



# **WELCOME TO FREMONT YOUTH SOCCER LEAGUE**

Fremont Recreational Youth Soccer

## **GENERAL RULES**

Participation in Recreational Youth Soccer

## **Contents**

Page 4 - 6 FC Fremont Organization and Registration

Page 7 Team Formation

Page 7 Player Assignments

Page 8 Practices and Field Assignments

Page 9 Eligible Players

Page 10 Uniforms

Page 10 FC Fremont teams in Non-FC Fremont Competitions

Page 11 Participation of Players

Page 11 Sportsmanship and Conduct

Page 12 Rescheduled Games

Page 12 Rules of the Game

Page 13 U4 Academy Division Overview

Page 14 U5 Academy Division Overview

Page 15 U6 Academy League Overview

Page 16 U7 Academy League Overview

Page 17 U8 Academy Division Overview

Page 18 U10 House League Overview

Page 19 U12 House League Overview

Page 20 U14 – U16 House League Overview

Page 21 Coaches

Page 21 Appeals and Protests

Page 22 Awards

Page 22-23 Referees

Page 24 Team Standings

Page 24 Season Games

Page 25 Directors Cup

Page 26 Player Equipment and Substitutions

Page 27 Forfeits, Fouls and Misconduct

Page 27 Protests and Appeals

Page 28 Disciplinary Action

## **GENERAL RULES**

### **Participation in Recreational Youth Soccer**

FC Fremont is a non-profit California Corporation organized to promote and administer the operation of a participation youth recreational soccer division, academy soccer division, high comp soccer division. FC Fremont is run by an Executive Director, Director of Coaching & Board of Directors and is a member of U.S. Youth Soccer, Northern California Youth Soccer Club and US Club Soccer. FC FREMONT is made up of volunteer Coaches, Parents and a volunteer Board of Directors.

The goal of FC Fremont is to offer every player the opportunity to participate in and play soccer at his or her own level of competition. Teams are provided in a recreational division, an academy division, a high comp division. Emphasis is placed on the development of soccer skills, participation and enjoying the game of soccer. While team standings are kept, won-lost records are de-emphasized as the division puts soccer skill development, participation and enjoyment of the game of soccer first.

### **RULE 1 ORGANIZATION**

#### **Section A. Playing Season**

The soccer year runs from August to July of any given year

1. Fall August – November (approximately)
2. Spring February – May (approximately)

#### **Section B 1. Age Classifications, Youth**

1. The club offers a coed program at U4 thru U6 and separate boys and girls divisions thereafter. Team assignments are made by the Development Officer in the U4 thru U8 age groups and the Fc Fremont Office in the U9 thru U19's.
2. Age classification for the fall and spring season will be determined by the child's birth year. Playing down out of a player's age classification is not allowed.
3. FC FREMONT subscribes to the USYSA seasonal year starting August 1 of any given year and ending on July 31 of the following year or on July 31 of any subsequent year as necessary for the purposes of team formation as well as establishment of age classifications.
4. FC FREMONT will allow players to play up based on the FC Fremont Playing Up Policy.
  1. Proof of age is required at the time of registration unless previously provided.
  2. The club has the option to vary age groups in order to form teams seasonly.

## **Section B 2. House Registration Information**

### **House Registration Information**

Our coaches and Board of Directors hope that this will be an enjoyable year for you and your family. As part of the process, we want to ensure that you are fully aware and understand the commitments all players, parents/guardians/spectators will be bound by the following FC Fremont Code of Ethics while participating in FC Fremont sanctioned events.

### **How do I register a player?**

#### **Online – New and Returning Players**

Please go to our website at [www.fysl.org](http://www.fysl.org) to register online. This information will be posted when we open our registration.

#### **Office – New Players and Returning Players**

Please complete the FC Fremont registration form and bring a method of payment to the FC Fremont Office. All player(s) must be registered by their parent (s), and/or legal guardian(s) in person. Please make checks payable to Fremont Youth Soccer League or use our credit card system at the office.

**New Player** – Complete the FC Fremont Registration Form and provide a copy of the player's birth certificate to the league. You can scan and email the registrar at [registrar@fcfremont.com](mailto:registrar@fcfremont.com), Fax: 510-353-1871 or mail to FC Fremont: c/o FC Fremont Registrar, 44100 Old Warm Springs Blvd, Fremont, CA, 94538.

#### **Registration Hours at the FC Fremont Office**

Please check our website for updated office hours

#### **Important Dates for Registration**

Please check our website for our registration dates.

#### **Age divisions for the House and Academy Program**

Please check out website for age divisions

\*Fremont reserves the right to adjust age groups based on participation.

#### **Multi-Sibling Discount**

To aid with the cost of the registration FC Fremont will give a multi-sibling discount. The discount is half the registration fee for the 3rd sibling, 4<sup>th</sup> sibling is free if registered in the U10- U19 program.

#### **Communication**

Communication from the club to the members is primarily done through email. Please make sure your

email address is current. The club does use callingpost to call the individual team managers with specific information (additional club info etc).

### **Uniforms**

All uniforms need to be purchased through Dayak's Den.

