



National Capital Soccer League

Recreation Rules and Procedures Manual

2024-2025

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Revision History

Date	Version	Author/Editor	Comments
4/2024	V1	NCSL	Original document
8/2024	V2	NCSL	<ol style="list-style-type: none"> 1. Revised Team Roster Presentation to be managed by a referee when available 2. Clarified process for Team Roster Presentation and Player Check-In. 3. Clarified wording regarding uniform numbering 4. Changed wording in Age Groups regarding the playing up and down of a player 5. Duration of matches updated to reflect ability to play 45 minute matches if space and officials are available in the U19 age group. 6. Clarified requirements for spectator area 7. Updated Demosphere roster requirements to include Coach signature and date of game. 8. Removed duplicate section regarding NCSL-Rec Team rosters 9. Updated game rescheduling to require all games to be rescheduled by the Tuesday prior to game day. 10. Added a bullet point to Leaders Code of Conduct regarding the playing of travel and or illegible players

Administrative Rules For The Laws of the Game

This section explains the NCSL Recreation's administrative requirements as they pertain to each Law of the Game. It is not the intent of the NCSL-REC to alter, change, or modify any of the laws of the game as presented by the International Federation Association Board and US Soccer. Members can find the latest "Laws of the Game," by going to the US Soccer website, [Laws of The Game](#), for the most recent updates. The NCSL-REC's administrative requirements are an extension of the SFL's rules which evolved over the years due to situations brought to the attention of the SFL Commissioners by the clubs. The NCSL-REC's administrative requirements are designed to provide guidelines, common operating procedures, and rules to facilitate cooperation between the clubs and, if necessary, consistent disciplinary actions. While all the "Laws of the Game," are enumerated in this document, not all laws will have an administrative requirement attached to it.

Law 1 – The Field of Play

If a team does not believe that a game is being played on a field that is compliant with the applicable field guidelines, the coach should play the game and then notify the appropriate NCSL-REC Club Representative of the problems. The NCSL-REC Club Representative may then request the NCSL-REC to review the matter and make a decision on whether a forfeit should be awarded.

1. Forfeits will not be awarded for the following conditions.
 - a. Fields that are properly sized but the markings are not entirely compliant with the applicable guidelines.
 - b. Corner flags not being present.

Field Standards

Field (pitch) and goal size must be certified by the club representatives as meeting NCSL standards:

- All fields must be rectangular.
- For U13 and older age groups, fields must be at least 100 yards long by 50 yards wide, and goals shall be approximately 8 feet high and 24 feet wide.

Fields must also provide safe playing conditions. Goals must be anchored securely to the ground. Portable goals may be used only if they satisfy this requirement. Should a referee not allow a game to be played because of unsafe field conditions (non-weather related), and the unsafe conditions are confirmed by the league, the home team may forfeit the game and all subsequent games until such time as the unsafe conditions have been corrected and verified by a league representative. Fields should have only one set of touchlines. In the case of multiple sets of lines, the outermost set of touchlines will be used.

U11 – U12 Field Dimensions

- Width: 45-60 yards
- Length: 70-85 yards
- Penalty area: 14 yards out from each goal post along the end line and 14 yards out from the end line onto the field
- Goal area: 5-6 yards out from each goal post along the end line and 5-6 yards out from the end line onto the field
- Penalty spot: 10 yards from the end line
- Radius for penalty arc: 8 yards
- Goals: 6.5 ft high and 18.5 ft wide, or 7 ft high and 21 ft wide; goals must be of the same size at both ends of the field -Added from the Travel Regulations

Law 2 – The Ball

Game Ball Size

- U9 - U12 - Number four ball
- U13 - U19 - Number five ball

Law 3 – The Players

Team Roster Presentation

Each coach is required to provide a paper copy of the NCSL-REC Team Roster to the referee before the start of each game. The referee will manage the roster check-in with both coaches present. If a referee is not assigned or fails to show, both coaches together will conduct the roster check-in for both teams.

- Electronic copies of NCSL-REC Team Rosters are not acceptable substitutes.
- If a team is unable to provide a paper copy of the NCSL-REC Team Roster to the referee, it is an automatic forfeit.
- If it is determined that the roster presented by a coach is not a roster generated by the NCSL-REC, it is an automatic forfeit, regardless if all the information on the roster is correct.

Player Check-In

The check-in is conducted by the referee present using that team's NCSL-REC Team Roster. The players line up by uniform number and each player is validated by stating their name and birth date when the referee calls their uniform number.

1. Player issues include but are not limited to (1) name/birth date provided by the player does not agree with the NCSL-REC Team Roster, (2) uniform number worn does not agree with NCSL-REC Team Roster, (3) NCSL-REC Team Roster shows player issues such as missing uniform numbers, duplicate uniform numbers, etc. **(See uniform exceptions below)**
2. Any players with issues shown on the NCSL-REC Team Roster or detected during the player check-in process are considered ineligible to play in that game unless a NCSL-REC official has validated the player as eligible to play.
3. Players may be required to spell their name or sign their name on a blank piece of paper if required by the official.

Coaches should ensure that their players understand the information that will be requested by the official conducting the player validation. However, coaches cannot interact with their players during player validation and can be asked to leave the area by the official until after player validation is complete.

Reporting Roster Issues

When a player is determined to be ineligible during the team check-in process, a report on the results must be submitted by email to ncslrec@gmail.com by both coaches. The report will include, (1) game reference number, (2) game date, (3) game field, (5) provide the name and number of the player determined to be ineligible during player validation, and (6) the details associated with any discrepancies.

Uniform Numbers

All players are required to have a unique uniform number for that team that is consistent with the team's NCSL-REC Team Roster. It is the coach's responsibility to make sure that the uniforms worn by the player are consistent with the NCSL-REC Team Roster.

1. **Week 1** — An unlimited number of uniform number changes in the Jersey Number column on the NCSL-REC Team Roster may be made.
2. **After Week 1**
 - a. Teams are allowed to make up to three (3) changes in the Jersey Number column of the NCSL-REC Team Roster to address any uniform number issues.
 - b. The opposing coach may agree to allow more than three (3) uniform number changes.
 - i. If such approval is given, then the opposing coach cannot request a forfeit because of the uniform numbers.
 - ii. The opposing coach may limit the number of players over the three (3) allowed that the team may use. For example, the opposing coach may only allow five (5) uniform number changes even though the team requests approval for more than five (5) uniform number changes.

- iii. If the number of approved uniform number changes does not result in the team having the required minimum number of players for the game, then the team forfeits the game and a scheduling forfeit is assigned to the team.
 - iv. Any players with uniform number issues that have not been approved by the opposing coach, above the three (3) allowed, are considered as ineligible and must leave the field or take other actions, such as replacing their uniform jersey with some other form of clothing, so that there is no confusion on the players allowed to play.
 - c. If clubs have problems getting uniforms delivered from their supplier, then the NCSL-REC Club Representative may ask permission from the NCSL-REC to allow the coaches to continue showing unlimited uniform number changes in the Jersey Number column of the roster. **NOTE:** When such permission is granted, the NCSL-REC Club Representative will provide the approval Email to their coaches to show they have permission to make unlimited changes in the Jersey Number column.
3. **Goalkeepers** — Goalkeepers must have a uniform number that is consistent with the number shown on the NCSL-REC Team Roster unless (1) the uniform number shown on the goalkeeper jersey is shown as an allowed uniform number change (regular season games only) or (2) the goalkeeper can provide a field jersey with the uniform number on it. If the goalkeeper jersey does not have a number on it, then the goalkeeper must be able to present the appropriate field jersey should a roster check be required.

NOTE: Tape is not allowed to be used for uniform numbers unless explicitly stated on the NCSL-REC Team Roster. However, the rules allow the use of a permanent marker to make a new uniform number.

