

CENTRAL NEW YORK JUNIOR SOCCER ASSOCIATION



LEAGUE RULES AND REGULATIONS

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50. Spring Registration Quick Guide

1. Teams are required to register using our online system. You can pay by charge card online or a check can be mailed to the treasurer. Please include team name and age division on each check
Team registration fee goes up \$50.00 if paid after first game.
2. Please verify that correct email addresses are provided for each coach and manager listed. League communication will be emailed to a single designated primary contact (picked by team).
3. Each team will need a home field for 1/2 of your season games. When providing your home field, please specify your specific field name (or number) please don't list a broad generic field name.
4. Home fields must be no more than 60 miles from the Syracuse Airport.
5. When providing your home field it is up to each team to verify field availability. This is very important. Many times games need to be rescheduled due to a field conflict. If a field needs to be changed after the schedule has been published it could result in a \$20.00 fee per change, schedule change charge
6. Teams are required to play on the designated division play date. Please keep this in mind when registering your team. If you are not available to play on the correct division play date consider playing in a different age group.
7. Teams are allowed 1 "Bye" Week request.

60. Tentative Schedule Period

1. The tentative schedule period is used to review your schedule for errors and to confirm field availability. Changing playing dates is not allowed.
2. Tentative schedules will be emailed to the designated team contact by the league scheduler. Teams will then have 3 days to review their schedule to see any errors and to confirm field availability. After the 3 day tentative schedule period the schedule will be considered finalized.
3. During the tentative schedule period please contact the league scheduler ASAP if you find any issues with your team schedule. The league scheduler will review and advise depending on each situation.
4. Once the schedule is finalized, Game changes will only be allowed for:
 - a. Conflicts with the Spring National Championship Series (also called State Cup)
 - b. Towns or schools officials declare fields unplayable.
 - c. Inclement weather or field conditions forcing the Referee to not allow the game to the start.
6. If a game can be rescheduled (per our league rules) the teams have 7 days to work on a reschedule date and submit a Game change Form. **Please see Rule section 108**

65. Home Field Responsibilities

1. Home Fields and goals (cannot be bowflex or soft) must meet the league min/max requirement. Failure to have an appropriate size field (goals) may result in fines and games being moved. Refer to section 116
2. Game fields must be no more than 60 miles from Syracuse Airport. If your field is farther the league will attempt to schedule teams that are close but you may end up with more away games than home games. When you play a "home" game at an "away" field there may be a cost associated with the field.
3. When a team shares a field with another team they may not end up with an equal amount of home and away games. No more than 2 teams can share a field on a given night
4. When registering your team make every effort to put down your home field specific name or field number.
5. When registering your team it is your responsibility to list any dates your field is not available due to other leagues or sports using it.
6. If your field is not available you may end up with more away games than home games
7. Please provide an accurate GPS address for your home field
8. It is the responsibility of the home team to make sure the following conditions are maintained: Field marking, Goals are properly anchored, Nets are properly strung, Corner flags.
9. During any excessive rain period some fields may be closed by the owner of the field. It is the home team responsibility to make sure that any field closures are done before 2:00 pm game day. Please contact the league scheduler (by phone) by 2:00 pm if your home field is being closed.

70. Rules Quick Guide

KEY POINTS: Keep in mind; these are just a few of the rules that are most often broken. Participants are expected to know and comply with all other rules of the League.

1. Online registration Forms: When registering your team please make sure you supply accurate email and CELL PHONE for your designated primary contact. All league information will be sent to this contact (only).
2. Guest players: Guest players are allowed in all age groups. The purpose of a guest player is to help a team that is missing rostered players. A player cannot "guest" in an age group they already play in (for example a U12 player, playing in the U12 division cannot guest on another U12 team).
3. Teams may use an unlimited number of guest players as long as 50% of the game day participants are listed on the team roster.
4. The following information must be handwritten onto the roster(s) for all guest players.

Name, Birthdate, Jersey Number

If a team is caught violating the guest policy the game will be ruled a forfeit and fines will be assessed.

5. Permanent Write-In Players (PWP): Unlike NYSW players, NYSE players are prohibited from being rostered on two teams (primary and secondary). For this reason, CNYJSA will allow NYSE teams to have PWP players. PWP will be considered a secondary player for CNYJSA roster purposes. To certify a roster (that has a PWP on it, the roster must be mailed in to the game secretary (a minimum of 7 days before their first game) with the following information of the PWP handwritten on the roster: Player Name, State Id number, Birth Date. The Secretary will then stamp the roster (certifying it) and mail it back to the team. Copies of this roster can then be made for use during the CNYJSA season. NYSE teams may also use guest players as long as our guest player policies are followed.

6. Rescheduling a canceled games due to **weather or field conditions**. If a game is cancelled by a referee before the start of the game it is required to be replayed. To do this the home team should contact the away team to work out a possible reschedule date. Once both teams have agreed on a new date an "Online Game Change Form" has to be filled out by the home team. This should be done within 7 days. If the two teams cannot agree on a replay date they can either contact the league scheduler to do a "forced game" or both teams can agree to each accept a tie.

7. Rescheduling a game due to a **National Championship Series conflict**
 A game can be rescheduled if there is the following conflict:

State Cup Play Down Game	= within 72 hours
State Cup Final Four	= within 72 hours
Regional Tournament	= within 72 hours

 If your team has a NCS conflict, please notify the league scheduler ASAP. If your team cancels within 72 hours of your scheduled game normal cancellation rules (fines) will be incurred.

 The team with the conflict must contact the other team. Once both teams have agreed on a new date an "Online Game Change Form" has to be filled out by the home team. If the two teams cannot agree on a replay date they can either contact the league scheduler to do a "forced game" or both teams can agree to each accept a tie.

8. **A Forced Game.** A forced game is a game that can be replayed but the teams cannot agree on a date and one team wants to play. In this case the league scheduler will pick a day and venue for the game (based on the best information the scheduler has). Any additional game costs (if a field has to be rented) will be split between the teams. If a team cannot make the **Forced Game** it will be considered a forfeit to that team (all penalties apply).

9. Suspended Players and Coaches: Any player receiving a red card, or coach that is ejected from a game, must sit out all CNYJSA games for the duration of their league suspension. For players and coaches on multiple teams, this means they cannot participate with their other team(s) until they have satisfied their suspension for the first team. Player passes and Risk Management passes will be held by the game Secretary and mailed back to the President of the Offender's Club once the suspension has been fulfilled and all fines have been paid. Players or Coaches who are in violation of this rule will be assigned fines and fees and can be suspended for the remainder of their season (s).

