

Capital Area Soccer League
Rules and Policies
For Recreation and Challenge Divisions



3300 Woman's Club Dr, Suite 1
Raleigh, NC 27612
(919) 834-3951
(919) 834-4369 fax
Weather Hotline 248-9516
www.casInc.com

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Capital Area Soccer League, Inc.

This manual is published by the Capital Area Soccer League, Inc. for CASL Rules regarding Recreation and Challenge playing Divisions age groups.

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Capital Area Soccer League, Inc.**

CAPITAL AREA SOCCER LEAGUE, Inc.

Mission Statement

The Capital Area Soccer League was incorporated in 1974 as a 501 (C) (3) non-profit. The mission of the Capital Area Soccer League (CASL) is to provide instructional and competitive youth soccer opportunities that enhance character, community and love of the game of soccer. Integrated in this is the building of self-esteem, self-confidence, team work, respect for self and others, and all the inherent benefits of physical exercise.

Scope of This Manual

This manual is not intended to re-state FIFA and USSF Laws to the Game or clarify Position Papers. Full FIFA Laws of the Game may be downloaded from www.fifa.com (select default language, then go “Regulations and Directories”). To obtain USSF Position Papers, go to: www.ussoccer.com and click on “Referees” and then “Position Papers”.

CASL publishes specific rules for the U5/6, U7/8, U9/10, and U11/12 & YTS age groups which adjust many USSF rules to make the game more “age appropriate”. These rules can be found at the CASL website (www.casInc.com) or a printed copy may be obtained from the CASL office. The U-13 and older youth age groups do not make the “age appropriate” changes to the USSF/FIFA Laws of the Game as is done in the younger age groups. Therefore, there is no need to publish separate rules for the older age groups. CASL as a club, however, does have a need to set some additional rules and polices of play such as severe weather policies, playing time, game organization, conduct of our coaches, parents, spectators and players, etc. **The following rules must be read by all CASL coaches and apply to Recreation, and Challenge teams from U-5 to U-19 as indicated by each specific rule. These rules apply to CASL teams, coaches, parents, spectators and players.** The Referee Page on the CASL website (www.casInc.com) will often contain new and/or revised rules and policies deemed appropriate during a playing year.

CASL Classic players and teams must abide by North Carolina Youth Soccer Associations (NCYSA) rules. Please refer to www.ncsoccer.org to obtain those rules. Furthermore, the CASL Director of Coaching may separately place additional requirements upon players and teams.

Statement of CASL Policy

The Capital Area Soccer League encompasses Recreational, Challenge, and Classic soccer programs for boys, and girls. Player registration and team organization is administered by staff registrars and local volunteers coordinated by the CASL Board of Directors. All divisions which are sanctioned by CASL shall be governed by the CASL Constitution, by-laws, and Rules of Operation. Scheduled games shall be in compliance with “The Laws of the Game” as published by FIFA (federation International de Football Association) and modified in accordance with USYSA (United States Youth Soccer Association), and NCYSA (North Carolina Youth Soccer Association), and CASL rules.

Only violations of the CASL by-laws and Rules of Operation, or misapplication of the “Laws of the Game” shall be proper subjects of protests or appeals. No protest will be upheld when the dispute involves the judgment of the referee. All protests must be in writing and addressed to the CASL Board of Directors as specified in the CASL by-laws. Any individual who is consistently in conflict with the “Laws of the Game” or CASL by-laws may be suspended from further participation in CASL, pending review by the member division and/or CASL Board of Directors.

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Changes and/or additions to these rules have been made for the Spring 2013 season. All changes from the Fall 2012 playing year are noted by gray bolding.

GENERAL CODE OF CONDUCT

Whereas: The safety, welfare and well-being of our youth players are the primary concern and responsibility of the Capital Area Soccer League (CASL).