130 Fremont Hub Courtyard, Fremont, CA 94538: 510-744-1247.

Web: <http://www.dayakdensoccer.com>

The home uniform is blue and the away uniform is white.

\*At the office we do have a small supply of uniforms, please ask when registering.

### **Refund Policy**

Refund requests must be requested in writing. Via email to the FC Fremont Registrar at [registrar@fcfremont.com](mailto:registrar@fcfremont.com) or by mail to FC Fremont, c/o FC Fremont Registrar, 44100 Old Warm Springs Blvd, Fremont, CA, 94538.

Late registrants not placed on a team will be refunded the full registration fee.

FC Fremont is not responsible for any refund requests that are lost due to postal errors. FC Fremont will retain a \$40 administrative fee for all refunds (except for registrants not placed on teams). There will be no refunds after February 1st for the spring season and June 16<sup>th</sup> for the Fall season. No exceptions.

## **Rule 2 TEAM FORMATION**

### **Section A. Registration of Players**

1. The FC Fremont Office will plan and conduct player registration prior to each season and will establish the dates for closing registration and initiation of the team formation process. Recreational division applications will be accepted and actively placed in their proper divisions until the Age Group/ Teams are full. Applications will be accepted after Phase Two registration period with assignments made only at the discretion of the FC Fremont office and on a first come, first serve, first available team basis.

2. Registration fees are due at the time of registration.

3. A team's official roster shall consist of the players for which the coach has received copies of an official roster.

4. If there is doubt as to a player's status with the division, the coach shall be responsible for assuring that any player in question is properly registered with the division and properly assigned to the coach's team by contacting the FC FREMONT office.

EXAMPLE: a player shows up at practice and says he/she is on the team, but the coach has not been notified of the addition.

5. A player added to a team may not participate in practice or matches prior to the official acceptance date of the player into the division. The official acceptance date shall be the processing date on the bottom of the players registration form.

6. Penalty: Team managers and Coaches who do not comply with registration policies will face disciplinary action up to and including forfeiture of all matches where ineligible players participated and possible suspension from the division for a minimum of one [1] year to be determined by the Board of Directors under the provisions of rule 13.

### **Section B. Player Assignments**

1. Players will be assigned teams by the FC Fremont Office.

2. House teams are formed by the player's age, fair and balanced, geographically in regards to volunteer coaches and registration phase. That is the reason we ask you to provide us with the public elementary school nearest your home. This allows for the majority of players to play with children in their area and hopefully friends from their school. Please be advised that this scenario cannot be guaranteed and circumstances dictate any change(s)  
FC Fremont does NOT accommodate requests for player placement of teams or with coaches.

3. The seasonal year runs from fall to winter and spring to summer. The division is formed beginning with the fall season. Players may be assigned to teams at the discretion of the FC Fremont office as referred to in B.2.

4. Returning players for the spring season will be assigned to the team on which he/she played in the immediately previous (fall) season. Spring League is a continuation of the prior Fall league unless

player(s) registered in phases two and/ or three. (as per FYSL policies), or unless the player requests to be placed differently or circumstances dictate any change(s).

5. Players moving up in age classification and first time players will be assigned to teams on the basis of the player's age, fair and balanced, geographically in regards to volunteer coaches and registration phase. Children of head coaches may be assigned to that coach's team regardless of the geographic location of residence, within age classification.

6. Players will be placed in age divisions by birth year or petition as outlined in rule B.2. Playing out of the age classification is not allowed.

7. Players who register after the close of registration will be assigned to teams at the discretion of the FC Fremont office and placed on a wait list until there are openings on teams.

8. Special requests which do not conform to these team formation guidelines must have the approval of the FC Fremont Office, and coach [es] involved and are only to be granted for serious reasons.

9. Recruitment of players by parents, coaches or other players for a specific team in the Recreational division is not allowed.

### **Rule 3 PRACTICES and FIELD USAGE**

Practices are limited to a maximum of one (1) per week (U4, U5, U6) two (2) per week (U7 , U8 and above) prior to and during the playing season and may not exceed a total of three (3) hours per week. Suspected violations of the rule should be reported in writing to the FC FREMONT office and Vice President ([vp@fcfremont.com](mailto:vp@fcfremont.com)) at the earliest possible time.

#### **Section A. Practice Field Assignment Policy**

1. In order to arrange to use a City & School District field through FC Fremont for soccer practice, that field must have been contracted to FC Fremont Youth Soccer Club by the City & School District. To request a field or inquire as to the status of a field's availability: please contact [fields@fcfremont.com](mailto:fields@fcfremont.com)

2. FC FREMONT will assign practice times and locations.

3. You must have authorization to use that particular facility on the days and at the times you have specified. This authorization is binding between you, FC FREMONT and the City and/or Schools District. Violations of the authorization requirements could cause forfeiture of privileges and facility usage.

4. Once assigned a date and time, you cannot deviate from your assigned time or date. You cannot switch days due to inclement weather.

5. The authorization you receive from FC FREMONT is valid only for the duration of the current soccer season. Practice assignments will be made at the beginning of each fall and spring season.

6. FC FREMONT will continue to schedule the practice fields and will contract for a block of fields through the City and School system.