10. Adult Supervision: For a game to be played an Adult with a risk management pass must be present for each team. This adult does not have to be on the roster but they must have their pass with them. The parent club accepts responsibility for any adult representing their team. If a team does not have an adult with a valid risk management pass for their sideline that team must forfeit the game. All adults on the team side of the field must have valid risk management pass. No more than three adults may be on the sidelines during a game.

11. Substitutions: Except as provided by USYSA or its State Associations, Substitutions shall be unlimited except where specified otherwise in the rules and regulations for a special competition.

Pursuant to USYSA, rule 30, substitutions may be made, with the consent of the referee, at any stoppage of play:

Players MUST be at the half mark ready for play. Substitutions will not be allowed from the bench.
Goal (either team)
Goal Kick (either team)
Throw-in (either team) players must be ready to be substituted
Corner Kicks / Fouls
Half time
Injury- Based on Referee discretion

12. Payment of Referee: Referees are paid ON THE FIELD by each team. Each team is responsible for ½ the fee. For fees SEE **“CNYJSA GAME FEES AND GAME DAY WHAT IFS” - pg7**

13. Game Duration:

U9-U10	(2) 25 min halves
U11-U12	(2) 30 min halves
U13-U14	(2) 35 min halves
U15-U16	(2) 40 min halves
U18	(2) 45 min halves

14. Field Conditions: All fields are expected to be appropriately lined with corner flags, properly sized, secure goals with secure nets. If a referee reports that a field is not appropriately marked or equipped, the home team may be fined even if the game is played.

SEE RULE SECTION 65 FOR COMPLETE HOME FIELD RESPONSIBILITIES

15. Improper Rosters: Prior to playing your first game, an original roster must be on file with the Game Secretary. Certified Rosters can be emailed or mailed parcel post. NYSE teams must have their roster stamped by their District Registrar. NYSW teams must have rosters certified through Roster Pro. It is solely the responsibility of the coach or their designee to ensure that an original roster is in the hands of the Game Secretary prior to the first game. Once that is in hand, subsequent rosters may be exact copies of that first roster or subsequent originals. After the first **two** games, no changes are allowed in the roster. Players cannot be added to a team's roster after the second game except as guests in those ages allowing them and under the conditions set forth in the League rules.

16. Registration Forms: Home Field: When filling out the registration form it is the responsibility of each team to list a home field (with address and field designation when applicable). It is also the responsibility of each team to verify that the field will be available when needed. A field can be used by no more than 2 teams on the same night (this will be accomplished by alternating home and away games between the two teams). When 2 teams share a field they may not end up with an equal amount of home and away games. Teams that do not follow these rules will be liable for registration infraction fines, rescheduling fees and/or fines.

17. After the schedule has been finalized, if a team needs to make a change to their home field it may result in a rescheduling fee.

18. It is recommended that the home coach contact (by email or phone) the visiting team coach or team representative at least three (3) days prior to the scheduled game to verify the date, time, location and uniform colors. If there is a conflict with uniform color the home team is required to change jerseys or use pinnie. As a reminder Tape used on socks must match the color of the sock.

19. **If a team has to forfeit a game they must contact the league scheduler by phone (phone number on front webpage under board directors) and fill out an online form (Forfeit)**
20. If a team has to forfeit a game the day of a game:
More than three hours before the game, they must:
 - #1 Make contact with the opposing team by phone
 - #2 Contact the League Scheduler by phone.If they are unable to do either #1 or #2, the team that is forfeiting must send a representative to the field to notify the opposing team and refs
If a team has to forfeit a game LESS than three hours before the game, they must:
 - #1 Make every effort to contact the opposing team and league scheduler by phone
 - #2 Must also send a representative to the field to notify opposing players and refs that may show up at the field.
21. If a team has to forfeit a game more than 72 hours they will be assessed a \$50.00 forfeit fine
22. If a team has to forfeit a game less than 72 hours they will be assessed a \$50.00 forfeit fine and may also be responsible for full referee game fees.

It is hoped this synopsis of the rules is helpful. Again, all remaining rules still apply and will be enforced. Please familiarize your team with these rules and, above all, have a safe, happy, and fun season.

80. CNYJSA REFEREE FEE SCHEDULE – Game Day What Ifs 2017 Spring & Fall Season

Age Group	Game Fee	Fee per Team	Referee	A. Referee (2)
9/10U	\$42	\$21	\$42	NA
11U	\$46	\$23	\$46	NA
12U	\$96	\$48	\$46	\$25 each
13U	\$106	\$53	\$52	\$27 each
14U	\$126	\$63	\$54	\$36 each
15U	\$138	\$69	\$66	\$36 each
16U	\$142	\$71	\$66	\$38 each
19U	\$148	\$74	\$72	\$38 each

Each team is responsible to pay the fee prior to the beginning of the game.

Once the final schedule is published, only the referee, league or sponsoring home field official can cancel a game.

Only the referee can cancel or suspend a game because of weather. Both Teams must be ready to play.

The referee is responsible to fill out a game report within 48 hours of every game (played or not).

Any game that is not played in its entirety will be reported to the Referee Assignor who will communicate with League Scheduler.

- 1) **The game is canceled by CNYJSA or Home Field Official after the referee has left for the game or is present at the field.**
 - a) Teams should not pay the fee. CNYJSA will pay 1/2 fee.
- 2) **Both teams arrive to play and the field is deemed unplayable before the game by the referee or sponsoring home field official?**
 - a) Teams should not pay the referee. CNYJSA will pay ½ fees.
- 3) **Both teams arrive to play and the game is halted after kick-off?**
 - a) Teams pay the referee full fee
- 4) **One (or both) team no-shows for a game?**
 - a) Team should not pay the referee. Game will be considered a forfeit. CNYJSA will pay the full fee and the team that forfeited will be assessed the full ref fee and a fine.
- 5) **The Referee no-shows?**
 - a) Game will be considered an official game if a certified (WNY Ref) replacement referee is used. If a certified ref is available the teams will pay the normal fee. Teams will pay the normal ref fee. If it's a 3 man system, and only 2 officials show up neither of which is the lead official, then AR1 will assume the role of lead official. The officials will return one AR fee which will be split between both teams. If a Team is paying by 1 check, instead of cash, then they will be paying the full 3 man fee with no refund from the League.

