



RULES AND REGULATIONS OF THE PASCACK VALLEY YOUTH SOCCER LEAGUE (PVYSL)

The PVYSL is a youth soccer league for children who are residents of or attend school in River Vale and Hillsdale in grades 3 through 12 and is administered jointly by the River Vale Youth Soccer Association (RVYSA) and the Hillsdale Soccer Association (HSA) through their respective Boards of Directors. These rules have been adopted jointly by the Boards of RVYSA and HSA. To find updates to this document, please visit www.hillsdalesoccer.com.

A. AGE and ROSTER LIMITATIONS

Age limits shall be defined by the school grade of the child in the fall of the playing season. All roster limitations shall be established by the Board of Directors prior to each season.

B. APPAREL AND EQUIPMENT

Prior to the start of play, the referee shall inspect all players. At the time of the inspection the following equipment is mandatory:

All players must wear acceptable uniforms consisting of the respective team jersey, shorts, and suitable footwear. Shin guards are mandatory and must be worn underneath socks. Flexible mouthpieces are acceptable.

Goalkeepers must wear a uniform distinctly different from the other players on both teams.

No player will be allowed upon the field of play who is not fully equipped and inspected by the referee.

Any player may wear kneepads in addition to a regular uniform.

No form of padding is allowed on field players, other than the following: In the event player injury demands support or protection, only properly designated support bandages of tubular or linear construction may be used. No form of padding designed for any other support may be worn on the field of play. A player may wear any additional form of padding only with approval of the referee or League Director.

The referee shall ensure that only properly secured glasses be worn, with straps securing glasses.

The referee will examine footwear and disqualify any footwear that does not conform to NJSIAA (New Jersey State Interscholastic Athletic Association) Rules. (Sneakers and turf shoes are acceptable, metal cleats and open shoes are not acceptable.)

Headgear, including bandanas or caps with a sharp or stiff peak, will not be worn, as well as any other apparel the referee deems dangerous. Soft headbands are allowed. Hooded Sweatshirts may only be

worn under the game jersey if the hood is tucked into the game jersey. Soft hats with no rim and soft gloves may also be worn. Hats and gloves may not contain any metal or plastic clips.

No player with casts or splints of any type will be allowed to play. Braces are allowed if designed not to injure any other player during normal play; the referee has the final say if the brace is acceptable.

Sweatpants, leggings and non-hooded sweatshirts may be worn.

No player shall wear any form of jewelry, including most earrings and rope bracelets. Bracelets required for medical purposes shall be covered or wrapped. Stud earrings may be worn but must be covered.

C. SCHEDULES

All league games must be played on the day and time scheduled unless a request for rescheduling or poor weather conditions dictates either postponement or cancellation of the game. Requests for rescheduling from either head coaches must first be approved by the League Director.

D. REFEREES

Referees assigned to a game should arrive at the field at least 15 minutes before game time and take necessary steps to make sure the field of play is ready.

Once the game is underway, the referee(s) is/are in charge of the game, doing everything they can to assure that the game runs smoothly for the benefit of everyone involved. In the event that the scheduled referee (or a designated substitute) does not show up, the game should proceed with one referee. That sole referee may designate one coach from each team to call the sidelines on the opposite side of the field. At all times, the referee should retain authority to determine possession and potential infractions.

If neither referee shows up, every effort should be made to play the game. Upon agreement of the coaches, a substitute referee may be chosen. In the event that such a substitute referee cannot be chosen, one coach from each team should be selected to officiate the game together.

The referee's actions shall be above reproach. The Board of Directors shall have the right to suspend or bar from officiating any referee who by word or action displays a detrimental attitude to the league's purpose or who willfully violates any of the league rules.

The referee shall be paid in accordance to the official fee schedule set up annually by the Board of Directors.

E. SELECTION OF PLAYERS:

Every effort shall be used to provide balanced competitive teams in all divisions in the recreation program. Player selections shall be based upon player ratings from previous years (to the extent available), with an equal distribution of rated players on each team.

The players shall be selected at a league coaches' meeting chaired by the league director(s). The process will be determined by the league director(s) with the approval of the Board of Directors. It is within the league director's power to make any changes.

RULES DURING PLAY

F.1 GAME CONDUCT

The ideals of good sportsmanship, ethical behavior and integrity shall be displayed at all times by all coaches, players and parents involved in PVYSL. Good sportsmanship is the essence of the PVYSL program and is viewed as a measure of the understanding and commitment to fair play, ethical behavior and integrity. Sportsmanship requires a constant and consistent commitment and is an important value gained from the PVYSL program. In the spirit of fair play, the coaches should make every attempt to keep goal differential 6 or below if the differential becomes 7 goals it will result in a red card being issued to that teams head coach. Own goals do not count towards the goal differential. The goal differential rule does NOT apply during playoffs or year-end tournament games.