All members, employees, volunteers, and contractors acting as a representative of or on behalf of CASL, in the course of doing business with CASL, or attending a CASL event will adhere to the following:

- ◆ All children will be equally treated with respect regardless of sex, race, religion, and culture.
- ◆ Children will not be touched in ways that make them feel uncomfortable, and their right to say no will be respected.
- ◆ At no time during a CASL game, practice or other CASL event will any employee, volunteer, or contractor be alone with a single child where they cannot be observed by others.
- ◆ Children will not be left unsupervised.
- ◆ Children will not be dropped off and left at any field before that child is under adult supervision.
- ◆ Coaches/team personnel will not leave any child unsupervised until the child is picked up.
- ◆ Any type of abuse will not be tolerated and may be cause for immediate dismissal.
- ◆ No player will ever be subjected to:
 - Physical abuse – including but not limited to: striking, spanking, shaking, slapping, etc.
 - Verbal abuse – including but not limited to: humiliation, degrading comments, threats.
 - Sexual abuse – including but not limited to: inappropriate sexual touching or exposure or conduct which creates a sexually hostile environment.
 - Mental abuse – including but not limited to: shaming, cruelty, or neglect such as withholding food, water, basic care, etc.
- ◆ . Use of positive techniques of guidance is encouraged, including redirection, positive reinforcement and encouragement rather than comparison and criticism. Staff, volunteer coaches, and team officials will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline.
- ◆ . Physical restraint will be used only when necessary to protect the child or other children from harm. When physical restraint is administered, the situation must be immediately documented in writing to the CASL CEO.

- ◆ The use, possession, or being under the influence of alcohol or illegal drugs immediately before and during CASL events involving CASL players is prohibited. Employees, volunteers, and contractors may be subject to drug screening.
- ◆ Intimate displays of affection will be refrained from.
- ◆ Smoking or the use of tobacco is prohibited.
- ◆ The use of profanity in the presence of CASL players is prohibited.
- ◆ Inappropriate jokes and sharing intimate details of one's personal life are prohibited.
- ◆ Social Networking between adults and individual CASL Players is discouraged. Electronic and phone communications with CASL players should be limited to soccer specific topics.

Player's Code of Conduct

- ◆ Be a good sport and a team player
- ◆ Listen to your coach and follow instructions
- ◆ Play your best
- ◆ Attend all practices and games
- ◆ Wear the proper equipment
- ◆ Adhere to the Laws of the Game and respect your opponents and the decisions of the game officials

Coaches' Code of Conduct

- ◆ Be a role model of good sportsmanship, positive influence, and appropriate communication during all CASL activities
- ◆ Coach by encouragement, praise, example, and explanation
- ◆ Develop a spirit of team play among the players and parents

- ◆ Ensure that all players know the practice and game schedule
- ◆ Ensure that all players are given adequate instructions in the rules of soccer
- ◆ Ensure that every player plays at least the minimum amount of game time as specified in the league rules
- ◆ Be respectful of official's decisions and do not show or verbalize dissent
- ◆ Ensure you, players and parents are respectful of opponents and officials and adhere to the Laws of the Game and CASL Rules.
- ◆ Communicate in a positive manner your observations and suggestions to your League Representative, Area Representative, or Age Group Coordinator
- ◆ No child shall practice or play with your team unless you have a team roster from CASL with their name on it or have prior written permission from CASL (e.g. tournament guest player approval)

Parents' Code of Conduct

- ◆ Watch your child play whenever possible
- ◆ Demonstrate good sportsmanship and respect to opponent players, opponent parents and match officials. Insure you and your child adhere to the Laws of the Game and CASL Rules
- ◆ Do not undermine the authority of the referee by dissent
- ◆ Respect your coach and abide by his/her direction and leadership
- ◆ Be supportive and constructive! Help your child have a fun experience
- ◆ Allow your child to play only if physically fit
- ◆ Inform the coach of any medical restrictions
- ◆ Promptly bring and pick up players from practices and games
- ◆ Volunteer to assist the coach or League in any manner possible
- ◆ The use, possession, or being under the influence of alcohol or illegal drugs immediately before and during CASL events involving CASL players is prohibited.

Referees' Code of Conduct

- ◆ Be an example of sportsmanship showing players, coaches and parents the same respect and consideration that you expect them to show you
- ◆ Maintain control of each match, calling it in a fair, impartial and consistent manner.
- ◆ Ensure that the game is played fairly, for the maximum enjoyment of the players, as well as the spectators, with only appropriate interference by the referee to maintain a safe and fun experience.
- ◆ Have a thorough knowledge of all age specific rules and Laws of the Game through attendance at training courses and clinics
- ◆ Be in good physical condition at all times
- ◆ Use common sense, while keeping the players' safety foremost in your mind

Recreation and Challenge Divisions

Rules and Policies

1) Match Discipline System

Soccer at the youth level is intended to be a fun event for the children. To help insure that the games are fun events for the players, CASL has a discipline system. The intent of this discipline system is to provide for a systematic plan to deal with players, team staff or spectators who have demonstrated they are not able to abide by the Laws of the Game. CASL does reserve the right to take additional action in any situation of misconduct. Remember, it is just a GAME!