100. TERMS AND DEFINITION'S

League	The term "League" shall refer to the New York State corporate organization known as: Central New York Junior Soccer Association.
CNYJSA	The term "CNYJSA" shall refer to the shortened abbreviation for the Central New York Junior Soccer Association.
Board	The term "Board" (or BOD) shall refer to the duly elected officers of the Central New York Junior Soccer Association as provided in the corporate bylaws.
FIFA	This term refers to Fédération Internationale de Football Association, the worldwide recognized organization governing national soccer organizations
USSF	United States Soccer Federation, the organization which has jurisdiction over all FIFA recognized soccer activities in the United States
USYSA	United States Youth Soccer Association, the largest parent organization recognized by USSF as governing youth soccer activities in the United States
NYSW YA NYSW	New York State West Youth Soccer Association, the officially recognized USYSA state organization that has jurisdiction for governing soccer activities in Western NY.
ENYYS NYSE	Eastern New York Youth Soccer Association, the officially recognized USYSA state organization that has jurisdiction for governing soccer activities in Eastern NY
RosterPro	NYSW online player/team/club registration and risk management system

101. CLUB AFFILIATION

1. Qualification for club membership in the League is defined in the CNYJSA bylaws. All clubs that are affiliated with CNYJSA must be first recognized and approved by NYSWYSA.
2. Club membership is annual and must be renewed each year by Jan 30th. After Jan 31st the affiliation fee will include a late charge. Club Affiliation can be completed online www.cnyjsa.org No portion of the club affiliation fee will be refunded if a club withdraws during a calender year.
3. A club may withdraw from the league at any time after a season is completed. A club will be considered to be withdrawn if the league receives written notification signed by the club president.
4. All clubs when voted into the league, must post a performance bond of \$200. The performance bond will be used to pay any league fines or fees that a team associated with the club, incurs but refuses to pay. If the performance bond is less than \$200 (at any time) the club must replenish it to be considered in "good standing"
5. When a club withdraws from the league the performance bond will be refunded (less any outstanding fees).

102. TEAM ENTRY

1. To play in an CNYJSA league a team must be affiliated with a member club in good standing that is currently registered with CNYJSA. Member clubs are responsible for all fees incurred by any team using their club affiliation.
2. The Board shall determine procedures, requirements and fees for team registration.
3. No teams will be officially registered, until their club has submitted their online club affiliation form, paid their yearly dues and their club performance bond balance is current. This includes all fines incurred from past seasons.
5. Each team shall complete a CNYJSA Team Application form online at www.cnyjsa.org.
6. The board reserves the right to promote or relegate teams to either division, as necessary to balance competition.
7. Most age groups will be a single division. Some age groups (depending on the number of teams registered) will be divided into an "A" and "B" division at the discretion of the League Scheduler.
8. Teams that withdraw from the League during the **TENTATIVE SCHEDULE PERIOD**
 - a. Will lose their full registration fee
 - b. Team's Club will incur a \$50 fine
9. Teams that withdraw from the league after the schedule is finalized:
 - a. Will lose their full registration fee
 - b. Team's Club will incur a \$100 fine
 - c. Team's Club will incur a \$100 rescheduling fee.
 - d. May be subject to possible sanctions as decided by the BOD after a hearing
10. Any team that is allowed to register for a division after the final registration date for that division will be incur a \$50 late fee. If the schedule needs to be changed a \$100 reschedule fee may be charged.
11. Registration will close on the final deadline date at 12:01 pm

104. PLAYER AND COACH REGISTRATION

1. A player may register to play with only one (1) team in an age division.
2. A player's age eligibility is based on the **US Youth Soccer Age Matrix (Calender Year)**.
3. All coaches (and sideline personal) must obtain a risk management pass via NYSWYA
4. Player and coach registration procedures within member clubs shall comply with NYSWYSA requirements
5. Any player that resides in NYSE but would like to be rostered on a NYSW team must be granted "Out of State" permission. Please go to WWW.ENYSOCCER.COM - ADMIN for more information.

105. ROSTERS

1. Team rosters shall be completed using NYSWYSA or ENYYSA approved software and certified by the appropriate State Association.
2. Certified team rosters shall contain the following information:
 - Coaches Name, Coaches Address, Coaches cell phone number
 - Assistant Coach Name, Assistant Coach Address, Assistant cell phone number
 - Team Manager Name, Team Manager Cell phone number
 - Players Names, Addresses, Date of Birth
 - Player ID Numbers
 - Player Uniform Numbers
3. Certified rosters shall bear the seal and signature of the NYSW designated authority as processed through NYSW registration software, Roster Pro. **ENYYSA rosters** shall be completed in accordance with governing rules and certified as required by ENYYSA and CNYJSA.

4. The number of players that can dress for a match is limited based on the age division.

Age Division	Min Roster Size	Max Roster Size	Dressed Players
U9	7 PRIMARY	14	14
U10	7 PRIMARY	14	14
U11	7 PRIMARY	18	18
U12	7 PRIMARY	18	18
U13-U19	7 PRIMARY	22	22

5. One coach, assistant coach and manager may be listed on the roster.
6. All certified team roster shall be mailed or scanned to the Game Secretary prior to commencement of the first League game. Failure to do so may result in "Improper Roster" fines/penalties for each occurrence. See Section XIX E. relating to rosters for games.
7. Additions to a roster are not allowed after a team's **second (2nd)** League game.
8. Roster changes must be certified by the applicable State Association, and submitted to the League prior to the game in which they become effective. If the roster being submitted is a revised roster it must be marked a "REVISED" roster.
9. It is solely the responsibility of each team to ensure that the League receives their revised certified roster.
10. For ENYYSA certified teams or players, it is the sole responsibility of the coach to ensure compliance with all applicable NYSWYSA rules governing participation of an ENYYSA player or team within a NYSW League.
11. CNYJSA offers both "male" and "female" divisions. U13 and older must play same gender unless a gender isn't offered for their age group.
 - a. Teams with all females are considered "female".
 - b. Teams with any (even 1) males are considered male.
 - c. Teams U13 and older that wish to play in a male division, 51% of the rostered or guest players must be male.

106. GUEST PLAYERS

1. Guest players will be allowed by the League for all teams. The purpose of guest players is to assure there are enough players to field a team when a significant number of regular rostered players may not be available for a League game.
2. 50% of the player participating for a team must be rostered players.
3. A Guest player can be any player with a valid player pass who is not already playing in the same age group for another team. If a division has two divisions it is considered one age group.
4. The guest player's Name, Date of Birth and Jersey Number must be clearly added to the bottom of the roster prior to the game in which they play.

107. INELIGIBLE PLAYERS

1. An Ineligible Player is defined as any game player who meets one or more of the following:
 - a. Does not appear on the certified roster or as a guest players.
 - b. Does not have a NYSW or NYSE certified pass at the field of play
 - c. Is under suspension for any reason
 - d. Does not comply with NYSWYSA eligibility rules
2. The team/coach penalty for participation in a game by an ineligible player shall be as follows:
 - a. Forfeit 3-0 forfeit loss and fine.
 - b. First offence - Disqualified from consideration of league championship
 - c. Second offense - The coach and/or assistant coach will be subject to a hearing by the CNYJSA board to determine further penalties
3. Any dispute of games in which ineligible players are engaged shall be decided at a hearing by the Board, which may impose additional penalties as it sees fit.