7. You are requested and required to cooperate with other coaches and teams. Limited facilities and common courtesy demands it. We (FC FREMONT) will not tolerate what would be deemed uncivil or unsportsmanlike or ungentlemanly conduct.
8. Be advised that School sponsored activities have precedent over FC FREMONT activities on School property. You should not have any conflicts but if you do, be patient. Most School activities conclude by 6:00 P.M.
9. Some fields may not be open at certain times of the year, please contact [fields@fcfremont.com](mailto:fields@fcfremont.com) for more information.
10. Coaches must insure that all players have left the practice site prior to departing. Do not leave players unsupervised after practice.
11. Some facilities are under the jurisdiction of the City and/or Schools District. FC FREMONT will be scheduling at some of these facilities as well. The same authorization will apply.
12. FC FREMONT contracts with the City and/or Schools District agencies to provide access to facilities for the purpose of soccer practice. While there are other facilities in the City and/or Schools District available, FC FREMONT utilizes a portion as outlined by City and/or Schools District.

### **Section B. School Activities and Safety**

1. At times school activities will take precedence over FC FREMONT teams.
2. Two [2] teams or more will practice on one field at the same time, sharing facilities.
3. Goals are anchored for safety. Do not attempt to move the goals. Recreational, Academy or High Comp teams or groups that dismount or attempt to dismount goals and then move goals from their mounted locations without the permission will be banned from use of the facility except for match play at which time they will be under supervision of Club officials.
4. Unauthorized dismounting and relocation of goals is a serious violation of equipment safety.
5. Players are not to hang, chin up or climb on goals in any fashion. Such actions are dangerous and could lead to serious injury. Players who climb or hang on goals prior to or during a match will be ejected from the match in the same fashion as a red card; Players who hang or climb on a goal after a match will be ejected from the team's next match in the same fashion as a red card.

### **Rule 4 ELIGIBLE PLAYER**

1. A player who meets the age requirements in rule 1 and is properly registered and assigned to a team according to the provisions of rule 2 is considered an eligible player if playing on the team to which he/she is assigned. By this and only this method may a player be placed on a recreational team in the division. Players thus registered and accepted into the division in this manner are considered to be recreational players. Suspected violations should be reported in writing to the FC Fremont office.
2. Players who are registered with the division but participate with a team they are neither rostered nor assigned to by the FC Fremont office shall be considered ineligible.

3. Players actively rostered to academy or high comp teams are ineligible to participate in the recreational division.

### **Section A. High Comp Players**

1. High Comp players are players who have tried out for and have been actively rostered to a high comp soccer team playing in the CYSA Comp Division.

2. Players rostered to high comp or academy teams may not participate in the recreational division unless the player has prior written approval from the Director(s) of Coaching

3. Players who are dropped from high comp team rosters may play in the recreational division with written approval from the Director(s) of Coaching but may not be re rostered on another high comp team

4. Players who participate in the recreational division can not be picked up and rostered with a high comp roster until the recreational season ends. Unless there is approval by the FC Fremont office.

### **Rule 5 UNIFORMS**

1. Shin guards are mandatory.

2. Teams will be required to wear the jerseys furnished by the Club. No player will be allowed to participate if his or her jersey has been altered.

3. Shorts are required to be worn by all players. Players will not be allowed to wear any undergarment that is exposed and shows below their shorts. Exception being when the weather is cold, a player may wear sweat pants under their shorts. Slider shorts may also be worn but only when the color of the slider short matches the color of the uniform shorts.

4. No jewelry is allowed to be worn during games.

### **Rule 6 PLAY BY FC FREMONT TEAMS IN NON-FC FREMONT COMPETITION**

FC FREMONT teams are permitted to play in competition outside FC FREMONT if the following rules are observed:

1. Such competition does not interfere with FC FREMONT scheduled games AND

2. Such games count as a practice session under rule 3 with the exception being teams that participate in tournaments where three (3) or more games are played in one weekend AND

3. Such competition is sanctioned by the United States Youth Soccer Club, CYSA or FC Fremont Club.

### **Rule 7 PARTICIPATION OF PLAYERS**

All players are required to play one quarter of each half in the game. All players who constructively participate in at least one practice a week are required to play two quarters or one half of each game unless:

The coach notifies and gives reasonable justification to the player, his/her parent (s) or guardian, and the opposing coach prior to the game, OR

The player receives an injury, OR

The player or his/her parent(s) or guardian requests the coach to do so.

1. If the player, his/her parent (s) or guardian or the opposing coach believes that the minimum playing time has not been allowed, such person shall notify the FC FREMONT office within 48 hours.

2. In the U10 and younger divisions, no player shall play an entire game in goal. Any child playing goalie in these divisions must play at least one quarter in another field position.

This rule applies to both regular season games and tournament games. All age groups will adhere to USSF rules.

3. Any player who receives a red card or a coach that is ejected must sit out the next regularly scheduled match. The player should be seated on the bench with his/her team.

The referee and opposing coach should be advised why the player is not participating.

4. Upon ejection, the coach must immediately leave the field and must be out of sight and sound of the match. The coach may return to the next regularly scheduled match but he /she may only watch from the stands and neither coach can advise the team in any manner.