Note: Red card/ejection counts are cumulative from fall through the spring and summer within a full playing year. Accumulated red card/ejection suspensions during that time carry over from spring to fall as noted below. Yellow cards/warnings are cumulative only within one season such as Fall or Spring and do not carry over to another season. Unless otherwise directed by CASL, a player who is sitting out match(s) due to a red card or other suspension is to sit on the bench with his/her team but not in uniform and cannot play until the obligation of the suspension is met.

Players:

a 1 Red Card (straight red or two yellows in one match) – sit out remainder of match in which card is issued plus next regular season or tournament match. The next match sit out will carry over from spring to fall if the player is on the same team.

a 2 Second red card in same year (Fall and Spring) – sit out remainder of match in which card is issued plus next two matches. The match sit outs will carry over with the player from spring to fall if the player is on the same team.

a 3 Third red card in same playing year (Fall and Spring)- player is suspended from play for the next four matches which can carry over to the next fall season if the player is on the same team and a Discipline and Appeals hearing will be scheduled within 30 calendar days to review final status of player.

b 1 Yellow Cards- once a player has received his or her third yellow card within one season (including tournaments), he or she must sit out the next regular season match within that season.

b 2 Upon the fifth yellow card issued to this same player within the same season, the player will sit out the next regular season or tournament match and the player, player's parent or guardian and the coach are to meet with CASL staff to develop a plan to terminate the undesired behavior. If the plan to correct the undesired behavior is violated within the same season, the player is suspended for the remainder of the season. CASL may take further action, if deemed necessary.

Coaching staff and team representatives:

a 1 Ejection from a CASL regular season match or CASL tournament in the same playing year of Fall and Spring (red cards are not shown to non-players) - leave the match (sight and sound) the remainder of match and not

return to the field of play for one hour after the end of the match from which he or she is ejected plus the next CASL regular season match or CASL tournament match, whichever comes next (not in sight or sound of the match). The next match sit out will carry over from spring to fall.

a 2 Second ejection in same year (Fall and Spring) to the same individual—leave the match (sight and sound) the remainder of match and not return to the field of play for one hour after the end of the match from which he or she is ejected plus sit out the next four regular season or tournament matches. The next match(es) sit out (not in sight or sound of the match) will carry over from spring to fall.

a 3 Third ejection in same year – individual is suspended from team involvement at practices and matches for one year and a Discipline and Appeals hearing may be scheduled after one year to rule if the individual is approved to return.

b 1 Warning (yellow cards are not shown to non-players) – upon the third warning issued to the same individual within the same CASL regular season (Fall or Spring), the individual is suspended from the next CASL regular season match within that season (Fall or Spring).

b 2 After the fifth yellow card issued in same season to the same individual, the individual and head coach, if not the recipient of the warnings, will sit out the next regular season or tournament match and is to meet with staff to develop a plan to terminate the undesired behavior. If the plan to correct the undesired behavior is violated within the same season, the individual is suspended for the remainder of the season. CASL may take further action, if deemed necessary.

Team Parent, or Involved Spectator:

a 1 Ejection from a CASL regular season match or CASL tournament in the same playing year of Fall and Spring (red cards are not shown to non-players) - leave the match (sight and sound) the remainder of match and not return to the field of play for one hour after the end of the match from which he or she is ejected plus sit out the next CASL regular season match or CASL tournament match, which ever comes next. The next match sit out will carry over from spring to fall (not in sight or sound of the match).

a 2 Second ejection (see above) in same year (Fall and Spring) on the same individual—leave the match (sight and sound) the remainder of match and not return to the field of play for one hour after the end of the match from which he or she is ejected plus sit out the next four regular season or tournament matches. The next match(es) sit out (not in sight or sound of the match) will carry over from spring to fall.