108. PLAYING SCHEDULED GAMES

1. Game changes after the final schedule is printed will not be allowed except for:
 - a. Spring NYSWYSA State Cup Conflicts
 - b. Towns or schools officially declare fields unplayable.
 - c. Inclement weather or field conditions forcing the Referee to not let the game start.
2. All scheduled League games that do not start are required to be replayed.
3. **If a game is cancelled before it has started.**

Teams do not pay the referee (league will compensate ref)
Game will be rescheduled. To do this the home team should contact the away team to work out a possible reschedule date (rescheduled games can be played any day). Once both teams have agreed on a new date an "Online Game Change Form" has to be filled out by the home team. This should be done within 7 days. If the two teams cannot agree on a replay date they can either contact the league scheduler to do a "forced game" or both teams can agree to each accept a tie.
4. **If a game is cancelled after it has started.**

If the game hasn't reached halftime it will be considered a draw (regardless of the score)
If the game has reached halftime the score will be considered final.
5. **Replaying a game that didn't reach halftime.** If a game is cancelled before halftime it will be considered a draw. The referees will keep the full fee. If both the teams would like to reschedule the game, they may, following **Rule 108 #3**. Please be aware that full referee fees will be due at game.
6. If a game is cancelled due to a **Spring National Championship Series conflict**
State Cup Play Down Game within 72 hours
State Cup Final Four within 72 hours
Regional Tournament within 72 hours

The team with the conflict must contact the other team. Once both teams have agreed on a new date an "Online Game Change Form" has to be filled out by the home team. This should be done within 7 days. If the two teams cannot agree on a replay date they can either contact the league scheduler to do a "**forced game**" or both teams can agree to each accept a loss.
7. **A Forced Game.** A forced game is when a game is suppose to be replayed but the teams cannot agree on a date and neither team wants to "forfeit". In this case the league scheduler will pick a day and venue for the game (based on the best information the scheduler has). Any additional game costs (if a field has to be rented) will be split between the teams. If a team cannot make the **Forced Game** it will be considered a forfeit to that team (all penalties apply).
6. **Lightning or Thunder (L&T) Delays.** When **L&T** is seen or heard the game will be delayed for 30 minutes. Teams and players should find safe shelter. Every time **L&T** is seen or heard the 30 minute delay starts again. After a minimum of 60 minutes of delays if **L&T** is seen or heard again then the game can be cancelled. For example, if the first occurrence **L&T** is at 6:45 any **L&T** after 7:45 will mean the game is cancelled. **Every attempt should be made to complete a game that has been delayed due to L&T.**
7. **L&T Cancellations.** No team or ref may cancel a game due to **L&T** unless every attempt has been made to play the game. If 60 minutes of delays have not taken place, both teams must agree to cancel the game. If one team abandons the field before 60 minutes of delays has taken place the other team can ask for a forfeit against the team in question.

109. LEAGUE STANDINGS

1. Match points will be awarded as follows:
 - a. Three (3) points are awarded for a win
 - b. One (1) point is awarded for a tie
 - c. No points are awarded for a loss
2. League standings will not be kept for teams playing in divisions U-9, U-10 & U-11.
3. Tiebreakers to determine division champions for teams having the same number of total points are as follows:
 - a. 1st Tiebreaker: Head to Head record
The team with the best record against the tied opponent in direct league competition will be declared the winner. If a tie, continue to the 2nd tiebreaker.
 - b. 2nd Tiebreaker: Goal Differential
The team with the best goal differential for the season will be declared the winner.
 1. Goal differential is determined by subtracting the goals allowed from the goals scored for each game of the season.
 2. The maximum goal differential is three (3) points for each game both negative and positive. If a tie, continue to the 3rd tiebreaker.
 - c. 3rd Tiebreaker: Goals Against
The team with the fewest goals allowed over the entire League season will be declared the winner. If a tie, continue to the 4th tiebreaker.
 - e. 4th Tiebreaker: Sportsmanship
The team with the fewest points for yellow and red cards shall be declared the winner
 1. Point shall be given for a yellow card
 2. 3 points shall be given for a red card
 3. 10 points shall be given for a player league suspension, 3 or more red cards in a calendar year.
 4. Total points are determined by summing the points for each card in accordance with the above formulas. If a tie continue to the 5th tiebreaker
 - f. 5th Tiebreaker: Co-Champions
If all of the above are equal the teams shall be League Co-Champions
4. Teams assessed forfeits as defined in Section XVI are ineligible for League Championship.

110. U12 AND YOUNGER TEAMS (small sided games)

1. THE U9 thru U11 Divisions are non competitive in nature. No standings will be kept.
2. Slide Tackling is not allowed during any small sided game (less than 11 V 11)
3. In response to US Soccer's Recognize to Recover Player Safety Campaign:
U11 and younger - Heading is not allowed in practice or games
U12 & U13 - Heading is allowed in games but restricted in practice
See section 127 for more details
4. In response to US Youth Soccer Build-Out line Mandate all 9U and 10U (7v7 games) will use a build-out line.
 - * The build-out line will be designated as midfield for all fields
 - * When the goalie has the ball (and for goal kicks) opposing players must retreat behind the build-out line.
 - * The goalie can wait until opposing players are behind the build-out line (recommended) or the goalie can play the ball while the opposing players are attempting to retreat behind the build-out line.
 - * The goalie can play the ball by throwing, rolling or dropping the ball and using their feet to pass.**Goalie punts and drop kicks are not allowed**
 - * After the ball legally put into play by the goalkeeper the opposing players can cross the build-out line (or they can stop retreating if the ball is played early) and play will resume as normal.
 - * If a goalkeeper punts or drop kicks the ball the referee will stop play and instruct the goalie to play the ball per the rules. Opposing players must retreat behind the build-out line

111. ZERO TOLERANCE

1. MATCH ETHICS: The Coach is solely responsible in providing referee support and spectator control at the venue and on the pitch before, during and after the game. It is the responsibility of each member club to provide the proper directions to their coaches on how the support and control can be applied.
2. For purposes of clarity these terms are defined as follows:
 - a. Referee Harassment: Is a verbal statement or physical act not resulting in bodily contact which is socially unacceptable but falls short of implying or threatening physical harm to a referee or the referee's property or equipment. An example of this is a person approaching you using foul, abusive, or insulting language or gestures targeted directly toward a referee.
 - b. Referee Abuse: Is a verbal statement or physical act not resulting in bodily contact which implies or threatens physical harm to a referee or the referee's property or equipment.
 1. Abuse includes, but is not limited to the following acts committed upon a referee: using foul or abusive language toward a referee that implies or threatens physical harm; spewing any beverage on a referee's physical property; or spitting at (but not on) the referee.
 - c. Referee Assault: Is an intentional act of physical violence at or upon a referee.
 1. For purposes of this Policy, "intentional act" shall mean an act intended to bring about a result which will invade the interests of another in a way that is socially unacceptable. Unintended consequences of the act are irrelevant.