Penalty: Disciplinary action, which may include forfeiture of any games in which a violation occurs, to be determined by the appropriate division and/or the FC FREMONT Board of Directors under the provisions of rule 13.

## **Rule 8 SPORTSMANSHIP AND CONDUCT**

### **Section A. Unsporting Conduct**

Unsporting conduct by spectators, referees, coaches, or players directed at spectators, referees, coaches or players is strictly forbidden. Coaches are responsible and may be held accountable for the conduct of team parents and fans and are expected to assist the referee in his/her efforts to control the game. The referee has the right to eject any coach or player or to terminate the game for reasons of unsporting conduct. This is applicable before, during and after games.

### **Section B. Suspension or Discipline of Coaches or Players**

1. A coach or a player may be suspended or disciplined according to these rules and procedures.

2. All cautions and ejections of a coach or player during a match will be reported by the referee to FC FREMONT Referee Coordinator (Assignor) who shall in turn report to the appropriate FC FREMONT office with his/ her recommendations.

3. The FC FREMONT Sportsmanship Committee upon consulting with the Coaching Staff may suspend a coach or a player on such terms as deemed advisable and necessary, and shall report immediately his actions and the reasons therefore to the Board of Directors through the FC FREMONT office.

4. The FC FREMONT Sportsmanship Committee's action shall remain in effect until the appeals procedure has concluded [see rule 13].

5. The Club may suspend a coach or a player from participation for the following offenses:

- Striking and/or directing derogatory remarks toward a coach, player, spectator or FC FREMONT official before, during or after a game. Minimum Suspension 3 games.
- Assault can also result in criminal action.
- Striking and/or directing derogatory remarks toward a referee or other official of the game before, during or after a game. Minimum Suspension 3 games. Assault on referees can also result in criminal action and further action by US Soccer.
- Receiving two (2) or more ejections from games in one season until such time as the FC FREMONT Recreation Division can meet and decide on a course of action dependent on information and evidence surrounding the incident. Minimum suspension 3 games, maximum suspension 3 months.
- Recruiting of players for a specific team or allowing an ineligible/unregistered player to participate in any FC FREMONT or USYSA sanctioned soccer match. Minimum suspension 6 months, maximum suspension 1 year.

## **Rule 9 RESCHEDULED GAMES**

Games will be played as scheduled unless canceled, postponed, terminated or rescheduled as set forth in these rules. In the event of rain or poor weather conditions, the decision to play will be made by a league official. In the absence of a league official, the decision will be made jointly between the referee and the coaches. Any determination by a majority of the three will stand. (Example: two voting to postpone the match vs. one who votes to play). In matters of player safety such as field conditions, the decision rest solely with the referee.

## **Rule 10 RULES OF THE GAME**

### **Section A. Official Playing Rules**

1. Games shall be officiated according to the rules of the United States Soccer Federation and the United States Youth Soccer Club providing there is no FC FREMONT rule to the contrary. FC FREMONT rules shall supersede rules by any other organization or publication.

2. Changes to the FC FREMONT rules of competition or these General Rules require the review and approval of the FC FREMONT Board of Directors.

### **Section B. Approved Changes**

1. This section is not intended to be a complete embodiment of FC FREMONT amendments to Federation rules. The Board of Directors may approve amendments to the rules at their discretion.

2. In divisions where scores and standings are kept, the minimum players required to be present for the match to start must be on the field by no later than five [5] minutes past the scheduled game start time or the match will be recorded as a forfeit. Failure by both teams to field squads will result in a double forfeit.

### **Section C. Divisions of Play - U4 Academy Division**

**Maximum Number of players on field per team:** A match is played by two teams, each consisting of not more than three (3) players.

**Minimum number of players per team to start game:** 1

**Goalkeeper:** No Goalkeepers

**Roster Size:** PODS group – approximately 15-20 players

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Flying subs – any time during the game

**Goal Size:** Pugg goals or similar size goals

**Ball Size:** Size 3

**Pitch:** 20 yd long x 12.5 yd wide

**Awards:** Participation medals are awarded in the fall and trophies in the spring.

**Officials:** No referees

**Duration of the Match:** The match shall be divided into four (4) equal, six (6) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

**Coaches Positions:** Coaches are allowed on the field to assist the players.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** No direct or indirect kicks, no throw ins, no penalties, no offside.

**The Goal Area:** None.

**The Penalty Area:** None.

**Flag posts:** None.

**The Corner Arc:** Conform to FIFA.

## **U5 Academy**

**Maximum Number of players on field per team:** A match is played by two teams, each consisting of not more than three (3) players.

**Minimum number of players per team to start game:** 1

**Goalkeeper:** No Goalkeepers

**Roster Size:** PODS group – approximately 15-20 players.

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Flying subs – any time during the game

**Goal Size:** Pugg goals or similar size goals

**Ball Size:** Size 3

**Pitch:** 25 yd long x 15 yd wide

**Awards:** Participation awards are awarded in the fall and spring.

**Officials:** No referees.

**Duration of the Match:** The match shall be divided into four (4) equal, six (6) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

**Coaches Positions:** Coaches are allowed on the field to assist the players.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** No direct or indirect kicks, no throw ins, no penalties, no offside.

