following tie breaking criteria will be used in the order stated:
    - (i) Winner in head-to-head competition (this criterion is not used when more than two teams are tied);
    - (ii) Highest goal difference ("goals for" minus "goals against") with a maximum of four (4) goals difference per game counted for both the winning and losing teams. For example, if the score was 8-3, the calculation would be +4 goals for the winning team, -4 goals for the losing team. If the score was 6-4, the calculation would be +2 goals for the winning team and -2 goals for the losing team;
    - (iii) Most wins. Team that won more games in the division finishes ahead;
    - (iv) Total goals allowed. Team with the fewest total goals allowed finishes ahead;

(v) Most goals scored. Team scoring the most goals in league competition finishes ahead.

(b) If only two teams are tied, tie breakers are applied in the order above, beginning with (a)(i), until the tie is broken.

(c) If three or more teams are tied in points, tiebreakers are applied beginning with (a)(ii) until one team is either advanced or eliminated. If a tie still remains, the remaining teams will be compared using the criteria in order beginning with (a)(ii) until only 2 teams remain tied. When only 2 teams remain tied, criteria are applied beginning with (a)(i).

(d) If a tie remains after all tie breakers have been applied, the tie in league standings will remain in effect.

### ***I. Responsibilities of Coaches and Team Personnel***

1. The coach in charge of a team at a match is responsible for the conduct of the team's spectators, team officials, and players. The coach in charge of the team may be warned or expelled for failing to control the conduct of the team's spectators, team officials, or players.
  - (a) If a game is abandoned because of the behavior of spectators or team personnel, the coach may be suspended in addition to any other effect of the abandonment on the team.
  - (b) Any suspension for conduct causing match abandonment may be imposed only after a disciplinary hearing.
2. Coaching - giving direction to one's own team on points of strategy and position - is permitted from the sidelines by ONE coach at a time, provided:
  - (a) Neither mechanical nor electronic devices are used; and
  - (b) The tone of voice is informative and not a harangue.
3. No coach, team official, substitute, or player is to make derogatory remarks or gestures to the referees, other players, substitutes or spectators.
4. No coach, team official, substitute, or player is to use profanity.

5. No coach, team official, substitute, or player is to incite, in any manner, disruptive behavior of any kind.
6. The following are examples of irresponsible behavior that may result in dismissal from the match:
  - (a) Throwing objects in protest;
  - (b) Speaking insulting words or making offensive gestures;
  - (c) Kicking chairs;
  - (d) Making unwanted contact with an opponent;
  - (e) Striking advertising boards;
  - (f) Persistently and flagrantly protesting decisions of an official;
  - (g) Interfering with the performance of assistant referee or fourth official duties;
  - (h) Entering the field of play without the permission of the referee.
7. If there is a violation of any item in paragraphs I(1)-I(6) by a coach or other team official, the referee shall warn the offending party and ask for compliance with the rules. The referee will include information about any warnings issued in the referee's written match report.
  - (a) In the event that compliance is not received from the offending party, the referee shall ask the offending party to leave the team area.
  - (b) If the referee considers that an individual coach or team official's actions are a flagrant display of irresponsible behavior, the referee may require the offending person to leave the team area without issuing a prior warning.
  - (c) Such a request constitutes an expulsion for any coach or other team official.
  - (d) The referee must include details of the action in the referee's written match report.
  - (e) If the offending party refuses to leave the playing area, or returns after leaving, the referee may abandon the match and include the details of the game abandonment in the written match report.

8. Players, substitutes, or substituted players engaging in irresponsible conduct will be cautioned or sent off by the referee in accordance with the Laws of the Game.

### ***J. League Disciplinary Actions for Players, Coaches, and Team Officials***

1. Referees will note any cautioned or sent off players or coaches in their match report.
2. All member passes will be returned to the team before the referee leaves the field.
3. Effect of a sending off or expulsion:
  - (a) A player who has been sent off must leave the team bench and sideline.
    - (i) The player should be directed to sit with his/her parents, a team official, or another responsible parent from the player's team on the spectator side of the field.
    - (ii) If no responsible adult is available to take charge of the sent off player, the player may remain on the team sideline under the supervision of the team coach. Any irresponsible behavior by a sent off player may result in additional penalties.
  - (b) A coach or other team official who has been expelled must leave the field and must remain out of sight of the game until the match is completed.
  - (c) Players who have been sent off (received a red card) and coaches or team officials who have been expelled have mandatory game sit outs of AT LEAST one match.

### ***K. Abandoned Games***

1. If the referee abandons a game without fault by either team,
  - (a) the League Director and league scheduler will work with the teams to try to reschedule the game.
  - (b) If a reschedule is determined to be impossible,
    - (i) The score of a game abandoned following the end of the first half will be the score at the time of abandonment.

- (ii) The score of a match abandoned during the first half will be entered as a 0-0 draw.
2. If the referee abandons a game because of the improper behavior of a coach, players, spectators, or any combination thereof, The match will NOT be rescheduled.
    - (a) If both teams are at fault, the game will be scored as a forfeit by both teams so that neither team receives any points from the match in the standings.
    - (b) If only one team is at fault, the score will be entered as a forfeit by the team at fault.

### ***L. Game Rescheduling***

1. When a game must be rescheduled for any reason that is outside of the control of either team, such as described in section C(3)-C(5), or any other abandonment not the fault of either team,
  - (a) The League Director and the league scheduler will work with the teams to attempt to reschedule games.
  - (b) The decision of the League Director regarding a game reschedule is final.
  - (c) A reschedule may not be possible in all cases.
2. A team may request a reschedule in the event of an emergency. What constitutes an emergency will be determined on a case by case basis. Missing players because of SAT testing, Prom, or other school social events does not constitute an emergency.
3. A team may request a non-emergency reschedule of a match by sending a request for a change to the league scheduler. **A non-emergency request for a schedule change must be submitted more than 2 weeks prior to the currently scheduled date by a rostered coach or team manager for the requesting team and must include:**
  - (a) The game currently scheduled date, time, and location;
  - (b) Names of the home team and visiting team;

(c) Requested new date for the match (must be more than 2 weeks after the request is submitted);

(d) Approval by an authorized representative (rostered head coach or team manager) for the opposing team