

# Lassen Youth Soccer

## Rules & Regulations

(Revised: May 15, 2025)

*In addition to the LYS Constitution, By-Laws, Rules & Regulations, and Policies, please refer to Cal North District IX websites, Cal North Team Manual and the FIFA / USSF Laws of the Game.*

### **3:01 RULES OF PLAY**

**3:01:01** Cancellations need to be made 48 hours in advance through the player agent who will arrange make-ups including contacting the referee assignor. Inadequate notification will be recorded as a forfeit. Teams canceling games may be subject to forfeit if game cannot be rescheduled. No make-ups for U6, U8 and U10 will be made.

**3:01:02** Teams are expected to report to the field of play ten (10) minutes before game time.

**3:01:03** Goalkeepers: Players in U10 may not play goalkeeper more than half the game. There are no goalkeepers in U6 and U8 age groups.

**3:01:04** For Division 4 teams only, a coach is required to play each player fifty percent (50%) of each game except for disciplinary or medical reasons. If a player fails to play 50% of a game and it is recognized by any referee of the game or by a league official, the game will be forfeited and the coach may receive a one (1) game suspension.

**3:01:05** In order to have an official game,

- A. An eleven (11) player team must have a minimum of seven (7) players on the field,
- B. A nine (9) player team or an eight (8) player team must have a minimum of six (6) players on the field,
- C. A seven (7) player team must have a minimum of five (5) players on the field,
- D. A four (4) player team must have a minimum three (3) players on the field.

**3:01:06** In Division 4 only, teams will “play down” to an opponent’s team size (except for District Play) but not below the minimum number of players required.

**3:01:07** Competitive divisions are to keep standings by the following point system with the winner determined by the highest point total: Three (3) points for a win, one (1) point for a tie and zero (0) for a loss. One (1) point will be deducted for each “send-off” recorded. Any team winning by forfeit will be awarded a 4-0 win. If teams are tied in points at the conclusion of league play, the following tie-breaking procedure will be employed to determine which team advances to the next round:

- A. Results of head-to-head competition.
- B. Least goals allowed.
- C. Most goals scored to a maximum of four (4) per game.
- D. Kicks taken from the penalty mark (per FIFA).

**3:01:08** In the U6 through U12 age divisions, if in the referee’s opinion the game must be stopped and a coach is invited on or permitted onto the field to attend to an injured player, that injured player must leave the field of play regardless of the severity of his/her injury. The player may be substituted and may return to the game at the next opportunity for substitution.

**3:01:09** All Lassen Youth Soccer teams playing in Walt Zinko Playing Leagues will abide by all special District IX policies, rules and procedures. Any LYS special rules will be superseded by the Walt Zinko Playing League rules.

**3:01:10** Lassen Youth Soccer teams will not participate in games, tournaments, or practice games with teams or groups not affiliated with Cal North and/or USYSA. Lassen teams desiring to participate in any affiliated Cal North and/or USYSA tournament, game, or practice game outside of the Walt Zinko Playing League(s) must request and obtain permission from LYS Board of Directors and then the District IX Commissioner. *PIM 78-4*

**3:01:11** The use and/or consumption of any alcoholic beverages, tobacco or controlled substances immediately before, during or immediately after the playing of any youth soccer game or practice is expressly prohibited. *PIM 02-3*

**3:01:12** Yellow cards (cautions) and red cards (send-offs/ejections) are only to be shown by the referee to players, substitutes, and coaches, not to fans.

**3:01:13** During the course of the game, the referee's decision is final, not to be overridden by a more experienced assistant referee. Protests to the Board may be made on the referee's misapplication of the rules but not on judgment calls.

