

Soccer league

Head-Start Soccer League Rules 2009

The purpose of this document is to inform players about the rules of the HEAD-START LEAGUE. The HEAD-START LEAGUE follows all FIFA rules, with adjustments made by the HEAD-START LEAGUE as needed.

Philosophy of the HEAD-START LEAGUE

Our philosophy is to provide an atmosphere of good sportsmanship which the players and teams can compete as a recreational league within a safe environment and enjoy the game of soccer.

1) General

a) Team Rosters

- i) Teams may register up to 20 players. The deadline to register a player is on or before your 4th game of the season. Any additions after this date must be submitted to and approved by the league.
- ii) All recreational teams must have a copy of their license or any other form of identification available with them at every game which shows a picture of the individual along with birth date. This individual must correspond to the name on the game sheet
- iii) No Division Premier players (current or in the past outdoor season) will be allowed to play in the Co-ed recreational division D,E & F as it creates too wide a range of skills and is not in keeping with a recreational philosophy.
- iv) There is no maximum age limitation for participation in the HEAD-START LEAGUE, but all players must be at least 18 years of age as of Jan 01/10

2) Duration of Games

- a) Games are two 25-minute halves. If a team is not ready to start the game at the scheduled time a 5-minute grace period will be given, after which if the team is still not ready they forfeit the game.

3) Free Kicks and Corners

- a) Opposition players must stand at least 5 yards away from the ball.

4) No slide tackles allowed.

- a) You cannot challenge for the ball while you are on the ground. A knee or hand touching on the ground will be interpreted as being "on the ground". The penalty for a slide tackle is a direct kick at the point of infraction for the non-offending team. Violent or persistent (more than one) slide tackles in a game will result in a yellow card. Goalkeepers cannot slide tackle in the box. They may dive, hands first, or move laterally directly in front of the goal to save a shot. The referees' judgement is final.

5) Violence

- a) Absolutely no violence will be tolerated.

6) Disciplinary Committee

- a) A player who has received a red card, either in a game or through the accumulation of 4 yellow cards from several games, must call Fabio before he or she can play again. The committee will review the incident to decide if further disciplinary action is warranted.

7) Referees

- a) The referee has authority from when he arrives at the field to when he leaves the field. If there is a problem with a referee, do not show disrespect to him,

just focus on the game and afterwards contact the Cover-All Management with your concerns, who will investigate.

8) Fouls

- a) Generally, the following fouls result in a direct free kick, yellow card, or red card, depending on the severity:
- b) Tripping, kicking (or attempting to), striking (including spitting), holding, or pushing an opponent
- c) Tackling from behind or in a dangerous manner
- d) Contacting the opposing goalkeeper
- e) A hand ball, except by the goalkeeper inside his own yard box
- f) Generally, the following fouls result in either an indirect free kick or a yellow card.
- g) Obstructing the goalkeeper as he or she tries to throw or punt the ball away
- h) If a team-mate intentionally passes the ball from his or her foot to his or her goalie and the goalie directly touches the ball with her hands (pass-back)
- i) Obstructing another player's movement.
- j) Any ball out of play will result in an indirect free kick.
- k) Yellow cards are also given for slide tackling, showing dissent to the referee, breaking the rules persistently. Also note that the accumulation of 4 yellow cards received in separate games is an automatic red card.
- l) Red cards are also given for abusive, racial, or foul language, violent misconduct or serious foul play, or continuing misconduct after a yellow card. Any player red carded must leave the field immediately. Following the game the player must contact Fabio before he or she is allowed to play again.
- m) The referee's report for all division will be submitted to the HEAD-START LEAGUE Management.

9) Pre-Game

- a) We ask each team to supply a first aid kit and ice packs for their own use.

10) Game Sheets

- a) Each team must fill out the game sheet by placing a number beside the corresponding player. Notify Cover-All Management prior to your game of any additions or changes.

11) Player I.D.

- a) Those individuals playing in Co-ed divisions must have a picture I.D. at each game. It can be a driver's license, passport, video card, etc., as long as it has the player's name and picture. After both teams have filled out the game sheet the referee may ask the team to line up with each player holding his I.D. beside his face. The referee will first check that the person matches their I.D. and second, matches a name on the team's roster and, third, matches a name on the game sheet.
- b) If a player arrives late he or she must present their identification to the Referee.

12) Game Ball

- a) The home team provides the game ball. It must be a Size 5 indoor soccer ball.

13) Minimum Number of Players

- a) A team must have at least 3 players plus a goalie to start a game.

14) Number of Women on the Field

- a) These teams must always have a minimum of 2 women on the field (not including the goalie). If during a game a woman is injured and there is no other woman to substitute, the team cannot replace her with a man. If a

team cannot produce any women they must play with one less person on the field.

15) 3. During the Game

i) Player Equipment

- (1) All of a team's players must wear the same colour jersey. Each player's jersey must have a number on the back that corresponds to his or her name and number on the game sheet.
- (2) If both teams' colours are too similar, at the referee's discretion, the away team must wear coloured pinneys over their jerseys. HEAD-START LEAGUE has pinneys available for teams at the Head-Start League. When borrowing the pinneys, a player must leave a picture I.D. or set of keys as a deposit. So make sure the person sent to get the pinneys has this.
- (3) Goalies must wear a colour different from both teams.
- (4) Each player must wear shinpads and soccer socks to cover them. No watches, rings, earrings, necklaces, or any other jewellery can be worn during a game to protect others from being scraped or cut by a hard or sharp object. The only partial exception is stud earring, which can be covered by tape.

16) 4. Playoffs

- 17) All teams will be eligible for playoffs based on their ranking.
- 18) In the event that two or more teams are tied in the standings, the following tiebreakers shall be used in this order:
 - i) Number of wins.
 - ii) Head to head competition.
 - iii) Goals against in matches played amongst tied teams
 - iv) Goals against in league play amongst tied teams.
 - v) Goal differential +/-
 - vi) Goals for/against ratio computed by the following formula:
$$\frac{GF - GA}{GF}$$
 - vii) Coin toss (both team representatives must be present)

19) 5. Contact Information

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20) Amendments

- a) Goal Crease Rule – no player on the offensive team can stand in the small (1 yard box) in the goal crease until the ball is kicked off a direct or indirect kick.
- b) Goalies are not permitted to dribble the ball over the center line. They can however, pass it over the center line then receive it back once over center

Amendments – will be reviewed and implemented or deleted after preseason games.