Player Eligibility

1. All players must be registered with the proper state soccer association (e.g., Virginia Youth Soccer Association), listed in that state soccer's recreational player database and have adequate insurance, as defined by the state association, for their players. A player must be registered with an associated club and meet their requirements for being a recreational or house player. No players rostered to a travel team will be allowed to participate in NCSL-REC.
2. Players can only appear on one NCSL-REC Team Roster.
3. Special exception for recreational players:
 - a. Travel tournaments – A player rostered to a NCSL-REC team can play for a travel team participating in a tournament that occurs either:
 - i. before the first weekend of the NCSL-REC season,
 - ii. after the last weekend of the NCSL-REC season,
 - iii. during a week when the NCSL-REC does not hold games, e.g., holiday weekends.

4. NCSL-REC must be notified by email of the player's name and date of birth along with the game dates that the player is playing for the travel team if the game dates fall between the start and end of the NCSL-REC season.
5. Under no circumstances may a NCSL-REC player participate on a travel team on a weekend during which the NCSL-REC normally has scheduled games.

Ineligible and Illegal Players

Ineligible players are players assigned to the team but are not eligible to play.

Examples of an ineligible player:

- Player's name does not match the roster during a roster check
- Player's birth date does not agree with the Team Roster during a roster check.
- Team Roster shows roster issues for the player, e.g., duplicate uniform number, no uniform number, etc.
- Player shows up at a game (1) with a different uniform number than the Assigned Number on the Team Roster and (2) the Team Roster does not show the player's actual number in the Game Day Number as one of the allowable uniform number changes.
- Any player or coach required to perform a sit-out due to a red card or yellow card accumulation.

When the NCSL-REC R&D Committee determines that the ineligible player used was inadvertent or due to an administrative error, then no penalties will be imposed. The penalty for using an ineligible player when the NCSL-REC R&D Committee concludes that the use was advertent or not an administrative error includes a forfeit for the game where the ineligible player was used.

Illegal players include:

- Travel players currently rostered to a travel team.
- Players shown on the NCSL-REC Team Roster but declared ineligible during a player validation and later used in the game.
- Players not shown on the NCSL-REC Team Roster.
- Players participating in VYSA's Olympic Development Program (not the VYSA Developmental – Olympic Development Program).
- Players who are listed in the Virginia Youth Soccer Association (VYSA) travel database (or any other state youth travel soccer database) and those players who participate in travel/select programs may not participate, except as noted above.

The penalties for using illegal players include forfeits for the games where illegal players are used.

Transitioning Rec to Travel during the Season

If a player on an NCSL-REC roster participates in a regular season travel game (meaning they have been re-registered as a travel player), the following must occur:

1. The club must notify NCSL-REC of the player's name and birth date.
2. The player must be removed from the NCSL-REC team.

Failure to comply will result in forfeits of any subsequent NCSL-REC games in which the player participates.

Age Groups

1. A player must meet the USSF birth date requirements for their age group.
2. A club must register all their recreational players for each age group for which they wish to participate.
3. Playing up an Age Group - It is up to the club, parent and player to determine the player's appropriate level of play and whether to play in an older age group.
4. Playing down an Age Group - Approval from the club and a medical waiver is required for a player to participate in a younger age group (see below).

NCSL-REC Age Group Matrix

Team Age Group	Player's Actual Age Group
Under 11	Under 9, 10, and 11
Under 12	Under 10, 11, and 12
Under 13	Under 11, 12, and 13
Under 14	Under 12, 13, and 14
Under 16	Under 14, 15, and 16
Under 19	Under 15, 16, 17, 18, 19

Medical Waiver

Requests for play down waivers are only granted for medical reasons and the NCSL-REC Club Representative must provide the following information:

1. A signed statement from the parents/guardians requesting permission for the child to play down, with a brief description of the reason for the request.
2. A signed statement from a doctor explaining the medical condition that requires the player to play down.
3. A signed statement from the club's Board of Directors that they have reviewed the application and believe that the player should be allowed to play down for medical reasons. The individual signing this determination for the Board must be (1) a Board Member and (2) someone other than the NCSL-REC Club Representative or a coach in the NCSL-REC.
4. If the request is granted, the waiver will state on the NCSL-REC Team Roster that the waiver is a medical waiver but it will not provide the reason the medical waiver was granted.
5. Clubs must submit a request each season for medical waivers even if a request has been approved in prior seasons. This request must include a new determination by the applicable club's board that the player should be granted a medical waiver.
6. All requests for medical waivers must be submitted prior to March 31 for the Spring season and prior to August 31 for the Fall season.

Substitutions

Substitutions are unlimited with regard to the number of players and reentry. Substitutions may be made from MIDFIELD with the CONSENT OF THE REFEREE at any stoppage of play. Players leaving the game should come off the field prior to new players entering the field. Misapplication of this substitution rule is not subject to protest. Please note that while a penalty kick is a stoppage of play and teams may substitute, only players that were on the field at the time of the infraction may take the kick.

Team Size

All players in good standing should play at least 50 percent of each game. The club is responsible for defining what is considered good standing.

Minimum

- 11 v 11 format – 7 players
- 9 v 9 format – 6 players

Maximum

- U11/U12 age groups – 20 players
- U13/U14 age groups – 22 players
- U16/U19 age groups – 25 players

Minimum Players Required Rule

If the number of field players that appear for a game is equal to the minimum required for a legal team and not more than the maximum field players allowed, all players must play. No players may be designated as substitutes.

The team with the higher number of field eligible players may play no more than two (2) players above the opposing team's field eligible players.

- The above rule also applies when players from the team with the lesser number of players leave a game due to injury or illness.
- Red carded players on the team with the lesser number of players, does not cause the team with more players to play down.

The maximum number of field players will be equal to the maximum number of field players allowed minus (1) removal of red carded players and (2) the number of players allowed due to the Mercy Rule being enforced.

Example: Team A starts the game with eight (8) players and two (2) additional players arrive later. A player on Team A is required to leave the field because of a red card or a mandatory reduction caused by the mercy rule. Team A may now play nine (9) players. This is computed as follows: Original players (8) plus late arriving eligible players (2) less mandatory player reduction (1).

Law 4 – The Players Equipment

Safety: A player must not use equipment or wear anything that is dangerous. All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted. The players must be inspected before the start of the match and substitutes before they enter the field of play.

Jersey Color Conflicts: Teams are encouraged to only wear the primary uniform color as shown on the NCSL-REC website to prevent unanticipated color clashes on game day.

Color Clashes: Color clashes requiring the home team to resolve the color clash can only exist when the primary color shown on the NCSL-REC website is the same for both teams. The home team is responsible for resolving such color clashes. If a color clash results from the away team wearing a different color than shown on the website the away team must wear their primary color

- The NCSL-REC does not require clubs to provide players with an alternate color jersey that is consistent with the official club jersey or pennies. The alternate color jerseys can be as simple as a consistent color T-Shirt (such as white) that has the player's proper uniform number on the back made with a permanent marker.
- Pennies of a different color may be used by either team with the opposing coach's consent.

Law 5 – The Referee

1. All referees must be USSF certified.
2. Referees are encouraged to visit www.ussoccer.com/referees for additional information.
3. Clubs are expected to provide adequate officials for their home games. If adequate officials cannot be provided, then (1) the visiting team should be notified by Friday night that the game cannot be played and (2) a forfeit will be assessed to the home team.

It is recognized that, in most cases, the coach of the home team has very little, if any, control over whether officials will be present for a game. Therefore, should a situation arise in which at least one USSF certified official is not present by game time plus 15 minutes, the visiting team is encouraged to select one of the following options rather than accepting the forfeit and leaving the field of play.

Option 1 – Reschedule the game for a later date. (In this situation, the home team may want to consider offering to play at the visiting team's home field.)