**3:01:14** Charging the goalkeeper shall not be permitted at any time within the penalty area. (Cal North 3:08:02)

**3:01:15** Players may be substituted when cautioned (shown a yellow card). The cautioned player may return to the field at the next substitution opportunity. (Cal North rev. 2002)

**3:01:16** Any player who receives a red card (send-off) will receive an automatic one game suspension which may not be appealed. A coach who receives a red card (send off) will receive an automatic suspension that is equal to the suspension a player would receive plus two (2) additional games suspension which may not be appealed. All red cards will be reviewed by the PAD committee for potential further penalties.

## **3:02 GAME TIMES, BALL SIZES AND FIELD**

**3:02:01** Length of regular League games shall be as follows:

- U6: Four (4) 8-minute quarters, 2-minute quarter breaks, 5-minute half time.
- U8: Four (4) 10-minute quarters, 2-minute quarter breaks, 5-minute half time.
- U10: Two (2) 25-minute halves, 5-minute half time.
- U12: Two (2) 30-minute halves, 5-minute half time.
- U14: Two (2) 35-minute halves, 10-minute half time.
- U16: Two (2) 40-minute halves, 10-minute half time.
- U19: Two (2) 45-minute halves, 10-minute half time.

During regular League play, no overtime is allowed as ties will stand.

**3:02:02** Field sizes by age group: Conform to US Soccer guidelines. Use same standards for field size in Spring and Fall, available field space permitting.

- U6: Maximum 30 x 20 yards.
- U8: Maximum 30 x 20 yards.
- U10: Maximum 47 x 30 yards.
- U12: Maximum 75 x 47 yards.
- U14-U19: 105-115 yards long by 70-75 yards wide.

**3:02:03** Ball sizes by age group:

U6 & U8:                Size 3 ball  
U10 & U12:             Size 4 ball  
U14, U16 & U9:       Size 5 ball

**3:02:04** Spectator lines for coaches and spectators at all age group games will be set at least four feet back from the touch line (where space is available).

**3:02:05** Goals will be firmly secured whether they are intended to be portable or permanent. (See FIFA / USSF Rules of the Game, Law 1 "The Field of Play" and Cal North Team Manual "Risk Management Program.")

**3:03 COACHES' REQUIREMENTS**

**3:03:01** All coaches and assistant coaches must be licensed per the District IX policy and guidelines.

**3:03:02** Coaches are to fill out insurance forms on any injury (game or practice) and are to notify the 1st Vice President (League Insurance Rep.) within twenty-four (24) hours of the injury. (See Cal North Team Manual)

**3:03:03** Coaches are to comply with the following Player Disciplinary Policy.

- A. A coach may unilaterally (without the requirement of consulting others) suspend a player up to one game for any of the following reasons:
  - 1. Unexcused absence from practice or games.
  - 2. Unexcused tardiness or leaving early from practice or games.
  - 3. Poor sportsmanship or conduct in connection with practices or games.
- B. Coaches are urged to keep a written record of attendance, and any disciplinary problems of his/her players. Reports shall be made immediately for any suspended player to the Coaching Coordinator and Player Agent.
- C. Coaches suspending a player a second time in one season shall report the player's name to the Player Agent immediately. A coach does not have the authority to dismiss a player from his or her team.
- D. Only the "Protest, Appeal and Discipline Committee" ("PAD" committee) may dismiss a player from the team.
- E. A dismissed player may appeal his/her dismissal (in writing) to the Cal North District IX Commissioner within seventy-two (72) hours.
- F. For further guidance, contact League Personnel and refer to the Cal North Team Manual.

**3:03:04** Coaches (of Division 4/recreational teams only, except district league teams) may not obtain team rosters prior to the coaches' meeting when rosters are given. Coaches will not be given their rosters and/or equipment until their coaching requirements have been fulfilled, as required by CalNorth and US Soccer. Teams should have equal opportunity for pre-season practices and scrimmages.

**3:03:05** Any Coach or Assistant Coach may be removed for not complying with the Rules of the Game, the Constitution, By-Laws, Rules and Regulations or any League policies of Lassen Youth Soccer by action of the Board of Directors.