2. Assault includes, but is not limited to the following acts committed upon a referee: hitting, kicking, punching, choking, spitting on, grabbing or bodily running into a referee; head butting; the act of kicking or throwing any object at a referee that could inflict injury; damaging the referee's uniform or personal property, i.e. car, equipment, etc.
3. Coaches and their assistants are representatives of the USYSA, NYSWYSA and the League and must conduct themselves in accordance with the Rules, Regulations and Code of Ethics (Zero Tolerance) of these organizations. The penalties, depending on the findings contained within the Referee Game report, can range from a reprimand to removal from the League depending on the severity of the offense.
4. Every club is responsible for the actions of its coaches, officials, fans and players and is required to take all necessary precautions to prevent spectators from threatening or assaulting officials, players or spectators before, during and after the conclusion of all matches.
5. Coaches are responsible for the conduct of their assistant coaches, managers, players and their parents as well as their teams' spectators at all league games and tournament matches where their team represents the League. There shall be zero tolerance of any coach, assistant, player, parent or fan verbally or physically threatening, harassing or assaulting any other person before, during or after a match within the defined range of the field of play. Such behavior will be determined from the Referee Game Report.
6. Each coach, asst coach or manager shall have in their possession a current "coaches" pass to be allowed on the team side of the field. This is a Risk Management pass, and is a must for play.
7. Coaches or team officials who are ejected from a game must leave the field of play. This is determined as "out of site and sound" of the game. Failure to do this will result in additional fines and action by the CNYJSA board
8. At any time the Board may review the conduct of any team including coaches, assistants, managers, spectators, or players to determine whether behavior warrants any disciplinary action.
10. If the Board determines that disciplinary action may be appropriate, those involved will be notified in writing of a hearing and given the opportunity to attend and bring counsel or witnesses in their behalf.
11. Fans shall be located on the opposite side of the field from the teams and coaching staff.
 - a. Spectators will exhibit a positive demeanor toward each other, players, coaches, and referees
 - b. Spectators will remain off the pitch at all times.
 - c. There will be no tolerance of verbally or physically threatening, harassing or assaulting behavior. Penalties to the Club/Team would be determined by the Referee Game Report.
12. Players and bench personnel shall respect the opponents' bench area and not interfere with the opposition's bench area by being behind or passing in front of this area.
13. A maximum of 3 Team personnel (coaches or managers) shall be allowed on the player side of the field, and all MUST have a risk management pass on their person.
15. No players or fans are permitted behind the goal lines during the game.
16. It is the responsibility of the coach, players and club to know and abide by the Rules of The Game and these League Rules and Regulations. All coaches must sign a statement to this condition (On registration Form) prior to applying for teams to play in the League.

112. PENALTIES FOR PLAYER (Red Card) OR COACH MISCONDUCT (Ejection)

1. Penalties for player misconduct (Player pass is never returned until all fines are paid)
 - a. First Red Card in Season
Suspension for a minimum of one (1) game and appropriate fines as noted in the annual schedule of fines. The player must sit out all League games until they have served the suspension for the team on which the offense was recorded.
 - b. Second Red card in Season
Suspension for a minimum of three (3) games and appropriate fines as noted in the annual schedule of fines. The player must sit out all League games until they have served the suspension for the team on which the offense was recorded.
 - c. Third Red Card in Season
Suspension for a minimum of one (1) calendar year from the date of the infraction and appropriate fines as noted in the annual schedule of fines. The player must request reinstatement from the Board for play in subsequent seasons. If specifically recommended by the game official on the game report, the Board may elect to impose a longer suspension.
2. Red Cards may not be appealed to the Board. Player pass will be retained by the game referee and mailed to the CNYJSA game secretary. Game secretary will then mail the player pass to the club president (unless other arrangements are made) after any suspensions are served and all fines are paid in full.
3. Red Card totals for the purpose of suspension from the League are based on League games.
4. A player ordered off the field of play for misconduct cannot be replaced with another player and the team must play short for the duration of the match.
5. Any coach, assistant coach or team manager ejected from the game shall immediately leave the field and area of play (considered out of site and sound of the game).
6. Failure to do so may result in disciplinary action by the Board.
 - b. Coach, asst. or manager ejections receive double the red card fine and suspension. This includes having to sit out all League games until two of the games for the team on which the offense occurred have been sat out.
7. Assaulting Game Officials, Spectators, Players
There shall be zero tolerance of any coach, assistant, player, parent or fan verbally or physically threatening, harassing or assaulting a referee or each other before, during or after a match Individuals displaying such behavior shall be dealt with in the most severe disciplinary measures available, up to and including criminal charges if necessary.
 - a. Penalties can be a combination of, fines; suspension from League; Suspension from within NYSW; Banned fro participation within NYSW; Criminal charges.
8. USSF Official Administrative Rules and Laws of the Game shall be used in arbitrating disputes arising from assaulting game officials.

113. PROTESTS

1. The referee's judgment with regard to the physical condition of the field and its acceptance of play, to the actual happenings and occurrences related to the conduct of the game, and those prerogatives granted him/her by the "Laws of The Game" as published by FIFA, shall NOT be challenged.
2. The following are the only acceptable subjects that can be considered for protest:
 - a. Violation of League Bylaws
 - b. Violations of League Rules and Regulations
 - c. Violations of the "Laws of the Game" as published by FIFA, or the misapplication of the "Laws of the Game" not including red card violations.
3. All game protests must be lodged in writing within fourteen (14) calendar days of the incident and emailed to the League President and League Scheduler
4. Should a team wish to appeal the decision by the Board, NYSWYSA will hear the appeal.

114. FIELD CONDITIONS / AVAILABILITY

1. The Referee will make any decisions regarding field conditions for play or dangerous weather conditions.

115. FORFEITS

1. The following actions shall result in a forfeit:
 - a. Team plays an ineligible player
 - b. Team fails to show up for a game
 - c. Team not present within thirty (30) minutes after the scheduled kickoff time
 - d. Team fails to field the minimum number of players for a game:
 1. Six (6) for U-9 & U10
 2. Seven (7) for U-11 & U12
 3. Seven (7) for U-13 and above
 - e. A team leaves the field during play and refuses to return when ordered to do so by the referee.
 - f. Game is called by the Referee for safety considerations.
 - g. Team or Teams involved in the action of causing the forfeit.
 - h. Poor field marking causing the official to cancel the game
 1. Team providing field forfeits
 - i. Game rescheduled by both coaches without league authorization
 1. Both teams forfeit
 - j. Game not played by the agreement of both coaches
 1. Both teams forfeit
 - k. Team has no adult with a coach's pass to coach the team
 1. The Coach is ejected and no Assistant Coach, Manager or other qualified adult coach (individual carrying a Risk Management pass) is available to take over their duties.
2. All forfeits scores will be recorded as a 3-0 loss.
3. Any team forfeiting two (2) or more games in a season for any actions shall be ineligible to be awarded the League Championship.
 - a. Team could be subject to fines.
 - b. Team could be banned from League play for one (1) calendar year as decided at a Board hearing.