Option 2 – Play the game using team officials agreeable to both coaches. Should this option be adopted, the game results are binding and neither team may request a forfeit.

If the two coaches believe that a safe and effective match can be played, then they should play as long as the safety and the rules of the sport are not sacrificed. If either coach believes that the match cannot be safely and effectively played, then the coaches should consider a rematch. However, the visiting coach does have the right to accept a forfeit.

Rules of Competition

1. From the US Soccer website: [Laws of The Game](#). Should a game official have a question regarding the NCSL-REC requirements relating to a game, they may email the NCSL-REC administrator at: ncslrec@gmail.com.
2. **Reporting misconduct** – Referees are required to automatically report serious misconduct to the NCSL-REC through their club's reporting process.
 - a. These required reports include red cards issued; use of racial slurs (regardless of whether a red card is issued); individuals asked to leave the immediate game

area, i.e., within 100 yards of the game field, (regardless of whether a red card is issued); pervasive inappropriate actions toward a game official (regardless of whether the individual is asked to leave the immediate game area), etc.

- b. A referee may request from the coach, player, or other team official the name of any coach, player, or team official that the referee needs to perform their reporting responsibilities. If this information is not provided or incorrect information is provided to the referee, then the team will be subject to disciplinary action by NCSL-REC R&D.

Age Requirements

1. The center referee will be at least two (2) years older than the age group they are officiating, except when the referee is at least the age of the game they are officiating (e.g., age 15 for a U16 match) and at least one adult who is 21 years or older is serving as an assistant referee.
2. Referees should not be immediate family members to team officials except in an emergency. (e.g. assigned referee cancels at the last moment)

Quality of Officials

The NCSL-REC has no role in assigning the official(s) to a game since this is a club responsibility. However, the NCSL-REC provides a mechanism for coaches to report on the quality of the officials provided for their games. Comments can be sent directly to the home team's NCSL-REC Club Representative and should include NCSL-REC R&D. When reporting on the officiating, please provide the game number, teams, game field, and game time.

As noted by FIFA, the decisions of the referee regarding facts connected with play, including if a goal is scored and the result of the match, are final. Accordingly, (1) game results will not be changed because of referee errors and (2) teams will not be compensated for referee errors. The mechanism available to address such matters is to notify the club providing the officials of the errors, so that the club can consider such cases when evaluating their referees' performance and provide guidance that may be needed on how to implement a given rule or set of rules so such errors do not occur in future games.

Other Referee Decisions

1. Game officials may determine that the game conditions are unsafe to play or continue playing a game. This is a decision made by the referee and is final.
2. The referee is allowed to use their discretion on when it is too dark to play safely. Therefore, the last games of the day may be shortened because of darkness. This is a decision made by the referee and is final.

Law 6 – The Other Match Officials

1. All match officials must be USSF certified.
2. Referees are encouraged to visit www.ussoccer.com/referees for additional information.
3. All match officials should be familiar with LAW 5 – THE REFEREE above.

Law 7 – The Duration of the Match

The following governs the game times for regular season and tournament games.

Age Group(s)	Regular Season Games
12 and Under	30 minute halves
14 and Under	35 minute halves
16 and Under	40 minute halves
19 and Under	40-45 minute halves

Games Suspended by the Referee –

- A game suspended at half time or later due to unsafe playing conditions will stand as indicated by the score when the game was suspended.
- If due to unsafe playing conditions a regular season game is suspended prior to half-time, it will be replayed unless waived by the NCSL-REC Executive Director.

Law 8 – The Start and Restart of Play

There are no NCSL-REC administrative rules for this law of the game.

Law 9 – The Ball In and Out of Play

There are no NCSL-REC administrative rules for this law of the game.

Law 10 – Determining the Outcome of A Match

Mercy Rule

When the goal differential between two teams has reached four (4), the winning team is obligated to remove a player from the field. This continues for each additional goal scored until the minimum number of players needed to play the game is reached, i.e., seven (7) players for games playing the 11v11 format and six (6) players for games playing the 9v9 format.

Example: Team A is playing Team B using the 11 v 11 format. However, Team B only has eight (8) players present. Accordingly, as noted elsewhere, Team A may only play ten (10) players. When the score differential reaches four (4) with Team A winning, Team A is required to remove a player and this will continue each time the score differential increases until Team A only has seven players on the field.

1. For every goal that the losing team scores, the winning team may add one player.
2. No forfeit may be awarded should a team not follow this rule. As noted elsewhere, the losing coach may terminate the game without penalty when the game score reaches four (4) or more goals for any reason.

When the score differential reaches four (4) goals, the losing coach is allowed to terminate the game without penalty, i.e., the losing team will not be assessed a forfeit and the game score at the time the team decides to terminate the game is used.

When the minimum number of players is reached for the winning team, the winning coach is also allowed to terminate the game without penalty. If the game is not terminated and both coaches agree to continue the game, and the score differential continues to increase either coach may inform the referee and opposing coach that the game is being terminated at any time without penalty to either team.

When the score differential results in the winning team having the minimum number of players on the field, assuming both teams desire to continue the game, no more players are removed from the field if the winning team's score differential increases.

NOTE: If the minimum number of players are present and the winning team receives a red card, then the game is automatically terminated, without penalty to either team, because the winning team would no longer have a sufficient number of players on the field.

Law 11 – Offsides

There are no NCSL-REC administrative rules for this law of the game.

Law 12 – Fouls and Misconduct

The NCSL-REC is an organization that facilitates the scheduling of games for clubs. The resolution of complaints and disciplinary actions is primarily the responsibility of the affected clubs. The role of the NCSL-REC is to help facilitate the resolution of complaints and

disciplinary problems.

Referee Assault and Abuse

When a player, coach, manager, club official, or affiliate is alleged to have assaulted or abused a referee or an assistant referee, as those terms are defined in United States Soccer Federation (USSF) Policy 531-9, the appropriate state association has primary jurisdiction. Because clubs assign the referees for their home games, the club will learn about any such issues first. Both the teams and/or their clubs that have knowledge of any such incidents shall notify the NCSL-REC immediately. The NCSL-REC will share information about potential referee abuse with the NCSL R&D Chairman, who, having information about an alleged assault, will immediately notify the proper state association authorities and give them all information NCSL-REC has compiled.

Any player, coach, other team official, or affiliate alleged to have assaulted a referee or assistant referee is automatically suspended from all NCSL-REC games pending resolution by the state association. Rules for serving sit-outs apply to individuals on suspension pending resolution of the allegation.

Discipline

The NCSL-REC expects clubs to take prompt, effective action when it detects problems. The existence of an NCSL R&D Committee with authority to discipline does not relieve each club of its responsibility to ensure that players under its sponsorship will play and learn in a safe and supportive environment. The NCSL R&D Committee will defer to club action, provided it is satisfied that the club action is appropriate and responsive.

The NCSL R&D Chairman may receive reports of problems (including communications from clubs, referees, coaches, and the league administrator, or via club assignors, etc.) The NCSL R&D Chairman will review the record of offenses set out therein, and if necessary, communicate with referees and other witnesses to obtain any information they may possess. If the Chairman deems disciplinary action is appropriate, he/she will advise appropriate club representatives by email of the offense(s) and any disciplinary action.

Failure of an individual to observe the sit-out procedures described below will be reviewed by the Chairman, which can result in additional sanctions, including forfeits for using suspended personnel.

Any team (players, coaches, or team officials) that shows continued disregard for the NCSL Codes of Conduct or the NCSL's Rules and Procedures will be subject to sanctions determined by the NCSL R&D Chairman, in consultation with the Committee. A team may be instructed to appear before the Committee to determine the circumstances surrounding the incidents in question, the corrective measures the team proposes to take, and whether penalties against the team are in the best interest of NCSL.