**3:03:06** All coaches and Assistant Coaches must be approved by the Board of Directors and are required to:

- A. Complete and sign the Cal North COACH REGISTRATION FORM & EMPLOYMENT/VOLUNTEER DISCLOSURE FORM.
- B. Complete and pass a Live Scan (fingerprinting) for LYS, as well as a background check for CalNorth, and any required training modules.
- C. Return these forms to the Coaching Coordinator or Registrar before assuming coaching responsibilities. All coaches are strongly urged to read the Cal North Team Manual "Risk Management Program" section.

**3:03:07** All Coaches and Assistant Coaches must carry original, signed (in blue ink), medical release forms for every player to every game and every practice.

In addition, a signed official Cal North medical doctor's clearance form is required at all games, practices, tryouts or training sessions for players wearing supportive braces (see PIM 00-2 Rev. 9/08/02).

**3:03:08** Coaches must return all player passes (when applicable), medical release forms, proof of birth (when applicable) and uniforms (those intended for return) at the end of each season.

**3:03:09** Head Coach Age Requirement (PIM 96-2) All head coaches shall be a minimum of 18 years unless they have one or more assistant coaches or team managers, 18 years or older, (with coaches' pass) and who will be present at all team functions (games, practices, etc.)

**3:03:10** Coaches are not permitted to enter the field of play unless called or waved on by the referee. If entering the field of play without permission, the coach may be disciplined with a caution or a send-off and may receive further disciplinary action.

**3:03:11** Coaches are ultimately responsible for their players on and off the field. The referee will deal with the fans through the coach to have them leave the field vicinity, if requested. If the fan(s) do not leave, or if the coach does not leave, (if he or she has been sent off) in a reasonable amount of time, the game will be terminated by the referee. A referral will be made to the PAD committee for further review.

If the coach has been sent off, but has a league approved assistant (with coach's pass and is at least 18 years old) present, the game may proceed, otherwise it must be terminated. The outcome will be determined by League review. (See Cal North Team Manual)

**3:03:12** Coaching from the sidelines, giving direction to one's own team on points of strategy and position, is permitted provided:

- A. No mechanical devices are used.
- B. The tone of voice is informative and not a harangue.
- C. No coach, substitute or player, is to be anywhere but at his/her bench area during the game. A team's bench area shall be that area 4 feet from the touchline and extending to ten (10) yards, one way, from the half-way line only.
- D. No coach, substitute, player or spectator is to make derogatory remarks or gestures to the referees, other players, substitutes, or spectators.
- E. No coach, substitute, or player or spectator is to use profanity.
- F. No coach, substitute, player or spectator is to incite, in any manner, disruptive behavior of any kind.

**3:03:13** The penalty for the above (A-F) shall be a “send-off” from the game and disciplinary action will be taken by the PAD Committee. (Cal North 3:08:03) If a coach has reason to believe that members of his/her team are likely to be physically injured, or that the LYS Rules and Regulations will be contravened, based on the past behavior of an opposing team or coach, that coach must bring his/her concerns to the attention of a LYS board member. The board shall promptly call an executive meeting to investigate the situation and decide how to approach/handle it. If the board cannot make a timely decision before the next game of the opposing teams in question, that game will be canceled or postponed until the board is able to come to a solution to the conflict. The cancellation or postponement is sanctioned by the board and will not affect the standings of the teams.

### **3:04 UNIFORM RESPONSIBILITIES**

#### **3:04:01 Referees:**

- A. Referees will not wear their referee jersey while serving as coach during any League game.
- B. Referees have specific requirements for their uniform (including shirts tucked in and socks pulled up). A black baseball cap is permitted to block the sun, however referees should set an example by adhering to the players’ jewelry policy. A wedding band and watch will be exempt.