116. Min/Max FIELD & GOAL SIZE (League Rules)

AGE GROUP	GAME TIME (HALVES)	BALL SIZE	FIELD WIDTH Min-Max YARDAGE	FIELD LENGTH Min-Max YARDAGE	GOAL SIZE Soft (bowflex not allowed)	PLAYERS ON THE FIELD Includes Keeper
U9/U10	2-25 MIN	4	30-45	50-60	6 x 18 (best) 7 x21 (allowed)	7
U11/U12	2-30 MIN	4	45-55	80-70	6 x 18 or 7X21	9
U13-U14	2-35 MIN	5	55-75	100-120	8X24	11
U15-U16	2-40 MIN	5	60-75	110-120	8X24	11
U17-U19	2-45 MIN	5	60-75	110-120	8X24	11

117. SUBSTITUTIONS

1. Except as provided by USYSA or its State Associations, Substitutions shall be unlimited except where specified otherwise in the rules and regulations for a special competition.
2. Pursuant to USYSA rule 301 substitutions may be made, with the consent of the referee, at any stoppage of play.
3. Players MUST be at the half mark ready for play as substitutions will not be allowed from the bench.

118 GAME RESPONSIBILITIES

1. Equipment
 - a. The home team must have nets and regulation corner flags installed on the field ten (10) minutes prior to the scheduled start of the game.
 - b. The home team must provide the game ball subject to the referee's approval and must have at least two (2) spare balls suitable for game use.
2. Fields
 - a. The home team is responsible for providing a mowed; properly marked, and safe field surface in accordance with USYSA recommended dimensions for the age group playing.
 - b. Field marking shall be in accordance with FIFA regulation.
 - a. To insure proper field sizes on a field accommodating multiple age groups different colored field making paint should be used to denote the proper age group.

3. Uniforms
 - a. Each team shall wear matching uniforms consisting of matching shirts or jerseys with 8" nominal numbers on the back, shorts and socks. Socks shall be the same color on each leg. Any tape on a sock has to be the same color as the sock.
 - b. Each player shall have a unique jersey number.
 - c. Goaltenders must wear a jersey that contrasts with both teams' field player's uniforms. The jersey does not have to be a long sleeved jersey, especially in hot weather. It can also be a mesh pinnie of a contrasting color.
 - d. In the event of a uniform conflict, the home team is required to change jerseys or put on pinnies. Failure to be able to do this may result in a fine.

4. Body Adornments

- a. Players may not wear any jewelry during the match except for a medic alert tag or bracelet. The tag or bracelet must be taped to the body
- b. Players can play with a cast **BUT** the cast must be approved by the referee. **If the referee deems the cast as unsafe approval won't be granted**

A cast that is well padded may be allowed, but there can be no exposed metal or other hard material. Cast has to be covered on all surfaces with high-density, closed-cell polyurethane (bubble wrap) no less than ½ inch thick or an alternative similar material.

A physician needs to sign a medical release. One copy needs to be sent to the Game Secretary, and the player needs to provide the release to the referee at the field at every game.

5. Linesmen and Game Reports

- a. The home and visiting teams must provide the referee with one (1) club linesman IF NEEDED.
- b. The club linesman will assist the referee with out of bounds play only.
- c. The teams shall notify the referee who these individuals are prior to his equipment check.
- d. No linesmen are needed where there are three (3) referees.
- e. Linesmen have to be 13yrs old or older.

6. The Referee's Game Report will be submitted online (at www.cnyjsa.org) by the Referee.

119. Passes and Rosters (Spring)

1. The home and visiting teams shall provide valid NYSW or NYSE player passes as proof of insurance and player identification for roster verification.
2. All rosters will be generated and certified by either NYSW or NYSE (only)
3. A team WITHOUT player passes shall forfeit the game. The game will not be played or made UP
4. Under no circumstances is a player eligible to play without having a valid player pass
5. Coaches, Assistant Coaches and Managers are required to have proper risk management passes to be on the player side during a game.
6. Under no circumstances is a Coach eligible to lead their team without having a valid risk management pass.
7. Anyone with a valid risk management pass can coach a team (they do not have to be on a roster).
8. The home and visiting teams shall provide the officials with two (2) original certified or completely legible photocopies of the original certified team roster.
 - a. One copy shall be used by the referee for player verification and to facilitate game report filing.
 - b. One copy shall be offered to the opposing team coach.
9. If a team fails to provide an original certified roster (or completely legible photocopy thereof) to either the referee or the opposing teams coach, they may receive an improper roster fine.
10. In unusual circumstances where other than an original certified roster or completely legible photocopy of the original is used, the player names will be compared to the official certified team roster by the league for compliance.

120. COACHES RESPONSIBILITIES

1. Every coach shall support the referee. Failure to do so undermines the referee's authority and has the potential to create a hostile environment for players, the referee, and all the other participants and spectators at a match. Consequently no coach should address the referee in a verbally or physically threatening, harassing or assaulting manner before, during or after the match.
2. Allowable Coaching Exceptions:
 - a. Responding to a referee initiating a communication
 - b. Making substitutions
 - c. Pointing out emergencies or safety issues
 - d. A coach can ask a referee to explain a rule(s) in a polite and constructive way.
 - e. A coach may give polite and friendly feedback to a referee.
 - f. Absolutely no harassment, and no intimidation.
 - g. Ask for time remaining (this should be infrequent)