a 3 Third ejection in same year – individual is suspended from team involvement at practices or matches for one year and a Discipline and Appeals hearing may be scheduled after one year to rule if the individual is approved to return.

b 1 Warning (yellow cards are not shown to non-players) – upon the second warning issued to the same individual within the same CASL regular season (Fall or Spring) or tournament match in that season, the individual is suspended from the next CASL regular season match or CASL tournament match within that season (Fall or Spring).

b 2 Next warning (third in same season) issued to same individual with the same season, the individual will not be allowed to be in sight or sound of the

next two matches of that team and the individual plus the head coach are to meet with CASL staff to develop a plan to terminate the undesired behavior. If the plan to correct the undesired behavior is violated within the same season, the individual is suspended for the remainder of the season. CASL may take further action, if deemed necessary.

2) Duration of Play:

Recreation Division

Age Group	Playing Time
U 13/14	35 minute halves (5 minute halftime)
U 15/19	40 minute halves (5 minute halftime)

Challenge Division

When two teams play a regular season match with different playing times, the match is to be played using the younger team's playing time unless mutually agreed between the coaches prior to the match and there is enough time, as determined by the referee."

Age Group	Playing Time
U 13/14	35 minute halves (5 minute halftime)
U 15/16	40 minute halves (5 minute halftime)
U 17/18	*40 minute halves (5 minute halftime)

*45 minute halves can only be played when both opponents are U-17 or U-18, if both coaches agree **and** there is enough time, as determined by the referee.

Note: Information about younger age groups can be found on page iii

3) Water Breaks: CASL's policy on water breaks is to be enforced in all regular season youth matches CASL schedules, i.e. recreational and challenge playing divisions. Its purpose is to provide for the health, safety and welfare of the youth in our programs. This is not a policy on substitutions, nor is it a policy on coaching during stoppage of play. CASL will employ a mandatory official water break policy that can be waived given the consensus of the center referee and both team coaches. Coaches and the center referee should apply good judgment as to the need for this discussion during cool weather. Water breaks are NOT intended to be coaching opportunities.

- There will be one official water break each half.
- Official water breaks will not be longer than 2 minutes nor shorter than 60 seconds
- The referee will not stop the official game clock.
- The official water break is to be called during a benign stoppage of play, such as a goal kick, throw in or injury.
- Official water breaks cannot be called on set plays such as corner kicks or free kicks.
- Players must remain on the field at all times.
- Either team may substitute field players and/or the goalkeeper during official water breaks upon notifying the official. All substitutions must be done at the half field mark of the sideline.

4) Lightning/Inclement Weather Policy for CASL Regular Season

Practices, Games and Clinics: During a CASL game, scrimmage, clinic or practice, referees (in the case of games/scrimmages) and coaches in the case of practices or other CASL events, must use the following policy when lightning is seen: play must be suspended immediately when lightning is seen and within 30 seconds the clap of thunder is heard. Thirty (30) minutes after this condition no longer exists, play may be resumed. All participants are to leave the field for a safe location such as a car or other lightning protected enclosure until it is safe to return to the field. Referees in case of games and coaches in case of practices, scrimmages and clinics will be responsible for making this determination. Referees and/or coaches are advised to suspend play if nearby or approaching thunder is heard even though lightning is not observed. Obviously, this requires judgment on the part of both coaches and the referees to determine if a storm is approaching.

CASL Policy on Game Day Lightning Delays: When lightning occurs during a game day, CASL policy requires referees to stop games for safety reasons. Restarting of the remaining games during the day cannot resume until deemed appropriate by the referee pursuant to the CASL Lightning Policy. In determining how to resume matches, the following procedure is to be followed by the referee:

- a) If the match has completed the first half, and the second half cannot be started by 10 minutes before the beginning of the next game, the game is to be counted as complete reporting the first half score as final. If the second half is started and must be suspended for lightning, the game can only be resumed if there is available time but the game must be finished at least 10 minutes before the beginning of the next match.
- b) When a match is suspended in the first half and if the game can be resumed in the remaining time available to complete the first half but at least 10 minutes before the next game is to start, the referee may resume the game. If the resumed game does complete the first half at least 10 minutes before the beginning of the next game, the game is to be counted. If the first half cannot be completed in the time available (at least 10 minutes before the next game), the referee is to submit the match report indicating the game was terminated due to lightning.