#### **3:04:02 Players:**

- A. A lost, damaged or destroyed uniform is to be replaced at the player’s expense.
- B. All players in the League will wear the complete issued uniform at all games. Unless shirt, shorts and socks are totally visible, a player will not be allowed to play in any game. Shirts will be tucked in at all times during games.
- C. Shin guards of proper size and construction (without modification), must be worn at all practices and games and must be covered by the socks. (See USSF Law 4 “The Player’s Equipment”)
- D. Players wearing orthopedic casts, braces (metal, carbon fiber, hard plastic and like devices), or splints (air or metal) shall not be eligible to participate in any game, practice, tryout or training session. (Cal North 3:08:01 and PIM 00-2; See Rules and Regulations 3:03:07)
- E. A player must not use equipment or wear anything which is dangerous to himself/herself or another player, including any kind of jewelry. (FIFA /USSF Law 4 “The Players’ Equipment”)

### **3:05 REGISTRATION REGULATIONS**

**3:05:01** Lassen Youth Soccer will follow the registration regulations as presented in the Cal North Operation Procedures, except where noted below:

- A. **Team Rosters:** Will conform to US Soccer guidelines, with the exception of the U12 age group having seven (7) players on the field during the Spring season, and will not exceed the following numbers:

	On the Field	Maximum Roster
U-6	4	8
U-8	4	8
U-10	7	11
U-12	9	13
U-14	11	18
U-16	11	18
U-19	11	18

Note: U14, U16 and U19 traveling team coaches may set their rosters from 15-18, as they feel necessary.

Returning coaches / assistant coaches for age divisions U12 and up shall be given the opportunity and encouraged to call players from their previous year's team to encourage players to sign up on time.

**B. Registration Dates:**

1. The League Registrar will set, with Board approval, open registration dates at a time and place well advertised to the public.
2. The League Registrar will set, with Board approval, registration deadlines dates. Any players not making the deadline will be placed on a callback/waiting list.

**D. Waiting List:** All players on callback/waiting list shall be given the opportunity to sign-up and be placed on a team depending on availability of space. Date and time with Board approval shall be determined by registrar and player agent.

**E. Requests:** There will be no requests for coaches in any age division. Any other requests will be subject to review.

**F. Proof of Age:** Each first-time player registering must provide a copy of proper proof of age. (See Cal North Team Manual 3:04:01 for details).

**G. Player/Coach Passes:** Player/Coach Passes: Players U10 through U19 and all coaches must also provide a clear recent color face photo to be attached to the required player pass. No Polaroid prints. (See PIM 88-4)

**H. Registration Fees:** Are considered for adjustment each season. Those registering late will be assessed a late fee. Committee members will be given a \$20.00 credit towards registration in lieu of raffle tickets. Committee members will not participate in the raffle.

**I. Refunds**

1. Full refunds may be made, if requested on or before June 15.
2. A 50% refund may be made if requested between June 16 and July 31.
3. No refunds will be given after August 1 unless:
  - a. A medical note from doctor or hospital is provided, or;
  - b. A player is moving out of league boundaries.

**J. Scholarships:** Player Scholarships are available based on demonstrated financial hardship. Consideration will be made confidently and quickly by the ad hoc scholarship committee consisting of at least two (2) board members.

Application forms should be completed at time of registration. Applicants will be notified of the committee's decision ASAP.

At the time of the scholarship is granted, LYS requests that a volunteer service be performed by a parent during the season. Volunteer opportunities will be available at the time of registration. If a scholarship recipient chooses not to pay the requested \$20.00 fee, the recipient will not receive raffle tickets. Families are limited to one prize in the raffle drawing. The drawing will proceed in the manner of grand prize first, followed by prizes in declining order of value.

