



## SECTION 9 Playing Rules

9.0 FIFA Laws of the Game except as noted herein

9.1 Game length

- 09U-10U (Two 25-minute halves)
- 11U-12U (Two 30-minute halves)
- 13U-14U (Two 35-minute halves)
- 13U-14U Small-sided 7v7 (Two 35-minute halves)
- 15U/16U (Two 40-minute halves)
- 15U/16U Small sided 7v7 (Two 40-minute halves)
- 19U (Two 45-minute halves)
- 19U Small-Sided/High School Small-Sided 7v7 (Two 40-minute halves)

9.2 Overtime

Overtime is not played if the game is tied at the end of regulation time, and the result of the game is recorded as a tie.

9.3 Goalkeeper distribution **APPLIES TO 9U-10U AGE GROUPS ONLY** (added 6/26/2017)

Goalkeepers are not allowed to punt or drop-kick, and training should be focused upon throwing and using their feet with the ball on the ground to transition play to the attack.

9.3.1 If a goalkeeper punts or drop-kicks the ball, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the punt or drop-kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

9.3.2 Referees must be flexible when enforcing the 6-second rule and counting the time of possession should only begin when all opponents have moved behind the build-out line.

9.3.3 Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build-out line. However, the goalkeeper is allowed to put the ball into play sooner, but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

9.4 Build-out line (**APPLIES TO 9U-10U AGE GROUPS ONLY**): Goalkeeper possession (hands) and goal kicks (added 6/26/2017)

As per US Soccer: "the build-out line promotes playing the ball out of the back in a less pressured setting."

The ISL Level 3 Central requires that the opponent “drops off” to the build-out line when the goalkeeper has the ball in his or her hands, and on all goal kicks. The defending team may not release from the half line until the ball has been played. Referees will be instructed to strictly enforce this rule. This rule is designed encourage the development of building play out of the back.

- For Fall 2017, the build-out line will be the half line!
- For goalkeeper distribution as it relates to the build-out line, see 9.3.3

#### 9.5 Offside (added 6/26/2017)

As per US Soccer mandates, 09U-10U will now play with the offside law. The build-out line is the offside line.

9.5.1 Offside will be called for all age groups 09U-19U.

#### 9.6 Small-sided forms of the game

- 09U and 10U age groups will play 7v7 (6 field players plus a goalkeeper) on a modified-sized field with modified goals. Refer to Section 5.0 for dimensions.
- 11U and 12U age groups will play 9v9 (8 field players plus a goalkeeper) on a modified-sized field with modified goals. Refer to Section 5.0 for dimensions.
- Small-sided age groups will be supported in 13U, 14U, 16U and 19U as needed and will feature 7v7 (6 field players plus a goalkeeper) on a modified-sized field. Refer to Section 5.0 for dimensions.

#### 9.7 Forfeits

##### 9.7.1 Failure to show

A minimum of number of players constitutes a team (see Section 2.3); a team with the minimum number of players present must start the game at the scheduled time. If the minimum number of players are not available, a 15-minute grace period will be extended beyond the scheduled kick-off time. If at the end of the 15-minute grace period the team does not have the minimum number of players, the Referee will suspend the game and report it as a forfeit to the League Director. For the purposes of score reporting, the match will be recorded as a 1-0 (forfeit).

##### 9.7.2 Ineligible player, coach or team official

If it is determined that an ineligible player or coach participates in an ISL L3 Central match, the match will be forfeited. Any team, coach and/or team official found guilty of knowingly using an ineligible player or having an ineligible coach on the sideline will be subject to strict disciplinary action that could include additional sanctions for the club.

#### 9.8 Completed game



Any game that has started the second half of play is considered a completed game, so if suspended for any reason it will stand as such and not be rescheduled. If the game is suspended prior to the start of the second half, it will be rescheduled and restarted from the beginning.

## 9.9 Substitutions

Substitutions may occur for either team at any stoppage of play, at the direction of the referee. There are no restrictions on the number of substitutions, in keeping with the league rule that players must get 50% playing time in a game (Section 9.10).

9.9.1 If the referee has issued a caution to a player, only the player cautioned may be substituted for at that stoppage.

## 9.10 Playing time requirement

All players must receive 50% playing time in a game. If a coach is managing a disciplinary situation with a player, the player may receive less than 50% playing time. Prior to the game the coach must inform the parents, the referee and the opposing coach of this disciplinary status. If the incident occurs during the game, the coach must inform the referee and opposing coach of the decision.

## 9.11 Game ball

Each team should have a properly inflated game ball provided to the Referee prior to the start of the match. The Referee will decide which ball to put into play.

## 9.12 Game Credentials

During pregame of the match, the Referee will conduct the team check-in at which time the credentials (Section 7) must be presented: team roster (including designation of the up to 18 "game active players" for any 13U-above teams with more than 18 on its roster), player passes, including for any guest player, the Iowa Soccer-Approved Guest Player credential if applicable and the "hard pass" for each coach.