The NCSL R&D Committee may fine and/or suspend NCSL-REC teams from the league for significant misconduct. The Committee will decide when a team fits into the category of significant misconduct. The duration of the suspension will be based on the severity of the offense; games missed because of the suspension will be recorded as forfeits in favor of the scheduled opponent. A fine will not be more than \$800.00. The Committee will decide the amount of the fine depending upon the severity of the misbehavior of a team. If a team disbands or does not pay for any reason, the club will be responsible for the fine before the following season.

The R&D Chairman will review the circumstances surrounding all games terminated for reasons other than bad weather. The R&D Chairman will determine the outcome of the game, including requiring a replay, if appropriate, and if additional sanctions to either or both teams are warranted. In no event will a team gain an advantage if the R&D Chairman determines the team to be responsible for termination of the match.

IMPORTANT: Clubs shall add yellow cards (YCs) and red cards (RCs) to their disciplinary tracking system within 72 hours of the conclusion of each match. And such tracking system must be made available to NCSL R&D for review when requested.

NCSL-REC Disciplinary System

The NCSL disciplinary system is designed to impose **additional** sanctions on players, coaches, and team officials chronically receiving cautions and ejections in NCSL-REC games.

Additional sit outs are assigned to cautions and ejections as follows:

- A player who receives the equivalent of 4 Yellow Cards (1 Red Card = 2 Yellow Cards) over the course of different games will owe a sit out after the 4th YC equivalent.
- Coaches and other team officials: To emphasize the importance of the coach and other team officials leading by example, coaches and other team officials getting the equivalent of 3 YCs (1 RC = 2 YC) over the course of different games during a season, will owe a Sit Out.
- A player or coach who receives a red card for a foul punishable by ejection (such as violent conduct, foul language, or abusive behavior) will face an automatic one-game suspension. This suspension applies whether the ejection occurs during the game or after it. An ejection that takes place after the game will be subject to the same penalty as one that occurs during the game

It is the team's responsibility to track its own cards and notify their NCSL-REC Club Rep of any **red cards** received. The NCSL-REC Club Rep is responsible for ensuring that the report is filled out using the [Red Card Reporting](#) form found on the NCSL website. R&D will not notify teams that an individual owes a disciplinary suspension for cumulative points, but the R&D Chairman will impose further penalties if the sit-outs are not served in accordance with NCSL-REC rules and procedures.

Sit-Out Procedures

After being ejected from a match, a coach or team official must leave the field area immediately and may not return to the field until 30 minutes after the game is completed. The field area is defined as the field plus 100 yards from it. During this period, a coach or team official must not be involved in any way with administration or communication with the team at the game site, either directly, or indirectly. The NCSL R&D Committee has adopted the VYSA Policy on Misconduct by Coaches as guidance in reviewing incidents of failure to comply with this no return policy. (See Appendix V.)

After being ejected from a match, a player at the referee's discretion may remain at the field provided the player is not disruptive and does not engage in further misconduct. If the referee insists, the player must leave the field area immediately and may not return to the field until after the game is completed. Players should not be sent 100 yards from the field area without appropriate adult supervision. Therefore, the team manager, team sportsmanship liaison (TSL), or a team parent is responsible to ensure that adult supervision is provided, and the player complies with this requirement.

The penalty for ejection from an NCSL game is an automatic one-game suspension, i.e., a sit-out. A player, coach, or other team official may be ejected by the referee during or after a game; an ejection after a game carries the same sanction as an ejection during a game. The R&D Chairman also has authority to impose suspensions; and these sit-out procedures apply to R&D imposed sit-outs. Multi-game suspensions must be served consecutively.

Cautions and ejections assessed in terminated games (for bad weather or for other reasons) count as if the game had been completed.

If a guest coach is not a rostered team official of the team and receives a red card in the game, they must serve **and document** the mandatory red card sit-out with the team they are officially rostered to. Any points earned as a guest coach will track with them to their primary team. If the person serving as the guest coach is not officially rostered to any team, they must serve **and document** the mandatory red card sit-out with the team where they earned the red card.

Sit-outs must be served consecutively in the next NCSL-REC game(s) the team plays. Games canceled by darkness or weather, won or lost by forfeit do not count as the "next NCSL-Rec game the team plays." Sit-outs being served in a game terminated by darkness or weather will not count and sit-outs being served in a game terminated by actions on the field that are not darkness or weather-related will be reviewed by the R&D Chairman and/or Club Rep to determine whether or not the sit-out will count.

A player, coach or team official ejected in the last game of the season or owing a cumulative-point sit-out as a result of the last game must serve the sit-out in the next NCSL-REC game the

individual is eligible to play in during the following season (“carry-over sit out”).

A player sitting out a game may attend the game but must not be in uniform and must not be on the team sideline, and the player must not assist in any function related to the game. For a team with more than 18 players on the roster, a player serving a sit-out may attend the game but must not be in uniform and must not be on the team sideline, and the player must not assist in any function related to the game. However, the team may still have 18 players on the game-day roster.

A coach or team official serving a sit-out is encouraged not to attend the game at all. If a coach or team official does attend, however, he must not be closer to the playing field than 100 yards beginning 30 minutes before game time **and must remain not closer to the playing field than 100 yards until 30 minutes after the game is over. This period of time is defined as “the sit-out period.”** During this “sit-out period” a coach or team official must not be involved in any way with administration of the team at the game site, either directly, or indirectly. **Use of walkie-talkies, cell phones, or any other method of communication by the coach to communicate with the team is strictly forbidden.** The fact that a game can be seen from a public street or sidewalk, which may be closer than 100 yards, does not relieve the coach or team official from complying with the 100-yard rule.

An official of the team with a player or coach/team official serving a sit-out is responsible for documenting the sit-out has occurred. For both players and coaches/team officials, a sit-out form should be completed and signed by an official of the opposing team. The form should be shown to the referee and the referee should be asked to note the sit-out in the on-line report. The sit-out form can be downloaded from the NCSL website. All sit out forms for team officials and players will serve as the primary documentation certifying the sit out has been served. The completed sit out form should be sent to the NCSL-REC. The preferred method for doing so is to scan the card and email it to NCSL-REC at ncslrec@gmail.com.

It is the team's responsibility to monitor cards received, sit-out requirements, and sit-outs served. Any perceived inaccuracies should be immediately reported through their club representative to R&D NCSL-REC for resolution.

Rules and Discipline Penalties

The NCSL sit-out requirements for red card ejections and compliance with the accumulated yellow card system is an honor system and each team is responsible for tracking its own cards, serving sit-outs for red cards and accumulated yellow cards according to league rules, and for providing proof of sit-outs through opponent verification. R&D monitors each team’s compliance with the need to serve required sit-outs and the R&D Chairman will impose additional penalties against any player, coach, or team for failure to complete required sit-out(s) in the next NCSL game(s) and provide appropriate opponent verification. (See sit-out procedures for documenting and obtaining appropriate opponent verification of sit-outs performed.)

Any player or coach required to perform a sit-out is ineligible to participate in his team's next NCSL match. If opponent verification is not provided as required under sit-out procedures, the player or coach is deemed not to have sat out the required match and the team is deemed to have played the match with an ineligible player or coach.

All games played with an ineligible player or coach will be forfeited by the R&D Chairman.

The penalty for failure to provide opponent verification of a required sit-out is as follows:

- R&D suspension or Red card to a player- the player will be suspended for three games and the player's coach will also be suspended for three games.
- R&D suspension or Red card to a coach- the coach will be suspended for three games.
- Accumulated Yellow Card suspension for a player- the player will be suspended for two games and the player's coach will be suspended for one game.
- Accumulated Yellow Card suspension for a coach- the coach will be suspended for two games.