### **3:06 TEAM FORMATION**

**3:06:01** The Team Formation Committee will consist of the following members: Vice-President (as committee chair); Coaching Coordinator; Registrar; Player Agent; and up to three (3) additional Board members or neutral people selected by the committee. Any Committee members who are also coaching in a given age group are limited to participating as a coach. The committee shall utilize skill ratings as well as other sources of information about to aid in forming equally skilled teams. Assessments and a draft will be used to form teams in the U10-U19 age divisions. The team formation committee will assign the U6 & U8 divisions as equally as possible..

**3:06:02** Team selection will be held after registration. Players U10 and above will be evaluated in order to balance teams whether or not division 3 teams are being planned in addition to division 4 teams.

**3:06:03** It is the League's intent to have all U10 and up coaches present at all age-appropriate assessments and team formation drafts.

**3:06:04** Any player who moves up one or more age divisions must have the support of the player, parent/guardian and the Team Formation Committee prior to adding said player(s) to the roster. The Team Selection Committee shall have the responsibility for making the decision on advancement and notifying players and interested coaches of their decision as soon as possible. Requests made after registration shall be submitted to the Player Agent and will be considered on a case-by-case basis.

**3:06:05**

Teams entered in the District Cup can make changes to the roster within the times given by District 9. All changes must be approved by the team formation committee or a designated representative. Teams are not allowed to drop or cut players from the team and all players on the original roster must be encouraged and allowed to participate. If players are not willing or able to participate in District Cup, they may be replaced with approval of the team formation committee. No more than 4 players can be replaced on a team after the team formation committee verifies that the players dropped from the team willingly. Approval of replacement players will be made on a case by case basis.

**3:07 DISTRICT CUP**

**3:07:01** Where the District offers "Open District Cups," all teams in good standing are eligible to enter District Cup play. The League will cover the entry fees for only the top teams in each of the age groups, U10– U19 boys' and girls' teams, that complete their Cup play obligations. Where some or all U10–U19 teams are co-ed, the league will pay for the top two (2) teams in each age division.

Teams not at the top of their age group standings are eligible to enter Cup play and will be responsible for their own entry fees, if the team is accepted to the Cup by District IV. These fees shall be included with all completed Cup paperwork prior to attending District Cup.

**3:07:02** Those teams planning to attend District Cups and Association Cups will be required to perform those actions necessary as required by the District IX rules.

- A. For important information contact District IX home Web site: "district9-cysa.org." Some of the links are: "Walt Zinko Playing League" with rules, schedules, and standings, District Cup information and District contacts.
- B. All Cup paperwork must be completed within the proper time frame. While teams may request to host Cup games in Susanville, the District Cup Coordinator will verify with the League as to the League's hosting preference. After the team has completed its attendance obligation, the League will promptly reimburse those eligible teams through the proper team representative.
- C. Note: Each year, the District may make District Cup rule changes that may not be compatible with

this League's Rules & Regulations. Therefore, the League will attempt to notify all eligible teams (U10 through U19, Boys & Girls, Divisions 3 & 4) as to all changes that would affect the teams and League (particularly pertaining to application process and fee requirements)



- D. Do not rely on the League to keep you informed of Cup changes. Go to "[districtcup.com](http://districtcup.com)" for up-to-date information.
- E. To avoid a Cup-imposed fine twice that of (and in addition to) the already paid entry fee, it is strongly urged that each team (including coaches, players and parents):
1. Have a team meeting ASAP to discuss, among other things, District Cup participation plans.
  2. Agree on what specific arrangements need to be made prior to the Cup.
  3. Agree on what schedule to expect, what practice attendance is expected.
  4. Ask for and obtain technical assistance from the League.
  5. Make every reasonable effort to fulfill their obligation.
  6. Agree (in writing—contract) to make every effort to fulfill all obligations in preparation for a District Cup or Association Cup competition.
  7. All teams planning to participate in their respective District Cups must have:
    - a. Official Rosters (including adds, drops and transfers.
    - b. Accepted proof of birth dates at the beginning of the Cups. (Individuals or teams will not play without this documentation.)

**Note: These Rules & Regulations are subject to review annually.**