## 9.13 Team Uniforms and Player Equipment

Each player of a team is required to wear "like" uniforms within a team (jerseys and socks especially).

### 9.13.1 Uniforms

Each jersey should have a visible number that is different from the number of every other player on the team. Goalkeepers must wear colors that distinguish them from any other players and game officials; numbers for GK jerseys are optional. There is no requirement for home (wearing light color) and away (wearing dark color). As long as the colors between the teams are easy to distinguish, that is the requirement, particularly sock color (which aids the Referee in making calls). The Referee will be the final authority on uniform colors. Should a change of jerseys be directed, the home team must change into an alternate jersey color.

### 9.13.2 Equipment

Wearing age- and size-appropriate shinguards will be enforced by referees, and goalkeepers are encouraged to wear gloves to help ensure their safety. Casts are allowed if properly padded, keeping in mind the safety not only of the player wearing the cast, but of the other players. Referees will be the final authority of properly-sized guards and properly-padded casts. If a Referee points out non-compliance, the player will be given the opportunity to comply before any final decision is made regarding his/her ineligibility to play in the game.

## 9.14 Heading Restrictions and Limitations

As per the Iowa Soccer Concussion Management Policy, heading is not allowed in 09U-10U games or at practices.

### 9.14.1 Penalty for intentional heading – referees have/should be instructed to handle in the following manner (added 6/26/2017)

- Outside goal area = indirect free kick, from spot of offense
- Within goal area = indirect free kick, on goal area line parallel to the goal line at point nearest spot of offense
- If not deliberate, play should continue
- Two exceptions when “advantage” should be played
  - Deliberate, but errant header results in an own goal. Referee allows goal.
  - Deliberate, but errant header goes directly to attacker who “easily” shoots and scores. Referee allows goal.

### 9.14.2 11U and younger age groups

Heading is not allowed -- at practices or in games

### 9.14.3 12U, 13U, 14U age groups

Heading is allowed in games. Heading is limited at practices to 15-20 headers per player, per week

#### 9.14.3.1 Younger players “playing up”

If a 10 year old player is playing up in an older age group (i.e. 10 year old playing on a 12U team), the player should not be heading the ball even if playing in an age group that permits heading.

- Parents are responsible for educating their child that they are not yet old enough to head the ball, and to communicate with the child’s coach that he/she will not be heading the ball in practices or games. Coaches must adhere to the rules restricting 10 year olds from heading the ball, so will need to be aware of who those kids are on their roster, if any.

### 9.14.4 15U and older age groups



There are no limitations or restrictions at practices or in games.

9.15 Concussions, possible head injuries and returning to play

Refer to the Iowa Soccer Concussion Management Policy for requirements on returning to play.

9.16 Cautions, send-offs

Players or coaches/team officials who are sent off must immediately leave the field and the match. He/she may not remain at the match, must leave it in a timely manner, and must be out of sight and out of sound of the match. He/she may receive additional suspension or sanctioning if he/she does not comply or is found to have returned within sight and/or sound of the match.

A referee's decision regarding a send-off is final and may not be protested.

9.16.1 A team may not substitute for a player who is sent off, and the team will play down a player for the remainder of that match.

9.16.2 As per FIFA Laws of the Game, when a coach is sent off from the match, the referee does not display a red card. Therefore if the coach is instructed by the Referee to leave the match, it is considered that the coach has been sent off.

9.16.3 Teams and coaches will take one side of the field and parents/spectators will be on the opposite side of the field. Any other individuals who may be reasonably construed as being associated with a team -- such as relatives and spectators -- will also be subject to the jurisdiction and authority of the Iowa Soccer League Level 3 Central rules, associated Iowa Soccer rules and policies, and to the authority of League officials and game referees. Any coach or team official will be responsible for the actions of any individual(s) at any match that in the opinion of League officials or game referees is a supporter of that team.

9.16.3.1 Coaches or team officials who are sent off for the action(s) of any such individual(s) at a match are subject to the same penalties as detailed in these rules.

9.16.4 A send-off in a match carries with it the ineligibility for the player or coach/team official to participate in the next immediately-following League match with that team

9.16.4.1 The one game suspension follows the team within League play, therefore if the player or coach/team official plays or coaches with a different team in the League, the suspension is not in effect for that other team, nor does it follow if the next scheduled match for the team with which the send off was issued is outside the League schedule (a tournament, for example).

9.16.4.2 If the send-off occurs in the last game of the League season, the suspension will follow the player or coach/team official to the immediately following season's first League match.

9.16.5 At the discretion of the League Director, the suspension may be increased and a player or coach/team official may receive a more than one game suspension.

9.16.6 The Referee must submit a report, including the name of the player or coach/team official that was sent off, to the League Director by 10pm on the Sunday following the game.