The R&D Chairman will review each case of failure to provide verification of a required sit-out and will notify the team that the above penalties are being imposed. If a team has more than one case of failure to provide verification of required sit-outs, the team may be required to appear before the R&D Committee, where additional sanctions may be imposed.

Codes of Conduct Required

All teams must accept the NCSL leaders, players, and parents Codes of Conduct are found in the Appendix. Each team is expected to have signed Codes of Conduct by all team officials, players and parents before the first game each Fall and retain the signed Codes of Conduct for the seasonal year. If a new leader or player joins a team during the seasonal year, the team will ensure that each new leader, player, and parent sign a copy of the Code of Conduct. Failure of a player, team official, or parent to read or sign the applicable Code of Conduct does not absolve such person of their duty to abide by its requirements.

It is recommended that the signing of all three Codes of Conduct takes place in conjunction with the preseason team meeting and that the Codes of Conduct serve as a basis for a discussion of sportsmanship and fair play.

Coach Responsibilities

During the match, each coach is responsible for the behavior of his team and any adults on his sideline.

Spectator Area

With the exception of a maximum of four team officials, who shall be listed on the official team

roster, all spectators are to be in the spectator area. The spectator area is opposite the team sideline. All spectators must remain on that sideline, between the penalty areas and at least three yards behind the touchline. Spectators can be on either side of the midfield and can mix amongst themselves. They cannot be behind the goals, or inside the penalty areas.

Club and Coach Guide

General Responsibilities and Duties

NCSL-REC Club Representative – The official representative of the club and is responsible for (1) ensuring that all rules and regulations of their club and those of the NCSL-REC are being followed, (2) acting as a liaison between the club and the NCSL-REC over disputes and rule infractions and (3) performing other responsibilities required by the NCSL-REC. The NCSL-REC Club Representative must also be able to communicate with the NCSL-REC using an Email service that is acceptable to the NCSL-REC unless a written waiver is granted by the NCSL-REC Commissioner.

1. The NCSL-REC is not required to act upon any issues raised by someone other than the NCSL-REC Club Representative or the President (or equivalent) of the club's governing body.
2. The NCSL-REC Club Rep is responsible for ensuring that the Red Card Reporting form found on the NCSL website is completed.

Coach/Team Contact – The primary individual responsible for the team's actions and compliance with the club's and NCSL-REC requirements.

1. Safety – The Primary Responsibility
 - a. **Concussion Protocol** – Follow guidance provided by (1) the Centers for Disease Control (www.cdc.gov/TraumaticBrainInjury/), (2) US Youth Soccer (www.ussoccer.com/about/recognize-to-recover/concussion-guidelines), (3) Virginia Youth Soccer Association (VYSA) and (4) clubs. Attached are some applicable guides.
 - i. **U9-U11 Heading Ban Modification** - At age group divisions U11 and younger - Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.”
 - ii.

- b. **Properly training players in the proper and legal techniques**, e.g., going straight up 30 for headers (headers in practice for the younger age groups are limited by VYSA and US Soccer), cleats down on slide tackles, avoiding tackles from behind, etc.
- c. **Player injuries** – If a player is injured during a game, get them proper care and do not allow them to return to play if there is any doubt about their condition. WHEN IN DOUBT, SIT THEM OUT.
- d. **Field Safety** – A continuing point of emphasis from VYSA is the need to ensure that the goals on a game field are properly secured. VYSA and the NCSL-REC are asking that all clubs, coaches, referees, parents, and players to pay close attention to the safety of the goals on the fields you are using. Take a few moments to make sure that all the players are safe.
 - i. Inspect all goal posts and nets for safety (including making sure that they are 2 properly anchored and secured).
 - ii. Inspect the field and areas around the field that is being used.

NOTE: While it is our understanding that the referees should be checking the goals to ensure that they are properly secured and the field is safe, we would also like both coaches to check the goals to make sure that they are properly secured and if you have any questions, ask the referee. If there is still a question, then do not play the game.

- e. **Severe Weather** - Cease play immediately upon seeing lightning and/or hearing thunder. Play may not start until 30 minutes after the last sighting of lightning or hearing of thunder. Because of the number of games played on a field during the day, most games will not be able to continue. If the game is terminated, then a game report should be filed and the NCSL-REC will decide on (1) whether to take the score at the time play was stopped or (2) ask for the game to be rescheduled. (See Appendix IV)
2. Leadership – At the older age levels, the coach assumes an increased level of responsibility regarding team leadership and maintenance of order and discipline of the team members and team spectators. The NCSL-REC expects each of its coaches to set a positive example for their players and spectators in promoting good sportsmanship and self-control. Accordingly, coaches are expected to be present at every game with their team or to ensure that responsible adult leadership is present for the team in their absence. A history of disciplinary infractions by a team can be grounds for team, coach, and/or player dismissal from the league as discussed in Section XII. of the NCSL-REC Administrative Rules For The 32 Laws of the Game.

Division Placement

- 1. Initial placement of new teams
 - a. Under 11 teams – All teams are placed in the same division for the fall season.

- b. Placement of teams when the initial age group is after Under 11 – Clubs are free to assign the teams to either division when the teams fall into the “initial age group” for the club.
2. The NCSL-REC normally has two (2) divisions in each age group with the teams assigned to a given division based on skill. The goal is to have between 40 and 50 percent of the teams in a given age group assigned to division 1.
 - a. The NCSL-REC will make a recommendation on the division placement of the teams that played in the previous season based on that team’s previous season’s performance.
 - i. Division 1 teams with a game point percentage around 60 percent will remain division 1 teams with the remaining teams moved to division 2.
 - ii. Division 2 teams with a game point percentage around 70 percent will be moved to division 1 with the remaining teams assigned to division 2.
 - iii. The applicable NCSL-REC Age Group Commissioner may adjust these percentages in order to arrive at a more equitable allocation of division 1 and division 2 teams.
 - b. Clubs are free to move a team recommended for division 2 to division 1 or from division 1 to division 2 without the NCSL-REC’s approval.

Demosphere Player Rosters

Roster Preparation Responsibility – The NCSL-REC Club Representative is solely responsible for preparing and maintaining the Player Rosters for their club. Rosters should be dated and signed for each game.

1. The NCSL-REC Club Representative is responsible for providing any changes to the Player Roster in a timely manner.
2. The Player Roster is required to accurately represent the data on the player contained in the club’s registration system which is expected to comply with applicable VYSA requirements, e.g., player birth dates are validated
3. It is up to the club to address any issues identified by the NCSL-REC with the data contained on the Player Roster and submit a revised Player Roster when required. Otherwise, the club’s team(s) may be unduly penalized.
4. A club is allowed to have player names on their uniforms. When a club decides to allow names on uniforms, the name shown on a player’s uniform must also be shown on the NCSL-REC Team Roster. The NCSL-REC recognizes that a club may only show the player’s first and last name on the Master Player Roster. However, when clubs allow other names, such as the player’s middle name, on the uniform, this can cause unnecessary confusion for the opposing coach and lead to allegations of illegal players being used.
5. Coaches and clubs are encouraged to include nicknames for the players on their Master Player Roster when the nickname is not common. This helps to avoid confusion during roster checks and during games when one team hears a player on the other team routinely called by a name that does appear on the NCSL-REC Team Roster.

Travel Players

Travel Player Identification

In past seasons, travel players have been found on NCSL-REC teams although the NCSL-REC rules clearly prohibit this practice. In most cases, the review found that the coach and club did not know that the player in question was on a travel team. When the player was questioned, the player normally stated something like they did not know that they could not do both. In addition, the NCSL-REC has received questions on when it is permissible for a NCSL-REC player to play as a guest player on a travel team and some travel leagues are at least considering allowing recreational players to participate as guest players on travel teams during the regular season. Accordingly, the NCSL-REC adopted rules clarifying the use of NCSL-REC players on travel teams. Coaches and players should never rely on someone's assertion that "this is allowed by travel."