F.2 OFFICIAL GAMES

Only games officially scheduled by the League and played at the date and times indicated in the schedule shall be recognized by the Association. A game is considered complete once three full quarters have been played. If a game is suspended, for any reason, prior to the completion of three quarters the game will be replayed in its entirety and the score of the new completed game alone will determine the winner.

F.3 RESPONSIBLE AUTHORITY

Each team must be accompanied by a properly registered and certified coach, being a person eighteen (18) years of age or over during all Association games. His/her primary responsibility is to prepare and coach his/her team in an enjoyable, learning environment. No coach is to make derogatory remarks, use profane language or gestures towards the referee, other coaches, players or spectators, nor shall any coach attempt to stop/hold up play in order to discuss a referee's call. Any discussion with the referee shall take place between periods. The head coach and his/her assistants shall remain on the sidelines, unless beckoned onto the field by one of the referees to attend to an injured player or other potential emergency situation. Any coach going onto the field and approaching the referee(s), another coach or player, without being beckoned by a referee, shall be warned by the referee(s) and, if failing to abide by the demands of the referees (s), the coach may be ejected from the game and subject to additional disciplinary action by the Protest and Discipline Committee.

In the event of such an incident, an assistant coach shall continue to coach the team for the balance of the game.

Coaches who remove their team from the playing field, prior to the completion of the game, shall incur a forfeit, and be referred to the Protest and Disciplinary Committee for possible further disciplinary action.

F.4 NUMBER OF PLAYERS PER GAME

The maximum number of players fielded by the team shall be determined by the League Director with Board approval based on the number of players per team and field size. He shall notify all the Head Coaches prior to the start of the season of his decision. Each team shall field the maximum number of players for that league whenever possible. A minimum number of players will be determined by the League prior to the start of the season. A team with less than the minimum number of players shall forfeit the game. When one team is short of players, the opposing team may play with a maximum of two more players than the other team. The coaches and referees shall utilize this rule to ensure good sportsmanship for both teams. If agreed upon by both coaches, players can be shared except during a playoff.

F.5 BENCH PROCEDURES:

Prior to the game, each team, including its players, coaches and other team personnel, shall take up a position on the appropriate sides of the field. At no time may coaches, team staff or substitute players take up an off-field position behind either goal. The two teams shall, whenever possible, take up their position on the opposite side of the field away from the spectators.

F.6 COIN TOSS:

Each team shall designate a team captain at each game. When called by the referee, each team captain shall promptly go to the center spot where the referee shall toss a coin. The visiting team shall have the privilege of calling the toss and the winner may elect to either kick-off or choose which end of the field to defend. The loser shall take the remaining choice.

F.7 SUBSTITUTION

Unlimited substitutions shall be permitted at the following times, provided the player reports to the referee before entering the field of play: Both teams may substitute on the

- a. Any goal kick
- b. After each quarter(period)
- c. At the restart following a goal.
- d. Any corner kick.(new rule)
- e. Any throw-in. (new rule)
- f. Due to an injury.

F.8 LENGTH OF GAME:

Games may be shortened for sufficient reason by the League Director, or by mutual agreement by both Head Coaches, but not lengthened.

League	Time per quarter	Ball Size	Field Size
G3/4	12 minutes	4	small sided
G5/6	12 minutes	4	small sided
G7/8	15 minutes	5	large sided
B3/4	12 minutes	4	small sided
B5/6	12 minutes	4	small sided
B7/8	15 minutes	5	large sided
Bobby Smith	15 minutes	5	large sided

The coaches are responsible for the playing time of each player. Each player must play at least two quarters of each game. During regulation, a player may only play goalkeeper for a maximum of two (2) quarters. Same rules apply during the playoffs. During the playoffs, overtime is considered a new game so a goalie that has played 2 quarters in regulation can then play both overtime periods.

F. 9 Uncontested drop ball

In the spirit of fair play, good sportsmanship and to prevent additional injuries we will restart all drop ball situations as an uncontested drop ball. If the referee stops the game while the ball **is in play for an injury, the restart will be an uncontested drop ball where the team that did not have**

possession returns the ball to the team that was in possession when play was interrupted. It will be up to the referee's discretion on where the restart should occur. We want to prevent a goal scoring opportunity directly from an uncontested drop ball restart.