#### 9.17 Referee Authority

From the time the Referee enters the playing field or its vicinity and until such time as the Referee leave the playing field or the next game begins, the Referee will have the authority to caution or send off any player, coach/team official or spectator. This authority extends to before, during and after game play, and the entire vicinity of the game field, including the entire location of the field, the entire park, facility or complex, and parking lots. The Referee is further given the authority to order off the field or its entire vicinity and parking areas any player, coach/team official or spectator who, in the Referee's judgment, is acting in a manner that is detrimental to the game.



## SECTION 10 Scores and standings

### 10.0 Reporting

- Team Manager or Coach of first team listed (Home team) will report score after completion of match through the TourneyMachine schedule.
  - Open up the schedule, “Public Results”
  - Locate your division
  - Locate your match
  - Click on the “green” icon to post score
- Scores will be collected and posted publicly, but standings will not be kept or posted. Scores will be used as data points, if necessary, in helping to form “like playing level” groups for the spring season, and to help monitor allowances such as “playing age group” selection and “guest players”.

### 10.1 League points, standings

The ISL Level 3 Central League does not keep or post standings, as the cornerstones of the League are having fun and developing players while creating a positive playing environment.

The purpose of the ISL Level 3 Central is to provide opportunities to play, and to develop, promote, and administer youth soccer competition at the recreational level for the 11U-19U age groups. The League will strive to provide an enjoyable, developmentally-appropriate and competitive platform for players and coaches, while keeping administrative barriers to a minimum so kids can get on the field and games can be played.

## **SECTION 11 Conduct and Discipline**

### **11.0 Sportsmanship expectations**

Iowa Soccer is an Alliance 4 All-Endorsed State Association and will conduct its programs in accordance with this standard. Expectations of players, coaches, referees and parents/supporters are high and reflected throughout these rules as “practicing better sportsmanship”. Developing the culture of good sportsmanship is a vital part of the League.

### **11.1 Send-offs**

Refer to Section 9.16

### **11.2 Disciplinary Committee**

Any player or coach/team official found to violate any League, Iowa Soccer Association, US Youth Soccer, or US Soccer Bylaws, Rules or Policies, or the FIFA Laws of the Game, may be subject to a hearing in front of a disciplinary committee.

If necessary, the league director will convene a disciplinary committee comprised of the following members:

- The League Director will serve as the mediator (will not vote)
- Three members designated by the League Director from the Advisory Panel; designees may not have any affiliation with those brought before the panel.

### **11.3 Disciplinary Committee procedures**

- The committee may call any witness to document the case
- The alleged violator may call any witness to document the case
- After hearing all evidence presented, the disciplinary committee will make a determination of the discipline to be handed out.
- Unless the violated rules have a specific punishment the disciplinary committee will determine the punishment, which may be any of the following:
  - Verbal/Written Warning
  - Suspension
  - Removal from the league



## SECTION 12 Protests and Appeals

### 12.0 Investigation

It is the responsibility of the League Director to investigate a properly-lodged protest within the timetable as laid out herein. Failure of the parties involved to cooperate with such investigation will result in disciplinary action up to and including suspension.

### 12.1 Decision

All questions relating to the qualifications of competitors, to interpretation of the rules, or any dispute or protest concerning an Iowa Soccer League 9U-10U Central game will be referred to the League Director. Decisions will be made by the League Director and will be binding on all parties.

12.1.1 A plea of ignorance to all rules and regulations governing this League is not sufficient grounds for a protest.

12.1.2 A referee's judgment will not be a basis for protests and a referee's decision will be final. This includes, but is not limited to, cautions or send-offs for players, coaches/team officials or parents/spectators.

12.1.3 Misapplication of the Laws of the Game (LOTG) may be a valid basis for a protest. Misapplication of the LOTG is different from a referee's judgment call.

12.1.4 To be valid and eligible for consideration

- A protest relating to grounds, goal posts or bars, or other appurtenances of the game will be entertained only if a written objection has been lodged with the Referee and with the opposing coach prior to the start of the game by a coach/team official listed on the team's Iowa Soccer-approved roster from the involved game.
- In any other instances, a protest must be verbally lodged by a coach/team official listed on the team's Iowa Soccer-approved roster from the involved game with the Referee and with the opposing coach at the game site before entering the field of play, or before leaving the game site at the conclusion of the match.

### 12.2 Filing a protest

- The League Director must be notified, in writing ([kkinney@iowasoccer.org](mailto:kkinney@iowasoccer.org)) or verbally, of the intent to lodge a protest by 10 pm on the date of the match.
- Protest may be filed only by a coach/team official listed on the team's Iowa Soccer-approved roster
- The protest must be filed with the League Director within 24 hours after the completion of the game being protested and include:
  - A fee in the amount of \$250.00
  - A written protest which must clearly articulate the disputed matter and include the grounds on which the protest is lodged

- A written copy of any information to be presented by witnesses.
- After having received a properly lodged protest, the League Director will notify the team/party against which such protest is made, who will have the right to defend its case. A copy of the written protest will be provided to the other involved team/party.
- A lawyer will not represent a team/party at a hearing unless he or she is a bona fide member of one of the teams/parties concerned.