1. Coaches should discuss with each player on their team the prohibition of playing on a NCSL-REC team and a travel team and make sure that the players realize that the identification of a travel player on that team will result in forfeiture of games. The coach should clearly explain to all members of the team what is allowed and what is not allowed.
2. Players are not allowed to routinely practice with the travel team. This does not exclude a one time "tryouts" for the travel team.
3. A NCSL-REC player may be a guest player on a travel team participating in a tournament that occurs either (1) before the first game of the NCSL-REC season, (2) after the last game of the NCSL-REC season, or (3) during a week when the NCSL-REC does not normally hold games, e.g., holiday weekends. The NCSL-REC must be notified by Email of the player's name and date of birth along with the game dates that the player is playing for the travel team if the game dates fall between the start and end of the NCSL-REC season, e.g., holiday weekends.
4. Although some travel leagues may allow recreational players to play on a travel team during that team's regular season travel games, the NCSL-REC does not support this policy for many reasons. This includes the potential that a player may end up playing on a travel team and NCSL-REC team throughout the season which would effectively eliminate the prohibition against travel players playing on NCSL-REC teams. Accordingly, if a NCSL-REC player participates in a regular season travel game, then (1) the club must notify the NCSL-REC of the player's name and birth date and (2) ensure that the player no longer plays on the NCSL-REC team. Subsequent participation of the player in NCSL-REC games will result in game forfeits

Clubs are required to implement processes that provide the club reasonable assurance that travel players or other illegal players are present on NCSL-REC Teams. These include (1) ensuring that travel players from their club are not present on NCSL-REC teams from their club

and (2) ensuring that adequate information, as required by VYSA, has been obtained to validate a player's age. Failure of a club to implement reasonable processes to eliminate illegal players from its NCSL-REC teams may warrant the club to be placed on probation.

Game Responsibilities

General

1. Providing a suitable game field for the given age group (for example for the 14 age groups the field will be a minimum of 50 yards X 100 yards), goals with nets, lines, corner flags, and game ball.
2. Responsibilities for the game officials are discussed in the NCSL-REC's Guide for Game Officials.

Coach/Team Contact Responsibilities

1. If your contact information is not correct, then you are required to contact your opponents and let them know the correct information.
2. Contact the visiting coach by the Wednesday preceding the game to confirm the team colors, game time, location, directions, and any other information they may need. This applies to regular season games only.
3. If unable to contact the coach, the coach should contact their NCSL-REC Club Representative to acquire the opposing teams contact information.
4. Determining if a color clash exists. In case of a color clash the home team must (1) wear pennies over their jerseys or (2) change jersey colors. See Section IV. of the NCSL-REC Administrative Rules for The Laws of the Game.
5. Coaches are required to check the NCSL website after Friday at 8:00 PM to ensure that no changes have been made to their Saturday (or Sunday) game schedule for that week.
6. Game Misconduct – Game reports are required to be submitted by Email on the game day by both teams when (1) a red card has been issued or (2) an individual is asked to leave the field regardless of whether a red card is shown.
 - a. A proper red card report includes (1) player's team, name, and uniform number; (2) infraction(s) resulting in the red card, and (3) any other relevant information. Teams not submitting the required red card information in a timely manner are assessed forfeits.
 - b. A proper report for a coach or spectator who has received a red card or been asked to leave the field of play is the same as above except for the uniform number.

Reporting Game Scores

The winning team is to report the score on the day of the match before 8:00 p.m. using the

online [Game Reporting Link](#) found on the NCSL Website. The Pin is 4040. In case of a tie, cancellation at the field, or an uncompleted game, both teams must report. Report the score as early as possible. Teams cannot declare a forfeit. They report the score and what occurred to their Club Representative, and the league determines whether there should be a forfeit.

The score for forfeiture will be recorded as 3-0 to reflect the gravity of the offense and to conform to international rules. Repeated forfeiture may be a matter for investigation by the R&D Committee and possible forfeiture of the entire season, loss of cup play eligibility and a team's future entry into NCSL-REC.

Game Checklist - Home Team

Early in week:

- Checks fields
- Calls/emails opponents with directions and uniform color

On game day:

- Rechecks fields
- Has first choice of side of field
- Checks players for proper equipment (Changes shirts if color conflict)
- [Validates Visiting Team Player Roster](#) with Referee
- Monitors sideline behavior

Game Checklist - Visiting Team

Early in week:

- Gets and distributes field directions from home coach
- Directions to fields can be found [here](#)
- Has choice of uniform color and notifies home coach

On game day:

- Checks players for proper equipment
- Takes side of field designated by home coach
- [Validates Home Team Player Roster](#) with Referee
- Monitors sideline behavior

Winning Team

- Reports score by 8pm (Both teams report if the game is tied or incomplete) using the [Game Reporting Link](#) found on the NCSL Website. The Pin 4040.
- Reports cards and significant game incidents via the [red card report form](#)
- Reports if referees or assistant referees were missing

Before Game Day

The home team is to check the condition of its field and the height of the grass. Get the field mowed if necessary. If the referee refuses to let the game play because the grass is too tall, the referee may depart, certain of being paid, and the home club's team or teams may forfeit.

Even when the determination of whether or not a particular field is playable is the responsibility of a park authority or military installation, etc., if the field is not playable the home team has the responsibility to get its club rep to notify the league office no later than 9:00 a.m. or two hours prior to game time if the game is scheduled to begin earlier than 11 a.m. For circumstances not involving a lapse of responsibility on the part of the club rep, the chairman of the R&D Committee has the right to waive this rule.

The home team should contact the visiting team at least three days prior to game day to confirm the day, date, time and place of the match as a courtesy. Give good directions to the field. Check on possible uniform color conflict. Home team changes in case of an unresolved conflict. Accurate maps to long distance fields would be a help to visitors.

On Game Day

- The home team will check the field and make sure it is properly lined and that nets and corner poles are in place.
- If nets and lines are not in place when the referee is ready to begin the game, the home team may forfeit.
- Be sure each coach and all managers know where the nets, poles, and lining equipment are kept for your club.
- If the city, county, or park authority lines your fields, be sure they do it properly and often enough, or purchase equipment to have on hand in an emergency.
- Be sure the city, county, or park authority has your club's schedule so they can plan ahead to have fields ready.
- Every sideline will have, at a minimum, spectator lines painted on the ground: minimum three yards back from the touchline, where space permits, beginning 18 yards in front of each end line. As a minimum, lines will be painted on the ground. Ropes, cones, etc., will also be acceptable. All spectators must stay behind this line and are not allowed beyond it into the penalty box area or along the end line. Spectator lines will be in the Spectator Area on the side of the field opposite the teams.

Prior to the start of the game, both teams will provide the referee with their game-day rosters for [player validation](#). Coaches are responsible for ensuring all players listed are eligible to play.

- Include all players' numbers, and make sure jersey numbers are identical to numbers listed on the roster.
- If anyone other than the coach of record is coaching on a particular game date, so indicate on the roster for the purpose of the assessment of disciplinary points.
- Be sure each team has the coach sign and date the game-day roster.

NOTE: If persons sitting out games for disciplinary reasons are not identified on the report, the sit-out does not count. Coaches sitting out should not attend, but if they do attend, they must be visibly apart from the match (no closer than 100 yards from the field) and have no part in the administration of the team on the day of the match. Review the sit-out procedures in Section XII. Sit-out of another game will be required when the R&D chairman determines that a sit-out did not occur or was not recorded on the game card. Disciplinary sit-outs may also be assessed, and the game may be declared a forfeit. Assurances are not satisfactory. It is the coach's responsibility to record the sit-out, not the responsibility of the referee.

Prior to the game, both coaches should meet with the referee(s) to go over the length of halves and NCSL-REC modification of FIFA rules.