**The Goal Area:** None.

**The Penalty Area:** None.

**Flag posts:** None.

**The Corner Arc:** Conform to FIFA.

## **U6 Academy**

**Maximum Number of players on field per team:** A match is played by two teams, each consisting of not more than three (3) players.

**Minimum number of players per team to start game:** 1

**Goalkeeper:** No Goalkeepers

**Roster Size:** 6 per team.

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Flying subs – any time during the game

**Goal Size:** Pugg goals or similar size goals

**Ball Size:** Size 3

**Pitch:** 25 yd long x 17.5 yd wide

**Awards:** Participation awards are awarded in the fall and spring.

**Officials:** No referees

**Duration of the Match:** The match shall be divided into four (4) equal, seven (7) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

**Coaches Positions:** Coaches are allowed on the field to assist the players.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** No direct or indirect kicks, no throw ins, no penalties, no offside.

**The Goal Area:** None.

**The Penalty Area:** None.

**Flag posts:** None.

**The Corner Arc:** Conform to FIFA.

## **U7 Academy**

**Maximum Number of players on field per team:** A match is played by two teams, each consisting of not more than four (4) players.

**Minimum number of players per team to start game:** 3

**Goalkeeper:** No Goalkeepers

**Roster Size:** 8-18 per pod.

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Flying subs – any time during the game

**Goal Size:** Pugg goals or similar size goals

**Ball Size:** Size 4

**Pitch:** 35 yd long x 25 yd wide

**Awards:** Participation awards are awarded in the fall and spring.

**Officials:** No referees

**Duration of the Match:** The match shall be divided into four (4) equal, ten (10) minute quarters. There shall be one (1) minute break between quarters one and two and another one (1) minute break between quarters three and four. There shall be a halftime interval of two (2) minutes.

**Coaches Positions:** Coaches are allowed on the field to assist the players.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** No direct or indirect kicks, no throw ins, no penalties, no offside.

**The Goal Area:** None.

**The Penalty Area:** None.

**Flag posts:** None.

**The Corner Arc:** Conform to FIFA.

## **U8 Academy Division**

**Maximum Number of players on field per team:** A match is played by two teams, each consisting of not more than five (5) players.

**Minimum number of players per team to start game:** 3

**Goalkeeper:** No Goalkeepers

**Roster Size:** 8 - 18 per pod.

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Flying subs – any time during the game

**Goal Size:** Pugg goals or similar size goals

**Ball Size:** Size 4

**Pitch:** 40 yd long x 30 yd wide

**Awards:** Participation awards are awarded in the fall and the spring.

**Officials:** No referees

**Duration of the Match:** The match shall be divided into two (2) equal, twenty five (25) minute halves. There shall be a halftime interval of five (5) minutes.

**Coaches Positions:** Coaches are allowed on the field to assist the players.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** No direct or indirect kicks, no throw ins, no penalties, no offside.

**The Goal Area:** None.

**The Penalty Area:** None.

**Flag posts:** None.

**The Corner Arc:** Conform to FIFA.

## **U-10 House league**

**Maximum Number of players on field per team:** 8

**Minimum number of players per team to start game:** 5

**Goalkeeper:** Yes

**Roster Size:** 13

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Players may be substituted only during the following:

a. Prior to a throw-in in your favor. b. Prior to a goal kick by either team. c. After a goal by either team. d. After an injury, be it either team. e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card). f. At half time.

2. A substitute may not enter the field of play until he has been given the signal by the referee.

**Goal Size:** 7 ft x 21 ft

**Ball Size:** 4

**Pitch:** 70 x 50 yards

**Awards:** None

**Officials:** Yes – One referee

**Duration of the Match:** The match shall be divided into two (2) equal, twenty five (25) minute halves. There shall be a halftime interval of five (5) minutes.

**Coaches Positions:** Coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

**Scoring, Standings and Forfeits:** No scores kept or standings posted. No forfeits.

**Laws of the Game Modifications:** Conform to FIFA

**The Goal Area:** Six (6) yards from each goal and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.

**The Penalty Area:** Yes

**Flag posts:** Yes

**The Corner Arc:** Conform to FIFA

## **U-12 House league**

**Maximum Number of players on field per team:** 11

**Minimum number of players per team to start game:** 7

**Goalkeeper:** Yes

**Roster Size:** 18

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Players may be substituted only during the following:

a. Prior to a throw-in in your favor. b. Prior to a goal kick by either team. c. After a goal by either team. d. After an injury, be it either team. e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card). f. At half time.

2. A substitute may not enter the field of play until he has been given the signal by the referee.

**Goal Size:** 8 ft x 24 ft

**Ball Size:** 4

**Pitch:** 100 x 60 yards minimum

**Awards:** Awards for first and second in the league

**Officials:** Yes – One referee and two assistant referees

**Duration of the Match:** The match shall be divided into two (2) equal, thirty (30) minute halves. There shall be a halftime interval of five (5) minutes.

