

The mission of all our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered around sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to offer an amateur sports program, through a volunteer base, for all participants to grow in physical, mental, and moral development through recreational competition and to promote excellent citizenship, sportsmanship, and teamwork, exemplified by our coaches and parents.

THE GAME

- I. It is the object of the game for one team to kick the ball into the opponent's goal. The game is won by the team which accumulates the most points.
- II. The referee(s) has the authority to rule promptly and in the spirit of good sportsmanship in any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.
- III. The NYS staff and officials shall assume authority for the contest, including penalizing unsportsmanlike acts while teams are present at the game site including parking lots.
- IV. The referee's decision is final.
- V. Protests of NYS soccer rules are not recognized.
- VI. No dogs allowed at NYS game sites.
- VII. NO TOBACCO, VAPE, ALCOHOL OR DRUGS ALLOWED AT ANY NYS EVENTS

GAME LENGTH AND STOPPAGES

- I. Each 11U game will consist of four (4) 10-minute quarters.
- II. Each 14U game will consist of four (4) 12-minute quarters.
- III. Intermission between quarters is one minute, with a 3-minute half time.
- IV. Each team is allowed two 30-second timeouts per half.
- V. The game clock will run continuously.

THE FIELD

- I. The field length will be approximately 100 yards long.
- II. The Field width will be approximately 50 yards wide.
- III. The Goal size will be 8' x 24.'
- IV. The home team (listed first on the schedule) will occupy the North or the West Sideline
- V. The away team (listed second on the schedule) will occupy the South or East Sideline.
- VI. Spectators must sit on the sideline of the team they are associated with.
- VII. All coaches must remain on their sideline. Coaches and spectators are not allowed near the goal area.
- VIII. Both teams will provide one volunteer Flagman for every game, to assist the Head Referee in calling:
 - OUT OF BOUNDS (on which team)
 - Legal THROW-IN
 - i. that throw-in occurs near where the ball went out.
 - ii. part of both feet stays down.
 - iii. feet do not cross sideline/touch line.
 - iv. arms come straight over head.
 - v. do not throw ball in to themselves.
 - vi. judge that the throw-in lands in-bounds (if down the line)
 - CORNER AND GOAL KICKS
 - OFFSIDES
 - i. by staying even with the second to last defender and ensuring that an offensive player, only if involved in the play, is not behind that second to last defender or in front of the ball, only on the opposition's half (no offside during goal kick, throw-in, or corner)
- IX. Players should remain in one area, designated by the coach, so they can be seen and be given equal playing time and be out of the way of the volunteer Flagman.

PLAYERS & EQUIPMENT

- I. The sporting age of a player is their age ON August 1st, 2024.
- II. The roster maximum is 22 players unless approved by the Head Coach and League Coordinator.
- III. The game will be played 11 vs 11.
 - a. Teams may play down two players; **the opponent does not have to match**. If a team begins with less than 9 players, it will be considered a forfeit.
 - b. Teams may not play with more than 11 players (including goalie) Having more than 11 on the field will result in a penalty.
 - i. First offense: Warning issued to Head Coach
 - ii. Second offense: Head Coach ejection
- IV. All players must be registered with NYS and listed on the roster to play. Playing with ineligible players will result in a forfeit of the game even after the fact.
- V. Players must wear approved NYS uniforms. Custom Uniforms MUST be approved by the NYS office and have the NYS logo present.
- VI. Each player must play half of the game.
- VII. In age divisions where playoffs are present, teams with custom uniforms must register through National Sports ID(NSID). This is in addition to any other league fees.
- VIII. The Head Coach has the authority to limit game playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or game.
- IX. Players may play up one age division if they are within one year of the bottom of that age division.
- X. All players must wear shin guards, under socks.
- XI. No metal cleats. Cleats may not have the front toe cleat (Ie Football Cleats)
- XII. 11U will use a size 4 ball.
- XIII. 14U will use a size 5 ball.

GAMEPLAY

- I. Each match will begin with a coin toss. Home team calls heads or tails. (Home team is listed first on the game schedule.)
- II. The winner of the coin toss will choose to either kick off or declare which goal they will attack in the first half; the loser will then have the remaining option. The reverse will occur to start the second half automatically.
- III. Offsides will be called.
- IV. Headers are only allowed in the 14U division.
- V. Substitutions may only be made with the referee's acknowledgement.
 - a. Substitutions are allowed during the following breaks for either team.
 - i. Kickoffs, including after a goal has been scored.
 - ii. Throw-in
 - iii. Goal kick
 - iv. Corner kick
 - v. Injury
- VI. The referee, according to the infraction, will award **direct** or **indirect free kicks**.
 - a. **Direct Kick Fouls**
 - i. Intentionally attempting or completing a kick, trip, charge, strike, push, jump at, blatant hold or pulling, spitting, slide tackling or any other intentional dangerous play to an opponent.
 - ii. Deliberately handling the ball (a hand ball should not be called if a player is protecting themselves or if the ball hits the hand accidentally while at the player's side).
 - b. **Indirect Kick Fouls** (meaning the ball must touch another player; cannot score a goal "directly".)
 - i. Dangerous Play: that is any action by a player that is dangerous to themselves or to another player. (i.e. high kick when the opponent is near or attempt to head a low ball when the opponent is trying to kick, endangering the goalkeeper within the Penalty Box, etc.)
 - ii. Anytime a yellow or red card is shown, and a direct kick is not awarded.
- VII. Penalty kicks will be placed 12 yards from the goal line. (A penalty kick is awarded when a foul punishable by a direct free kick is committed by a player in their own Penalty Box.)
- VIII. The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game.
 - a. Two yellow cards in the same game will result in ejection.
- IX. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.

- X. Any Player, Coach or parent to receive an ejection will receive an automatic suspension to be served at the next week's game
- XI. BENEFIT OF THE DOUBT- the referee will interpret if a child is attempting to do a skill properly and may choose not to make a call based on "advantage".

- XII. ADVANTAGE CLAUSE - The Referee, in their judgment, may choose to allow a play to continue after a rule infraction, if it would result in an "advantage" to the fouling team to stop play. The theory is that the team that was fouled should not be punished by having an attack stopped which might result in a goal or more succinctly, that the team which committed the foul should not gain an advantage because of the foul.