In summary for matches shortened due to lightning or inclement weather, the score is to be counted at the time of termination if there is time in the time slot provided (leaving 10 minutes for the next game to have the field) to complete at least the first half. When the first half cannot be completed in the time slot provided (leaving 10 minutes for the next game to have the field), there is no score for the match and CASL will re-schedule the match.

5) Playing time: For Recreational Division teams U-13 and up, it is mandatory that each player play at least one-half of the total game time. U5-12 playing time is addressed in their respective rules. See next section for Challenge rule.

- 6) Wearing Glasses (corrective lenses) During Games:** Referees will determine before each CASL match if a player's glasses are safe. CASL does allow glasses to be worn during games that a referee deems safe but it is within the Referee's discretion to determine that a pair of glasses is unsafe. As a matter of guidance but not limited to the following, a referee might consider glasses unsafe that are using tape to be held together, use of sharp pins, wire or nails to hold them together.
- 7) Jersey Number on Uniform Shirts:** Jersey numbers are required on all field player jersey backs (this does **not** include goalkeepers) for U-11 through U-19.
- 8) Jersey Color Conflicts:** CASL provides uniforms to all U 5 through U 12 Recreation teams; the home team (your team listed first on the schedule) is to wear white (or light color) jersey and the away team is to wear dark colored jersey. Recreation U-13 and older teams as well as all Challenge teams may still wear their choice of colors but if there is a conflict in the opinion of the Referee, the home team must change, normally to a white shirt. Regardless of the rule, it is wise for all players to bring both jerseys to all games.
- 9) Jewelry:** Players are not permitted to wear any kind of jewelry (including pierced earrings). Tape over earrings is not acceptable. More detail can be found on the Referee Page at www.caslinc.com
- 10) Prohibited Equipment:** No metal hair clips are allowed (use plain rubber bands). No hard billed hats or helmets, other than soccer goalie helmets, are allowed. No hard elbow or knee pads are allowed.
- 11) Casts, splints, etc.:** Prior to the game, the coach should ask the referee to inspect the player to permit time for padding. If cast, splint, etc. (even after padding) will interfere with opposing player(s), the referee may remove the player or not permit him to participate. It is suggested that casts be wrapped in foam rubber or like material secured in place with an Ace bandage. Do not use metal clips in the bandage.
- 12) Out of Compliance Equipment:** If, in the judgment of the referee, a player is not in full compliance with proper players equipment Laws and CASL policies, such player shall be instructed to leave the field of play when the ball next ceases to be in play. Unless his team would normally be allowed to substitute at this time, his team must play short. After correcting the deficiency, the player may report to the referee at a substitution opportunity. The referee will then check his equipment and then decide whether to allow him to return to the match.
- 13) Substitutions:** The number of substitutions shall be unlimited. A team may substitute with the permission of the referee in the following situations: on a goal kick, injury, blood on uniform or bleeding, kick-off or their own team's throw-in. When, in the opinion of the referee, a team substitutes to consume time (time wasting tactics), the referee can deny permission to substitute and/or warn the coach of the offending team that any repetition may be construed as *Unsporting Behavior* and will be punished accordingly (cautioned).

14) **Team Captains:** Each team U-9 and older shall designate a team captain who is the team's representative and who may address an official on matters of interpretation and/or obtain essential information.

15) **Team and Parent Placement During Matches:**

- a. Applies to All Fields except those specified in item b below : Where practical, the players, coaches and parents are to be located on one side of the field opposite their opponents players, coach and parents. The home team is to make a choice as soon as is practical and inform both the opponent and referee. When both sides of the field are available for team placement, players and coaches are expected to remain in the bench area on the left side of the halfway line down to the top of the penalty box. Parents are to remain on the right half of the field up to the top of the penalty box (see below diagram). Coaches may only go onto the parents (right half) side of the field to monitor/manage spectators or at the direction of the referee (no coaching from parent's side of the field). For safety of players, coaches, spectators and the Assistant Referee, everyone should stay back from the touchline (sideline) 4 feet or as much as is practical.