**Coaches Positions:** Coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

**Scoring, Standings and Forfeits:** Score and Standings kept

**Laws of the Game Modifications:** Conform to FIFA

**The Goal Area:** 18 yard area.

**The Penalty Area:** Conform to FIFA

**Flag posts:** Yes

**The Corner Arc:** 1 yard radius

## **U-14-U16 House league**

**Maximum Number of players on field per team:** 11

**Minimum number of players per team to start game:** 7

**Goalkeeper:** Yes

**Roster Size:** 18

**Player Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Substitutions:** Players may be substituted only during the following:

a. Prior to a throw-in in your favor. b. Prior to a goal kick by either team. c. After a goal by either team. d. After an injury, be it either team. e. For a cautioned player (CYSA recommends a 10 minute substitution following a yellow card). f. At half time.

2. A substitute may not enter the field of play until he has been given the signal by the referee.

**Goal Size:** 8 ft x 24 ft

**Ball Size:** 5

**Pitch:** 100 x 60 yards minimum

**Awards:** Awards for first and second in the league

**Officials:** Yes – One referee and two assistant referees

**Duration of the Match:** U14 - The match shall be divided into two (2) equal, thirty five (35) minute halves. There shall be a halftime interval of five (5) minutes. U16 - The match shall be divided into two (2) equal, forty (40) minute halves. There shall be a halftime interval of five (5) minutes.

**Coaches Positions:** coaches must stay in the coach's area 20 yards long, beginning at the halfway line go 10 yards down the touchline into each half of the field.

**Scoring, Standings and Forfeits:** Score and Standings kept

**Laws of the Game Modifications:** CONFORM TO FIFA

**The Goal Area:** 18 yard area.

**The Penalty Area:** Conform to FIFA

**Flag posts:** Yes

**The Corner Arc:** 1 yard radius

## **Rule 12 COACHES**

1. Coaches shall be responsible for compliance with the rules set forth herein, and with the rules of the United States Soccer Federation, by their teams, the members thereof, and those associated with the team.
2. Coaches will also be responsible to keep their team members, Assistant Coaches within the area marked for teams and coaches, which will be so marked. No coaching will be allowed from the opposing sideline or behind the goals by either a coach or any other person.
3. U10 - U19: Team bench areas will be on the opposite side of the field from parents and spectators.
4. Coaches will be required to submit a coach's application prior to the season start and agreement with the code of ethics attached to the application.
5. Coaches, as well as other volunteers, will participate in the United State Youth Soccer Club's Risk Management Program.

## **Rule 13 APPEALS AND PROTESTS**

### **Section A. General**

1. Appeals or protests pertaining to the interpretation and enforcement of these General Rules must be made in writing within 48 hours of the incident in question and addressed to the Executive Director of FC FREMONT.
2. No protests concerning referees' interpretations of rules of play will be considered.

### **Section B. Consideration of Appeals and Protests**

1. Appeals or protests pertaining to the interpretation and enforcement of the General Rules made by a coach, referee, parent, guardian or an official of FC FREMONT, will be decided by the Discipline and Appeals Committee.
2. Unless otherwise stated, the protests and appeals process will follow a process as stated in the FC FREMONT Discipline and Appeals Manual. This process is described in a separate document.
3. All appeals that the aggrieved person wishes to have reviewed by the Discipline and Appeals Committee shall be addressed to the Executive Director of FC FREMONT. The Executive Director shall make available all documentation regarding the appeal to the person(s) involved.
4. If necessary, the Commissioner will request a special meeting of the D and A Committee for the presentation of said appeal.
5. The appeals meeting will be a closed meeting.
6. The decision of the D and A Committee shall be put in writing and filed with the FC FREMONT VP.
7. The process of appeals is not a court of law and no attorney and/or character witnesses will be allowed.

## **Rule 14 AWARDS**

1. The manner of the trophies and other awards shall be determined by the Division and/or the FC FREMONT Board of Directors. Refer also to Rule 16, team standings.
2. Fall season awards or trophies will be presented in recreational (house) division play for teams U9 and older. The teams playing in the director's cup will receive awards. Coaches and team parents are responsible for trophies for their teams otherwise.
3. Players in the U4, U5, U6, U7, and U8 age group will all receive participation awards at the end of each season, as these are non-competitive groups.

## **Rule 15 REFEREES**

Referee teams will be deployed in a one-man (U9-U10) or a three-man system (U11-U18), a referee and two assistant referees. There are no referees in the U4 through U8 Divisions. In the U9 and U10 Divisions will have a center referee.

### **Section A. Certification**

All referees who officiate scheduled FC FREMONT matches must be certified by the CYSA.

### **Section B. Assignment**

1. Referees will be assigned to officiate scheduled FC FREMONT games by the referee assignor appointed by FC FREMONT Board of Directors. In the event that the regularly scheduled referee does not report for a match, any certified FC FREMONT referee may officiate the game. In the event that no certified FC FREMONT referee is available, the game will be rescheduled.
2. In the event that either or both of the scheduled line assistant referees are not present, the referee may choose club linesmen from each side and the game may proceed. Club linesmen will only call out of bounds and not offside nor infractions of the laws of the game.

### **Section C. Score Reporting and Booking**

Referees are required to report in writing or online, by the end of the play date, to the FC FREMONT Match Secretary and Director of Referees:

- The score, including the name of the teams, and
- Any disciplinary action taken including the administration of cautions and ejections of players or coaches.
- At the end of the match the coach should verify and sign the score sheet (please check the reported score). This is not to be confrontational. Questions and appeals should be directed through established procedure.