Games are to begin on schedule. Have your field ready for the first game of the day to begin on time. Do not expect long warm-ups between games. Teams not having the minimum number of players ready to play within 15 minutes of the scheduled kickoff time forfeit. If the minimum number of players arrives within the 15-minute grace period, the game must begin as soon as the minimum are present. Good judgment and sportsmanship are encouraged if teams are traveling long distances to games or if games are on weekday evenings when traffic is bad.

Make sure that all the team's jerseys are numbered and there are no duplicate numbers. Jersey numbers should coincide with the player's numbers as listed on the game report. Players without numbers may not participate in the game. The mandatory equipment for all players includes jerseys, shorts, shoes (determined by the referee to be safe), and shin guards (mandated by FIFA rules).

Check Fields Three Hours Before First Game

The ability to provide sufficient notice of rainouts and reschedules depends on the cooperation of the club representatives who must go out and check their fields at least three hours before the first game, so they can report field playability to the NCSL office.

If a field is deemed by a club or by its permitting authority to be unplayable, the club representative should report the condition to the league office NO LATER THAN 9:00 A.M. OR

TWO HOURS PRIOR TO THE FIRST GAME if it is scheduled to begin before 9:00 A.M. With this information, the league can evaluate a cancellation of all games.

If a club's failure to provide the league with information on poor playing conditions causes the NCSL to be liable for referee fees, **THE CLUB WILL BE RESPONSIBLE FOR PAYMENT.** The league is required to give referees three hours' notice of cancellation.

If the rain begins or worsens after the playing day has begun, please attempt to let the league know the situation. In certain cases, a school or park authority (permitting authority) makes the decision as to field playability, and clubs must understand how to work with those systems.

Home Team Must Report Field Closings

Regardless of who makes the determination of field playability, the home club has the responsibility to notify the league of field closings no later than 9:00 A.M. or two hours prior to game time for games scheduled to begin before 9:00 A.M. The club representative should make the notification. For circumstances not involving a lapse of responsibility on the part of the club representative, the R&D Committee chairman has a right to waive this rule.

Game Cancellations and Rescheduled Games

Game Cancellations

Clubs are encouraged to make decisions on whether a field is going to be closed as soon as possible in order to give the visiting team adequate time to notify their players so that they can avoid an unnecessary trip. This notice should be at least 3 hours before the game time where possible so the necessary notifications can be made. The NCSL-REC makes the following recommendations on canceling games when a reasonable possibility exists that a game scheduled to start prior to 10:00 AM on the following day may be canceled.

1. On the day before a scheduled game, the club should determine whether a reasonable possibility exists that the game field will be closed for any games involving teams from a different club that start prior to 10:00 AM, i.e., this would be done on Friday for Saturday games and on Saturday for Sunday games. If a reasonable possibility exists, then the NCSL-REC Club Representative should make a decision on whether the game should be canceled without waiting for an official decision to be made. Such games will be rescheduled using the game rescheduling process discussed elsewhere.
 - a. Coaches are not allowed to make this decision, i.e., only the NCSL-REC Club Representative or the Club Field Coordinator is allowed to make this decision. Should the coaches make this decision, the home team's club is allowed to decline rescheduling the game without a penalty to either team, i.e., the game will simply remain as an unscheduled game.

Game Cancellation Notifications

1. Notifying Teams of Game Cancellations – The home team Commissioner is still required to contact the affected team(s). Teams should be notified at least 3 hours in advance of game cancellations. Difficulties in contacting a given team can be addressed by contacting the applicable NCSL-REC Club Representative.
2. Notifying the NCSL-REC of game cancellations:
 - a. The NCSL-REC Club Representative is responsible for notifying the NCSL-REC of all games canceled on their home fields as soon as possible. The clubs are encouraged to provide this information to the NCSL-REC so that the web site can be updated with change in game status. However, the notification to the NCSL-REC does not eliminate the requirement for (1) the home team to notify the visiting team of the game.

Game Changes and Rescheduling Games

The Home Club is responsible for changing or rescheduling all games that are canceled or not played. The Home Team Club Rep must notify the NCSL Administrator of any changes so the official schedule can be updated in Demosphere.

1. Game reschedules within the control of the club need to be finalized by the Tuesday prior to the scheduled game. This allows clubs 4 days to redistribute their resources as needed.
2. There are no limitations on rescheduling games when (1) the game is being played between teams from the same club or (2) both teams have agreed to a given game schedule, e.g., teams from different clubs agree to play on Friday night or play two games on the same day.
3. **Game changes for the convenience of the club** – Two types of game schedule changes are made for the convenience of the club. Examples of game schedule changes made for the convenience of the club include changing fields, game times, and game dates.
 - a. **Field Only Changes** – When the only game change is the game field only, i.e., the game date and time do not change, then the following applies.
 - i. The NCSL-REC, opposing coach, and opposing coach's NCSL-REC Club Representative must be notified of the field change by 6 PM on the Wednesday preceding the game. Although the opposing coach is notified of the change, the opposing coach does not have to approve the change.
 1. It is recommended that the opposing coach's NCSL-REC Club Representative take the appropriate actions to make sure that the coach receives the notification of game field change.
 - ii. Game field changes made after 6 PM on the preceding Wednesday, are considered as "other game schedule changes" and must be approved by the opposing coach.
 - b. **Other Game Schedule Changes** – When a game schedule change is desired to

a game between two different clubs, other than simply changing the game field, the opposing coach must agree to the change, e.g., the hosting club desires to change the game time from 1:30 PM to 2 PM.

4. **Game Changes Required Beyond the Control of the Club** – Sometimes a game schedule change is needed because of reasons that are beyond the control of the club. For example, the field permitting authority may notify the club that the field permit has been revoked for a given weekend and this notification is received during the week preceding the game, i.e., it was unknown at the start of the season. When this condition exists, the following applies.
 - a. **Field Only Changes** – When the only game change is the game field only, i.e., the game date and time do not change, then the following applies.
 - i. The NCSL-REC, opposing coach, and opposing coach's NCSL-REC Club Representative must be notified of the field change by 6 PM on the Thursday preceding the game. Although the opposing coach is notified of the change, the opposing coach does not have to approve the change.
 1. It is recommended that the opposing coach's NCSL-REC Club Representative take the appropriate actions to make sure that the coach receives the notification of game field change.
 - b. **Other Game Schedule Changes** – The deadline for notifying the opposing coach and coach's NCSL-REC Club Representative of these changes is Thursday at 6 PM. The NCSL-REC should not be provided with these changes until the opposing coach agrees to the change.
 - i. If an opposing coach does not approve the change, then the game is considered an unscheduled game that will use the mandatory game rescheduling process discussed elsewhere with the following exception – the game may be rescheduled starting in the following week. For example, assume the club is notified by the permitting authority on the Thursday preceding the week 3 game that the field is not available and the opposing coach does not agree to the proposed change in game time. The home team's club may schedule that game, in accordance with the mandatory game rescheduling rules, starting in week 4 rather than waiting until week 5.
5. **Game Cancellations Beyond the Control of the Club** – Games may be canceled for reasons beyond the control of the clubs and teams, e.g., weather conditions. The hosting club is responsible for rescheduling these games by 6 PM on the Wednesday following the game cancellation.

Game Results and Ranking of Teams

Game points will be awarded for each game played. Game points are awarded as follows: 3 points for a win, 1 points for a tie, 0 points for a loss.

The NCSL web site displays team rankings in the following order: games played, game points, game record (W-L-T), goals scored, goals allowed, cautions, and ejections.