3. Penalties as towards game play:
 - a. 1st Minor Infraction – Referee should ignore
 - b. 2nd Minor Infraction – A verbal warning
 - c. 3rd Minor Infraction – A verbal warning or ejection
 - d. 4th Minor Infraction – Ejection
 - e. 1st Serious Infraction – Verbal Warning or Ejection depending on seriousness of infraction.
4. For minor infractions a Referee must documentate the verbal warning in their game report.
 - a. Documentation pertains to the Referee mentioning that he had to speak to a member of the coaching staff about behavior.
 - b. A \$50 fine per documented warning could be accessed as per game report if the Board finds cause. Again, the determination of penalty is determined by the League through the findings contained in the Referee game report based on the nature of the infraction.
5. Referees are instructed not to display any cards to coaches or bench personnel. They are strictly reserved for players and substitutes.
6. The referee should abandon the game by stopping play, if the coach, assistant coach or bench personnel do not leave the field or any immediate adjoining area after having been instructed to do so.
7. If an infraction is a Zero Tolerance policy issue, as determined through the game report; any additional information asked of Coaches or pertinent parties, and through a discussion by the Board, the Coach/Club will be accessed \$100.
8. Zero Tolerance violations could lead to further disciplinary actions after being accessed the fine at the discretion of the Board.
9. Additional penalties associated with the ejection of a coach, assistant coach or bench personnel may be assessed at the discretion of the Board in accordance with documented policy.
10. AFTER A GAME, coaches are allowed to ask a referee, in a polite and constructive way, to explain a Law or foul but not judgment calls made in a game. Polite and friendly concern can be exchanged with the referee. If the polite tone of the conversation changes, the referee may abandon the exchange at any time.
11. The home coach is responsible to call the visiting team coach or team representative at least three (3) days prior to the scheduled game to verify the date, time, and location and to check for uniform colors.
12. Each coach shall be responsible to collect the NYSW certified player passes from the referee at the end of the game.
13. The referee will keep the passes of any player or coaches ejected form the game and mail them to the Game Secretary who will then mail to club president for player retrieval.
14. The coach shall have in his possession medical releases for all players on the roster.
15. Each coach has the right to lodge a protest with the referee regarding an opposing team’s player’s eligibility, but it will be up to the Board (after game has been played) to decided the validity of the match and if any penalties could be forth coming.

16. Each team shall have an Assistant coach and/or Team Manager officially listed on the certified roster.
17. Should the coach be ejected, personnel listed on the certified roster, with the appropriate coach or manager pass, may continue as the coach for the remainder of the game.
18. Should a team's coach be ejected, and there is no assistant coach or manager present of record from the team's roster possessing a valid risk management pass; then any adult with a valid risk management pass may continue as coach for that game. That coach, that is being asked to fill in, shall have their name placed onto the roster prior to recommencing the game.
19. Should the coach be ejected and no assistant coach, manager or other qualified adult is present to fulfill the coaching duties; the team is recognized as having no qualified coaching staff and the game may not continue, it is forfeit.
20. If the referee does not show up for the scheduled game, the home team is to call Game Secretary the night the game is played and email him of such within seventy-two (72) hours of the played game.
21. See Rule 119.11 for rules governing the use of substitute referees.

121. REFEREE: AUTHORITY AND RESPONSIBILITIES

1. The referee will be the sole judge on the field of play and the decisions of the referee on the laws of the game will be final.
2. The league will entertain no protests whatsoever on a referee decision.
3. On a decision involving a coach or bench personnel the referee, depending on the severity of the offense, may take either of the following actions:
 - a. The referee may issue a verbal warning to the offending coach or bench personnel.
 - b. The referee may eject the offending coach or bench personnel.
 - c. The coach or bench personnel, once ejected, will be required to leave the field of play immediately.
 - d. If the coach or bench personnel do not leave the field and any immediate adjoining area, the referee should abandon the game.
4. The referee must supply verification of a player's eligibility (valid player pass) to a coach upon request.
 - a. If a coach requests to see a player pass of a member of the opposing team, the referee shall allow the coach to look at the pass.
5. Upon arrival the referee will inspect the field and will be the sole judge as to its fitness for play. Some conditions of the pitch that could cause game cancellation.
 - a. There is standing water present on the pitch that would severely affect play
 - b. While walking on the field, water can be seen or heard with any footstep.
 - c. While walking on a bare area, an impression of more than a ¼" deep is left by a footprint.
 - d. Large holes.
6. If the Referee finds the field to be unplayable the game will be postponed and rescheduled by the League. Referee will receive 1/2 game fee from the league.
7. Will inspect team rosters, player passes, and player equipment
8. The scheduled referee shall wear the official uniform at all games they officiate.
 - a. If a WNYRA Mentor is present for the game they will also wear the official uniform of the game being officiated.

9. The referee shall complete the Referee's Game Report online and use copies of both team rosters to facilitate filling out form and mail any passes of players or coaches who were ejected to Game secretary
10. If the referee is assaulted or harmed due to a team neglecting to provide adequate protection, that team will be fined and civil and/or criminal proceedings could be brought at the discretion of the League.
 - a. The team will be liable to the Referee upon proven evidence for any damages resulting from such assault beyond any civil or criminal penalties.
11. If the assigned referee fails to appear for a scheduled League game the game may be rescheduled by the League at no additional cost to either team, or:
 - a. If both coaches agree, another suitable registered referee may be selected, if in attendance, for the purpose of covering the game.
 - b. Both coaches must show their prior agreement by signing their copies of their Teams Roster.
 - c. Once agreed upon, the call of the Replacement Referee and final score will be binding on both teams.
12. The Replacement Referee must complete the online game report, and specify that he/she was a replacement official.
13. The replacement referee is eligible for the refereeing fee provided the home coach phones the Game Secretary and either the League Scheduler or Vice President the evening of the game.
14. The home coach must follow up with a letter to the Game Secretary within seventy-two (72) hours of the scheduled game.
15. If the referee becomes incapacitated during the game and is unable to continue officiating the remainder of the game, the referee may turn the game over to any other registered referee present.

122. SPECTATOR RESPONSIBILITIES

1. No parent or spectator shall persistently address the referee or assistant referees at any time. This includes, but is not limited to:
 - a. Parents and spectators shall not dispute calls during or after the game.
 - b. Parents and spectators shall not make remarks to the referee(s) or advise the referee(s) to watch certain players or attend to rough play.
 - c. Parents and spectators shall never yell at the referee(s), including criticism, sarcasm, harassment, intimidation or feedback of any kind before, during or after the game.
2. Very narrow allowable exceptions to the above are:
 - a. Parents and spectators may respond to a referee who has initiated a conversation, until such time as the referee terminates the conversation.
 - b. Parents and spectators may point out an emergency or safety issues, such as a player apparently injured on the field or observed fighting.
3. Parents and spectators shall not make derogatory comments to players of either team.

123. Penalties (Parents & Spectators)

1. In the opinion of the referee, depending on the severity of the offense, the referee may take any of the following actions:
 - a. The referee may issue a verbal warning to the coach of offending party's team
 - b. The referee may stop the game and instruct the coach (s) to speak to their offending Parent or spectator to warn that decorum must prevail or there could be further consequences
 - c. The referee may stop the game and direct the parent/spectator to leave the field of play (which includes parking lot)
 - d. The referee may abandon the game if the parent/spectator does not leave the field of play.
2. A Zero Tolerance infraction by a parent/spectator will be determined through a review of the Referee Game Report, and the information presented in the Report.
3. A Zero Tolerance violation will be dealt with initially be accessing the Team \$100.
 - a. Further disciplinary action could result based on the severity of the infraction.