### **Section D. General Information**

FC FREMONT intends to improve the quality and therefore the enjoyment of the game for players, spectators, coaches and officials.

1. Matches are expected to start on time. The only delay to a match start should be failure of a team to show on time, hence a forfeit, or weather related delay, but not failure of the referee team to show.

2. Prior to the match, the referees are to:

- Inspect the player's equipment and insure all comply with the Laws of the Game as defined by FC
- FREMONT, USSF and FIFA.
- Explain to the team captains at the coin toss your expectations and issue any prematch instructions.
- Restart the match after the half on time.

### **Section E. Referee Uniform Requirements**

1. FC FREMONT plays soccer by the Laws of the Game as defined by FIFA and the USSF. We consequently require that the players meet certain dress requirements prior to participating in a match, shin guards, socks pulled up, no jewelry, etc.

2. Referees are required to wear an approved referee kit as defined by the USRA, USSF and FIFA as well as wear the kit properly.

3. FC FREMONT expects each referee to conform to the following uniform requirements to be considered a properly outfitted referee and a proper representative of FC FREMONT, the USSF and FIFA to the players, coaches and spectators. Prior to stepping onto the pitch for a match you are required to be uniformed properly as follows:

#### **Warm Weather Conditions prior to and during the match**

- Socks are pulled up
- Shorts are to be worn at the waist and not sagged
- Jersey is to be tucked in and the USSF patch displayed properly

#### **Cold Weather Conditions prior to and during the match**

- Socks are pulled up
- Shorts are to be worn at the waist and not sagged. Long solid black pants may be worn in lieu of shorts; they are to be worn at the waist. Jersey is to be tucked in and the USSF patch displayed properly. A black turtle neck may be worn under the jersey
- Black gloves may be worn

#### **Inclement Weather Conditions prior to and during the match**

- In the event of rain, jackets or other necessary garments may be worn over the uniform as long as they do not interfere with the referee's ability to call the match.
- A black baseball style cap may be worn.

## **Section F. General Endnotes**

1. Referees are paid by FC FREMONT to officiate the soccer matches. Referees contract their services to FC FREMONT, they are not employees of FC FREMONT. It is the duty of the center referee to report the game score and any linesmen that worked the game. This is the pay sheet.
2. Assessment and evaluation system for referees. The purpose of the system is to assist the referee in improving his performance on the pitch to enable him to become a high quality official. The assessment system will follow the current NCSRA system.
3. The assessment system will not be used to "weed out" poor officials, but rather to give all officials a chance to improve.

## **Rule 16 TEAM STANDINGS**

1. Regular season team standings shall be determined by the won/loss record for games during one season. If two teams have the same number of points, they will occupy the same position in the standing, and the next position will be unoccupied. For example, if two teams tie for first place, the teams will be declared co-champions, and the team with the next highest accumulated point total will be in third place; second place would be unoccupied.
2. In the case of a three- way tie for first place, the tie breaker format used for seeding tournaments as outlined in Rule 16 Section D will be applied.

## **Section A. Points Awarded for Games**

Points will be awarded for games as follows:

Win 3 points

Tie 2 points

Loss 1 point

Forfeit 0 points

In the case of a forfeit, the score will be 1-0.

## **Section B. Tie Scores**

1. Regular season games, which end in ties, shall be recorded as such and will not be broken by overtime play or any other method.

## **Section C Number of Games in one Season**

1. The Match Secretary will determine the number of games played in one season. Matches or games for the season are scheduled on a computer. The computer program utilized makes random selections within each age group for the regular season.

2. Schedules produced are final and teams are expected to complete the schedule as presented.

### **Section D Seeding for Tournaments**

1. Tournament seeding shall be determined in the following order:

- Total points accumulated during the season
- Head to head competition
- Bonus Points
- Fewest goals allowed

2. Teams shall be awarded Bonus points for goal differential in each match with a maximum of 3 bonus points being awarded in anyone match. [EXAMPLE: a team winning by a score of 2-1 would receive 1 bonus point; a team winning 4-0 would receive 3 bonus points.) A team winning by forfeit gets 3 points for a win and bonus points equal to the average of other matches already played.

**INTENTIONALLY RUNNING UP SCORES AGAINST OPPONENTS IS HIGHLY DISCOURAGED AND MAY BE LOOKED UPON AS UNFAIR AND UNSPORTING PLAY. Scores are recorded with a 5 goal difference only.**

#### **Rule 17 Directors Cup**

In the House League U9 thru U14 age groups and U16 may play in a directors cup which is a in league tournament with FC Fremont teams only.

#### **Rule 18 Directors Cup Tournament**

### **Section A. ARRIVAL AT FIELDS**

Teams must present themselves at the appointed time at the field ready to play. At the conclusion of the match, the two coaches are to verify the score of the match with the referee.

### **Section B. ELIGIBILITY**

Only recreational players registered with FC FREMONT and assigned to teams by the FC Fremont Office per the FC FREMONT General Rules are allowed to participate. Rosters will be frozen two weeks prior to the first tournament game.