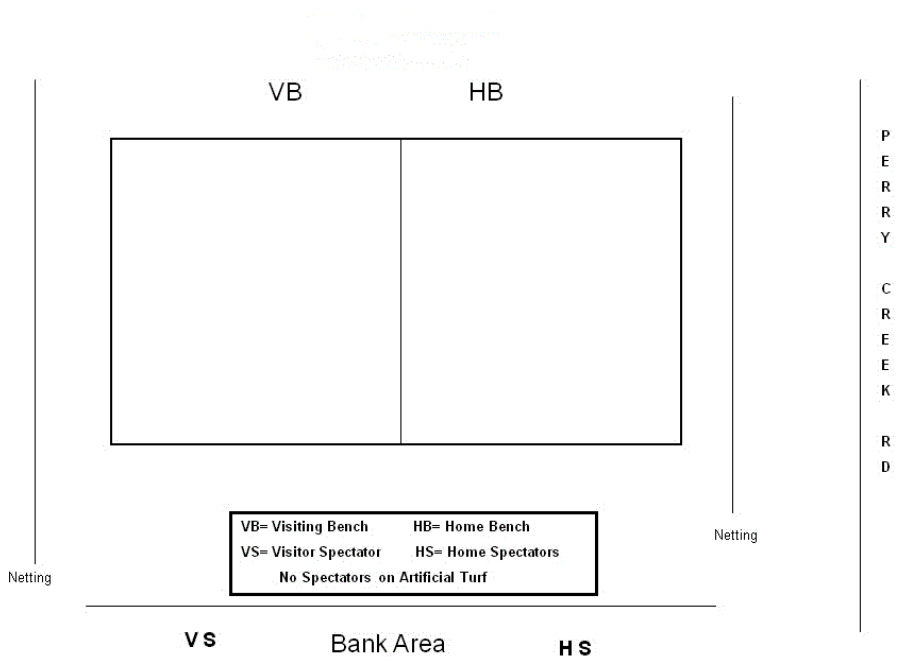


In the event that a field layout does not support occupation of both sides of the field, players, coaches and parents are to be located on one side of the midfield line and their opponents on the other side of the midfield line but must not go beyond the top of the penalty box.

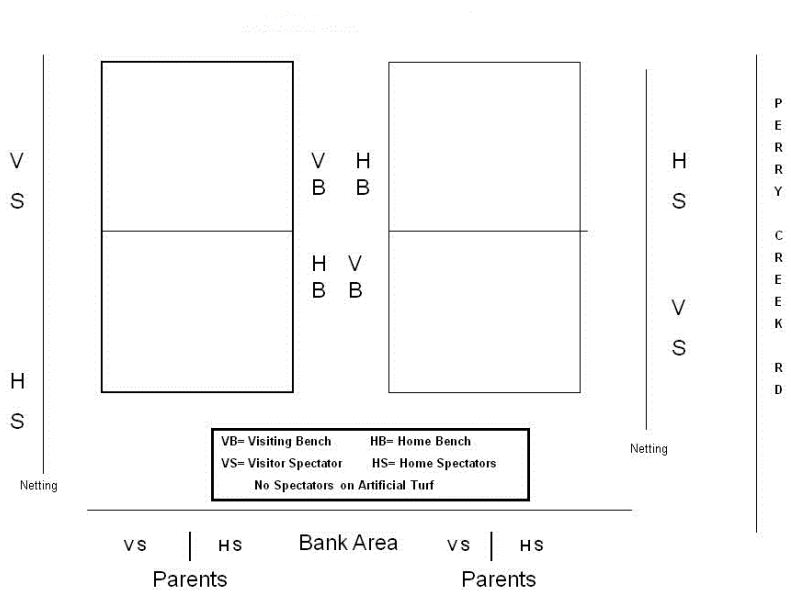
- b. Applies to WRAL 01 (Peace Camera & Nikon), WRAL 03 (Baker Roofing) and WRAL 04 (Durham Bulls) Due to the multi-field configuration of these three artificial turf fields, it is necessary to be more specific regarding where spectators and teams sit during games and other activities. Below are diagrams of each field when used as a single field and when used as two fields. Only players, coaches and match officials are allowed on the turf. Spectators must remain in the designated areas as shown in each diagram.

For safety reasons, the Referee may alter the areas defined in this rule. The CASL teams are to respect the Referee's decisions.