124. Mercy Rule

1. The Mercy Rule will only apply to the U9-U12 age divisions (small sided).
2. It will **NOT** apply for the U13-U19 age divisions.
3. If the score differential reaches 5 goals, the coach of the team with fewer goals may add one field player. The league encourages coaches to add an extra field player.
4. The extra player will remain in effect until the end of the game.
5. If the team who is losing does not have a sufficient number of players to be able to add a player, the winning team must remove a player.
6. Referees may remind the coach of the mercy rule, but it is **NOT** their responsibility to bring this to the coaches' attention or force the coaches to add a player. Ultimately it is up to each coach to be aware of the mercy rule and to use it at their discretion.

125. FALL SESSION PLAY

1. These games are developmental in nature. No standings will be maintained for any age division but referee game reports will be required.
2. All teams must supply a certified game roster (NYSW or NYSE). No player passes will be required.
3. Six games are provided for the season scheduled by the League scheduler.
4. Referees are scheduled and payable at the field per spring rates.
5. 2 Copies of your certified roster are needed for each game.
 - a. One for the Referee to assisted with their Game Report.
 - b. One for the opposing coach.
6. If inclement weather forces cancellation of a game there will be no reschedules.
7. If your team cannot make a game it will be considered a forfeit. Nor reschedules and your team will be responsible for forfeit fees and referee fees. Please contact the league scheduler ASAP if you need to forfeit a game to help minimize your fees your team may be responsible for.
8. It is a RECREATIONAL LEAGUE. If your team is not developmental in nature please understand the environment the league is striving for.
9. Mercy Rule is in effect. See rule 124 for explanation.
10. Cards will be given for infractions and if a Red Card is issued the card will be handled in the same manner as in the Spring.
11. Zero Tolerance Policies are in effect.

126. REGISTRATION PROCESS FOR FALL SESSION

1. Online registration is required. See our website by August 1st for details.
2. Schedules will be posted by 1st full week in September.
3. Each team will provide certified team rosters generated by either NYSW or NYSE.
4. Guest players are to follow the same rules and procedure as the spring season
5. The age divisions are:
 - U9 & U10 Play 7v7
 - U11 & U12 Play 9v9
6. Referees fees are the same as Spring and are payable at the field.
7. Coaches are encouraged to attend the September coaches meeting. Failure to attend the meeting AND violation of league rules /procedures can result in fines
8. There are no schedule changes or "make ups". If a game can't be played, due to forfeit or weather conditions it will be considered a "lost" game
10. There are no byes requests allowed

127. SPORTS CONCUSSION PROTOCOL

1. Please follow the saying, “When in doubt, sit out”. Since most coaches are not medical professionals it is best to err on the side of caution when dealing with a possible MTBI (mild traumatic brain injury).
2. NYSW provides a detailed set of recommendations to deal with a possible MTBI. Please review the material thoroughly so that you are aware of the signs of a concussion and can adequately advise your parents.
3. The NYSWYSA link to the recommendations for Sports concussion protocol.
<http://www.nyswysa.org/home/543204.html>

U.S. Soccer’s Recognize to Recover Player Safety Campaign

US Soccer is recommending, and CNYJSA is immediately requiring, new rules as it relates to heading, as follows:

• **Players in Under-11 programs and younger shall not engage in heading, either in practices or in games. Referees have been instructed by US Soccer of the following rule addition in the Under-11 age group and younger:**

When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

• **U12 and older groups can head the ball in games without restriction**

• **Limited heading in practice for players in Under-12 and Under-13 programs.** More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.

• **Clubs should be aware of circumstances in which individual consideration is needed.** For example

- U11 playing at Under 12 should not head the ball

- U12 or U13 playing at Under 14 should abide by the heading restrictions during practice

• **Referees should enforce these restrictions by age group according to the specified rules.** Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group

128. MATTERS NOT PROVIDED FOR

1. All matters not specifically provided for in these Rules and Regulations will be reviewed and evaluated by the Board and their determination and decisions shall be final and binding upon all affected parties of the League.

129. LEAGUE FINES (all league fines double after 30 days from date of invoice)

INFRACTION	FINE
1. Online Registration Error	\$25
2. Field conflict after schedule has been made	\$20 (per incident)
3. League Game Forfeit (see rules)	\$50 (referee fees may also be due)
4. Red Card Violation	\$50
5. Coach, Asst, Manager Ejection	\$100
6. Zero Tolerance Violation	\$50- \$100
Zero Tolerance violation determination, could result in further penalties as determined by the Board based on Referee Game report. Penalties may include a violation charge per incident in each game, as well as suspension, banning and criminal charges.	
7. Improper or Missing Roster	\$25
8. Field Fines (Goal/Field size, Grass & Marking Of Field)	\$25 - \$50
9. Failure to have corner flags (no cones)	\$25
10. Physical Assault	\$200
11. Withdrawal of team from League play after registration	
a. Before a schedule has been made = Zero	
b. After the schedule has been made = Loss of registration fee, Plus \$20 per game	
c. Additional penalties for team withdrawal can be accessed by the Board	
12. When a team needs to forfeits a game they are required to notify the league scheduler 72 hours in advance. If they contact the league scheduler within 72 hours they may also be responsible for full referee game fee. Please refer to league rules for complete details	
13. Fines, other than red card fines, may be appealed to the BOD. To appeal a fine please contact the league president within 10 days of receiving your fine invoice	

129. HOT WEATHER RECOMMENDATIONS

1. CNYJSA will rarely cancel games due to the heat index. To make a decision to cancel a game requires the league to make that decision by 2:00. At 2:00 it is too hard to determine what the heat index will be at 6:30
2. Rather than cancel games, the league recommends that coaches and refs use simple sense based on the heat index at game time.
3. Coaches and referees should consider mandatory water breaks based on the heat/heat index along with how many subs each team has. There is no specific rule but allowing for 1, 2 or 3 water breaks per half are some sensible suggestions. All breaks are running time so by using mandatory water breaks you are also "shortening" the game (another sensible suggestion). The longer the half the more breaks that should be used.
4. Please remind your parents to bring plenty of water during warm weather.
 - a. Drink 8 to 24oz of water 20 to 30 mins prior to game. Drink during the game.
 - b. Cooler with iced water and wash clothes to put on the face & neck.
 - c. Spray bottle filled with cold water to mist.
 - d. Goalies do not need to wear long sleeve jerseys or long pants.
 - e. Make sure Coaches, managers, and Referees know of any medical problem.
5. The following are suggestions when there is a possibility of high heat index
 - Up to 89 = Normal Play 9
 - 90-99 = (2) 4 minute water breaks per half
 - 100-108 = (3) 3 minute water breaks per half
 - 108 = Suspend Play

NOAA's National Weather Service

Heat Index
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