### **Section C. MATCH PLAY LAWS**

The USYSA and FIFA "Laws of the Game" as modified by FC FREMONT shall apply to all matches, unless otherwise provided. Match duration, field size, goal size, and roster size may be found in the FC FREMONT General Rulebook per age division.

### **Section D. BALL SIZE**

All age groups U13 and older shall use a size 5 ball.

## **Section E. PLAYERS EQUIPMENT**

Shin guards are mandatory. Socks must be worn over the shin guards. All players must wear the jersey / uniforms provided by FC FREMONT with individual numbers on the shirts. NO JEWELRY OF ANY KIND MAY BE WORN.

## **Section F PLAYER SUBSTITUTIONS**

1. Teams are permitted unlimited substitution during the following:

- Possession throw-ins
- Injured players
- Goal kicks for either team
- Cautioned players
- Following a goal
- Between periods of play

1. All players entering and leaving the field of play must do so at mid-field nearest their designated team bench area.

2. Players must receive a minimum of one quarters playing time participation in each half of the game as defined in the FC FREMONT General Rules.

## **Section G. MATCH DURATION**

Match duration will be the same as outlined in the FC FREMONT General Rules for each age division.

## **Section H. TIE BREAKING PROCEDURES**

The Directors Cup is a single elimination tournament. The final matches will be played until a winner is determined.

Two full five [5] minute overtime periods will be played with the teams changing ends between periods. A coin toss will determine which team kicks off.

If the score is tied after the two five minute periods, kicks from the penalty mark will be taken to determine the winning team according to the following procedure:

1. The referee chooses the goal at which the kicks will be taken.
2. Each coach will give the referee, by number, a list of the five players they chose to take penalty kicks.
3. The referee tosses a coin and the team whose captain wins the toss has the option of taking the first or second kick.
4. The referee keeps a record of the kicks being taken.
5. The teams take the kicks alternately.

6. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken and a winner is declared.

7. If the score is still tied after each team has take five kicks, the coaches will choose five new players. The second round of five kicks is sudden death. If the first player for team A shoots and scores and the first player for team B shoots and misses then team A is declared the winner. Likewise if team A shoots and misses and team B shoots and scores, team B is declared the winner.

8. A different player takes each kick and all eligible players must take a kick before any player can take a second kick.

9. An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.

### **Section I. FOULS AND MISCONDUCT**

Any player ejected from the match will not be allowed to participate in his team's next match. Ejection for fighting will result in the player not being allowed to participate in any remaining matches for the duration of the tournament. Any coach ejected from a match will not be allowed to preside as coach in his/her team's next match. EACH COACH IS RESPONSIBLE FOR THE CONDUCT OF THE TEAM'S PARENTS AND SPECTATORS. FAIR PLAY AND GOOD SPORTSMANSHIP.

Teams are encouraged to exhibit good sportsmanship throughout the tournament.

### **Section J FORFEITS**

A forfeit shall be awarded if the team is not present to play within five (5) minutes following the scheduled time of its match. The score of a forfeited match shall be 1-0. A forfeit will also be awarded if a team fields an ineligible player(s).

### **Section K PROTESTS**

No protests regarding the referee's judgment or interpretation of the Laws of the Game will be accepted. The committee will consider only matters wh1ch involve Improper procedure. Protests must be in writing and must be submitted to the Executive Director within 12 hours following the completion of the match. The decision of the discipline and appeals committee is final and binding and not open to any further appeals.

### **Section L INCLEMENT WEATHER**

Providing match play is not suspended prior to the scheduled tournament start times by the club, it is expected that regardless of weather conditions, coaches and their team. Must appear on the field and be ready to play as scheduled. Failure to appear for the match will result in a forfeiture of the match unless the tournament is cancelled prior to the match start time due to severe weather conditions.

Only the FC FREMONT officials have the authority to cancel, postpone or shorten a match prior to its commencement.

Should a match in progress be terminated due to weather condition after one half has been completed, the match will be considered official and the score at that time will stand. If a match in progress is terminated prior to halftime, FC FREMONT will reschedule the match If possible or choose another method, such as penalty kicks to determine a winner.

Matches will not begin, and matches will not be allowed to continue, if lightning exists.

If an age group's competition cannot be completed through the championship match due to poor weather conditions, the division winner and runner-up will be determined by the Recreation Division Chairperson in consultation with the Age Group Commissioner of the Division and the Executive Director. They will determine, as equitably as possible, the performance of the teams based upon points accumulated in the matches that have been completed at that time. Such decisions will be final and will not be appealable or subject to protest.

### **Section M Disciplinary Action**

Failure to abide by the aforementioned rules and guidelines, may subject you to disciplinary action. This action could include, but not be limited to the following:

- Verbal warning
- Written warning
- Parental/Coach/Player/Referee game suspension
- Parental/Coach/Player/Referee season suspension
- Parental/Coach/Player/Referee disbarment

All players registering with FYSL agree to the following:

I understand that the information provided by myself and gathered by the FC Fremont/ MVU soccer league(s) regarding my player's registration is true and correct and that the registrant has not lied, or misrepresented, or otherwise falsified such information and that by providing false information or omitting information can/ will result in immediate suspension from all CYSA activities and forfeiture of any fees paid.