F.10 League Specific Rule (G3/4 and B3/4) until October 1.

We will allow one (1) re do of an illegal throw in for the G3/4 and B3/4 league only for the month of September. Beginning October 1, no second chance or re do will be allowed.

F.11 FIELD PREPAREDNESS:

The field shall be marked and equipped in accordance with NJSIAA rules, with the exception of coach's boxes or as deemed appropriate for the responsible field maintenance crew.

The referee, at his discretion, may allow the game to be played in spite of marginal noncompliance of the field and will report to the Referee Coordinator accordingly. It is also the coach's responsibility to make sure that the fields are safe and playable.

F.12 PLAYOFFS / Year-end Tournament Games

Playoffs will be determined, at the League Director's discretion with approval of the Board of Directors, based on the standings or via a blind draft in a fair and equitable manner. Players may not play up or play with another team during the playoffs. Playoffs may not end in a tie. **If at the end of regulation the teams are tied, there will be a two (2) minute break followed by two (2) six (6) minute overtime periods for all leagues. There is no break in between overtime periods. Players are to switch sides immediately.** There will be no golden goal rule. The overtime periods will be played in its entirety. If following the overtime periods the teams are still tied then they will have a penalty-kick shoot out. During the shoot out each team will select five (5) players to shoot, the best out of five wins. If after five (5) shots the teams are still tied, then each team will shoot alternating one shooter at a time (using a different player for each shot), until one team makes the shot while the other misses. Each coach must use the same number of players of the team that had the least amount of players on the field before allowing any player to re-shoot. It is up to the coach's discretion if he chooses to allow a player to shoot again or go through the rest of his roster. (ex. if the game had been played 9v7 then each coach must use seven players first before allowing a player to shoot again). The goalkeeper in goal at the end of overtime must stay in goal throughout the shoot out unless the goalkeeper is injured, in which case, the referee, in consultation with the coaches of both teams should allow the replacement of the goalkeeper.

During a shootout one coach from each team and his initial five shooters shall stand in the center circle. All other coaches and team members must stay on the sideline close to midfield. Individual players may be called into the center circle if after five shots the score is still tied.

Spectators must also stay on the sideline and may not stand below the penalty area.

F.13 Kick off:

The current law says the ball must go forward at kick-off and players have to be in their own half. The rule is being changed to allow the ball to go in any direction at kick-off as long as it moves.

F.14 Heading Rule: PVYSL will adhere to the U.S. Soccer recommendation, and US Club requirement, to eliminate heading the ball with all leagues except Boys 7-8, Bobby Smith Memorial League and Girls 7-8. When a player deliberately heads the ball in any league except the above leagues, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area (6 yard box), the indirect free kick should be taken on the goal area line (6 yard box) parallel to the goal line at the point nearest to where the infringement occurred

G. PROTESTS

Protests must be submitted either on the field or immediately after the game has concluded to the referee and/or League Director. The protest will then be forwarded to the Protest and Disciplinary Committee. The Protest and Discipline Committee is comprised on members of the joint Boards of the PVYSL. Such Committee shall ultimately make determinations of the appropriate disciplinary action to be taken in each particular case.

H. WEATHER

Unless there is a league wide official weather related cancellation, or prior notice is given, both teams must go to the game.

If a Municipal official decides that the field cannot be used and an alternative field is not available, that person shall notify the appropriate Board President who shall notify the appropriate League Director.

The League Director will notify both team and head coaches and the Referee coordinator, who will notify the referees. In addition, the League Director may cancel any single game prior to its start.

Once a game is in progress, it is the responsibility of the referee to determine if a game is to be continued or suspended.

I. INFRINGEMENTS AND PENALTIES

Any other Rules of Competition not specifically set forth herein, shall follow the Rules in the NJSIAA Rules for the current year. Any abuse, harassment or adverse comment of coaches or fans to or within the hearing of anyone will not be tolerated and is subject to action by the Disciplinary Committee.

I.1 RULES:

The referee is required only to officiate the game under the laws of the game as prescribed by NJSIAA.

He or she is not authorized to coach or advise players, other than within the laws of the game and official interpretations thereof. Neither is he/she authorized to modify the laws of the game in any other respect, including placement of the ball on corner kicks. The referee is required to enforce the rules as stated throughout these Rules of Competition. The referee will be allowed to explain the calls they make to the players and assist in the game for the G3/4 and B3/4 grade leagues.