Appendix I - Leaders Code of Conduct

The purpose of the National Capital Soccer League is to provide youth soccer players the opportunity to develop soccer skills through a high level of competition. As a leader in the NCSL - as coach, assistant coach, manager, or trainer - I understand the importance of the role I play in the lives of my players, and I accept the great responsibility this role places on me. In carrying out these responsibilities, I accept the following code of conduct:

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I acknowledge that I will not knowingly roster nor play a travel player, or any other ineligible player for an NCSL-REC game.
- I will teach and demonstrate respect for the Laws of Soccer. I will insist on the highest respect for soccer officials by players, parents, and fans. I understand that dissent is contrary to the Laws of Soccer and that criticism of officials could destroy the game. I will abide by NCSL's rules and procedures.
- As a head coach, I understand I am responsible for the behavior of my teams' assistants, parents and fans at League games.
- I will respect the players on my team and on other teams. I understand that soccer is merely a game, and that players and coaches on other teams are my opponents, not my enemies. I will teach my team to appreciate how the variety and diversity of players in our league makes the league richer and more rewarding.

(Signature)

Date

Printed Name

Title

Club Name

Team Number

Appendix II - Players Code of Conduct

It is a privilege to be a player in the National Capital Soccer League. I understand I must follow the rules written below to remain a player in good standing in the League:

- I will respect the game of soccer and its laws. I will learn these laws and try to follow them. I will play the game fairly. I will abide by NCSL's rules and procedures.
- I will show respect for the authority of the referee, even though I will sometimes disagree with his calls.
- I will show good sportsmanship before, during, and after games. I understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
- I will help parents and fans understand the Laws of the Game so they can watch and enjoy the game better. I will be sure they understand that dissent is not permitted in the NCSL.

(Signature)

Date

Printed Name

Club Name

Team Number

Appendix III - Parent Code of Conduct

Soccer is a wonderful sport and a passionate game. Parents should always remember our attitude is contagious. The referees, the players, the coaches and the fans should come together to match wits and skills. The other team is our opponent not our enemy and thus should be treated with respect. While winning is important, playing well and fairly is the essence of the game.

I will always set a good example to my/our child in his soccer development by adhering to the following:

- I will not criticize the referee openly or directly ... during or after games. Any criticism shall be done in writing (to my club or the NCSL), not verbally.
- I will only give positive feedback to players.
- I will abide by NCSL's rules and procedures.
- I will cheer at all games within the spirit of fair play and shall do my best to cheer the effort regardless of the outcome. I will be mindful in "lopsided" games where cheering my own "winning" team might be misunderstood.
- I shall do my best to teach players to become students of the game.
- I shall find the "little successes" that the children have during each match.
- I shall show the quality of my sportsmanship during and after each and every match and help my child remember to thank the referee after the match without regard to the result.
- I shall do my very best to have my child prepared for every match.
- I shall support the learning effort of the players, coaches, and the referees by demonstrating my patience.
- I understand that improper behavior at a match may result in a parent being asked to leave the field by the referee, the TSL or a club official so the coach does not receive a yellow card caution or even a red card ejection due to the actions of the parent spectator.
- I shall leave the coaching to the coach during the match. I shall do my best not to give my child instructions during the match.
- I understand that (upon review) the NCSL can, and will if necessary, suspend my individual privilege to watch my child play should I behave in a manner that is rude or otherwise offensive.
- I agree to do my best to have as much fun watching the game as the players should have playing the game.

(Signature)

Date

Printed Name (Circle one Mother, Father, Guardian)

Club Name

Team Number

Appendix IV - Lightning

Law V of the Laws of the Game says the referee “shall have discretionary powers to stop the game and to suspend or terminate the game whenever, by reason of the elements, interference by spectators or other cause, he deems such stoppage necessary.” This is the only referee guidance the Laws provide.

In the training of all referees, the safety of everyone at the field is of primary concern to the referee. There is no specific instruction given about when to stop play during threatening weather.

By way of definition, dangerous weather constitutes an unplayable condition, even if the storm has not yet broken. NCSL club representatives, coaches and referees should be advised that if dangerous weather conditions exist, a match should be suspended and replayed in its entirety at a future date. The safety of all is paramount, independent of any cost, inconvenience, or advantage due to the replay of the match.

Lightning Safety Guidelines

1. Remember that prevention and education are the key
2. Obtain a weather report *prior* to practice or games. When outside, listen to weather radio if you suspect a storm is approaching.
 - a. Know that the existence of blue sky and the absence of rain are not protection from lightning. Lightning can strike as far as 10 miles away from any rainfall.
 - b. When a storm is approaching, monitor the situation carefully.
 - c. No place outside is safe near a thunderstorm.
 - d. Open fields and elevated places are the most dangerous when it comes to lightning.
 - e. The activity with the fastest rising lightning casualty rate is outdoor sports and recreation.
3. Assess and Act On Immediate Risk
 - a. At every practice, game, or outdoor event, a club or team official (coach, asst. coach, TSL, or appointed parent) should act as the lightning monitor(s). The monitor(s) must be responsible for assessing current weather conditions and relaying threat situations to the coach and or officials as appropriate.
 - b. If you see lightning and/or hear thunder – seek shelter immediately.
 - c. Wait at least 30 minutes after hearing the last thunder before leaving shelter and resuming play. (Referee should contact the League Office if there are concerns about lengthy delays and field availability.)
4. Take Shelter in a Safe Location
 - a. Remember that no place outside is safe near thunderstorms.
 - b. The best shelter is a large, fully enclosed, substantially constructed building.
 - c. A vehicle with a solid metal roof and metal sides is a reasonable second choice. Stay inside the vehicle with windows up – do not lean on the vehicle.
5. Avoid the most Dangerous Locations
 - a. Higher elevations
 - b. Wide open areas, including fields
 - c. Tall, isolated objects, such as trees, poles, or light posts
 - d. Unprotected open buildings such as pavilions, picnic shelters, or bus stops
 - e. Metal fences and metal bleachers

Appendix V - Virginia Policy on Misconduct by Coaches

July 1, 2000

Section 1. In this policy-

(1) "Coach" means a coach, assistant coach, team manager, or other team official.

(2) "Federation" means the United States Soccer Federation, Inc.

(3)

(A) "Misconduct at a referee" means persistent statements or physical acts at a referee at a game, that do not constitute referee assault or abuse as provided under Federation Policy 531-9, but that mistreat the referee or are inappropriate or unacceptable statements or acts, and include the following:

(i) excessive incidences of foul or abusive language at the referee.

(ii) statements that diminish the authority of the referee.

(iii) statements or acts that serve to intimidate without threatening physical harm to the referee.

(B) Examples of misconduct that arise under subparagraph (A) of this paragraph (3) include the following: confronting the referee without physically threatening the referee; spitting on the ground or in the air but not at the referee; throwing or kicking an item as a sign of disrespect or dissent but without the chance of hitting the referee; re-entering the field. These are only some of the examples of possible misconduct and are not all-inclusive.

(4) "Referee" means the following:

(A) Any currently registered Federation referee, assistant referee, 4th official or other individual appointed to assist in officiating a game; (B) any non-licensed, non-registered individual serving in an emergency capacity as a referee as provided by Federation Policy 531-8; and (C) any club assistant referee.

(5) "VYSA" means the Virginia Youth Soccer Association, Inc.

Section 2. This policy only applies to a coach in the following situations:

(1) If a proceeding is brought against the coach for referee assault or abuse, or both, under Federation Policy 531-9; or

(2) If the coach is ejected from a game and, after the ejection, engages in conduct that is misconduct under this policy.

Section 3. If a coach is found to have committed misconduct under this policy, the coach shall be suspended at least the next 3 scheduled games. This suspension is in addition to any other suspension that may be imposed on the coach by a club or league.

Section 4. The Board of Directors of VYSA delegates to the VYSA Adjudication Committee its authority to carry out this policy. In carrying out this policy, the Committee shall conduct hearings and follow hearing procedures applicable to allegations of referee abuse. A decision of the Committee is a final decision of VYSA.