I.2 PLAYER INFRACTIONS

If a player is issued a red card, he will be ejected from the game and not be eligible to play for the next scheduled game. It shall be the duty of the referee(s) to report such expulsion to the referee director within twenty-four (24) hours of the incident who shall then report same to the Protest and Discipline

Committee. A decision on any further penalties will be determined, prior to his/her team's next scheduled game.

If a player is warned by an official (yellow card) for his/her conduct, a record of that warning should be kept. A second warning (yellow card) in the same game shall result in a red card being issued to that player. In either case, the referee(s) shall report the happenings to the referee director.

Violent conduct (serious foul play, striking or kicking or attempting to strike or hitting of another player, spitting, etcetera), shall result in a minimum of a two (2) game suspension.

Verbal abuse shall result in a minimum of a one (1) game suspension. A second infringement of any of the above may result in referral to the Protest and Disciplinary Committee for the purpose of determining further action.

Any player who has received three yellow or one red card during the course of the season shall be suspended from the next game.

When any player receives a red card (automatic ejection), the team of the ejected player shall continue to play, but with a player short. Any further red cards to players from the same team will result in an additional loss of one player for every red card issued.

The referee will report all cards issued to the referee coordinator who will notify the disciplinary committee and the league director.

I.3 BEHAVIOR OF COACHES

Coaches shall be responsible for not only their own conduct but that of their players and spectators. Included in this area is complying with league policy on playing time/substitutions.

Physical or verbal abuse will not be tolerated. The referee shall be instructed to caution managers or coaches for unsportsmanlike conduct and report the same to the referee director. In the event that a team coach or manager persists after a caution, the referee may issue a red card to the coach and may end the game if he or she feels that the situation is out of control.

In the event that the referee elects to continue the game, the coach receiving the red card shall remove himself from the immediate area of the playing field. If the coach refuses to remove himself from the sidelines, the referee shall end the game, resulting in a forfeit of the ejected coach's team.

A referee does not have to issue a caution or warning before issuing a red card or ending a game. If a coach is ejected, it shall be the duty of the referee(s) to report such expulsion to the referee director within forty-eight (48) hours of that game.

Any coach who enters the field without the referee's permission to argue or discuss a referee's call shall be advised to return to the bench. If he or she persists, a red card may be issued and the individual will automatically be ejected from the game.

Any coach who is issued two yellow cards (caution) shall be suspended from that game.

A coach who is issued a red card will automatically receive a one game suspension and will have to miss the following game. The coach will also be referred to the Protest and Disciplinary Committee, at which time they will determine any additional disciplinary action.

Physical abuse or repetitive infringements may result in the coach automatically being suspended for the remainder of the seasonal year, disqualification the following year and possible permanent disqualification from coaching in the PVYSL, or such other discipline as the joint Board shall determine based upon the review and recommendation of the Protest and Discipline Committee.

I.4 TEAM INFRINGEMENTS:

Any team not ready to play within the designated time or within 15 minutes thereafter.

First infringement: Game shall be forfeited to the opponent. After two forfeits the team shall be reviewed by the PVYSL Board of Directors.

I.5 GRACE PERIOD:

Subject to disciplinary action, a team in grades 3 and 4, 5 and 6, and 7, 8 and 9 will be allowed fifteen (15) minutes from the designated kick-off time to field a team of at least the minimum number of eligible players as defined by the league. Failure to do so shall constitute a forfeit to their opponents.

J. BOARD OF DIRECTORS AND LEAGUE DIRECTOR ACTION:

Whenever possible, action by the Board of Directors will be taken within one week of any infraction and if possible, before the next game of such offending team or player.

All decisions of the Board of Directors shall be communicated to the affected team and shall be confirmed in writing.

K. BEHAVIOR OF SPECTATORS:

Spectators are to cheer and encourage their players. Physical or verbal abuse will not be tolerated. The referee shall be instructed to caution managers or coaches, players and fans for unsportsmanlike conduct and report the same to the referee director.

The coach is to instruct the spectator that if his unsportsmanlike conduct persists his child will be taken out of the game. In the event that a spectator persists after a caution, the referee may issue a red card to the coach if he or she feels that the situation is out of control. If the League Director is available it will be his responsibility to discuss the situation with the spectator. If following a warning from the referee, coach and/or League Director and the removal of the child in question from the game the spectator persists in his action, he will be removed from the field, by the Police if necessary. The spectator in question then may be banned from future games and associated player banned from the League as well, at the discretion of the Board.

***** END *****