WRAL 01 –Peace Camera & Nikon as **Single Field**

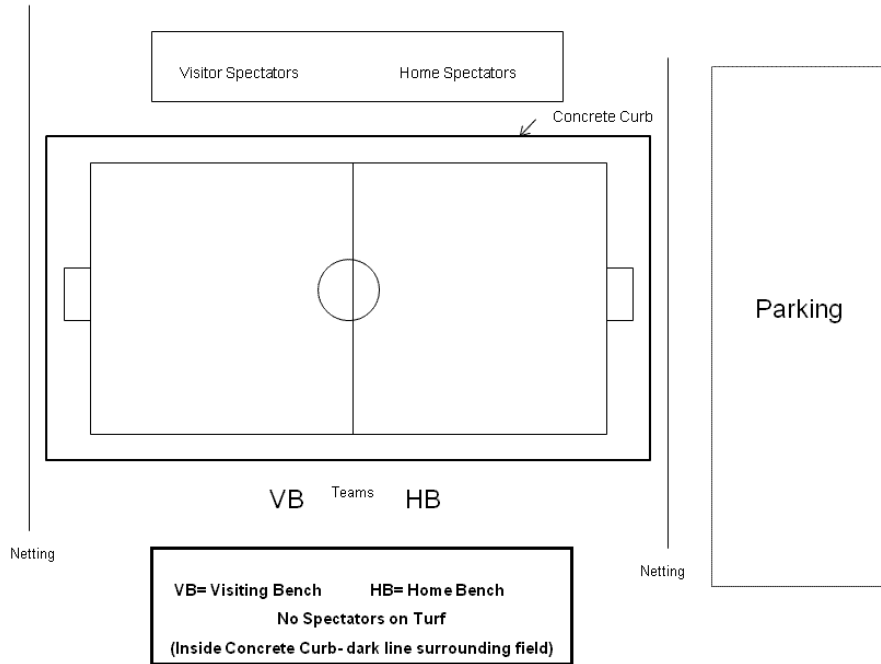


WRAL 01 – Peace Camera & Nikon as **Two Fields**



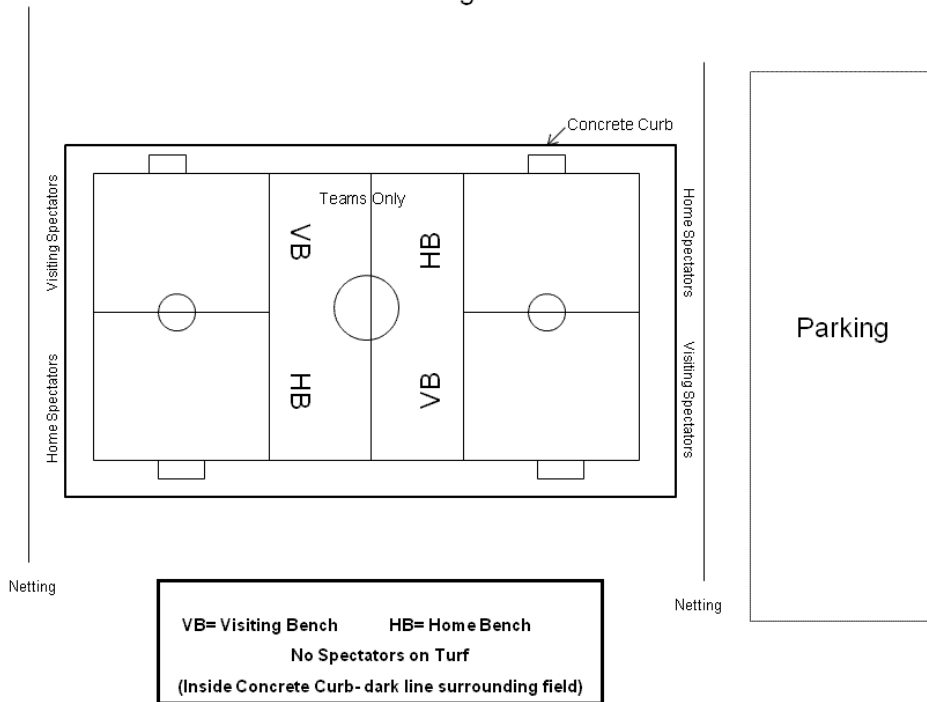
WRAL 3 – Baker Roofing as **Single Field**

3- Baker Roofing

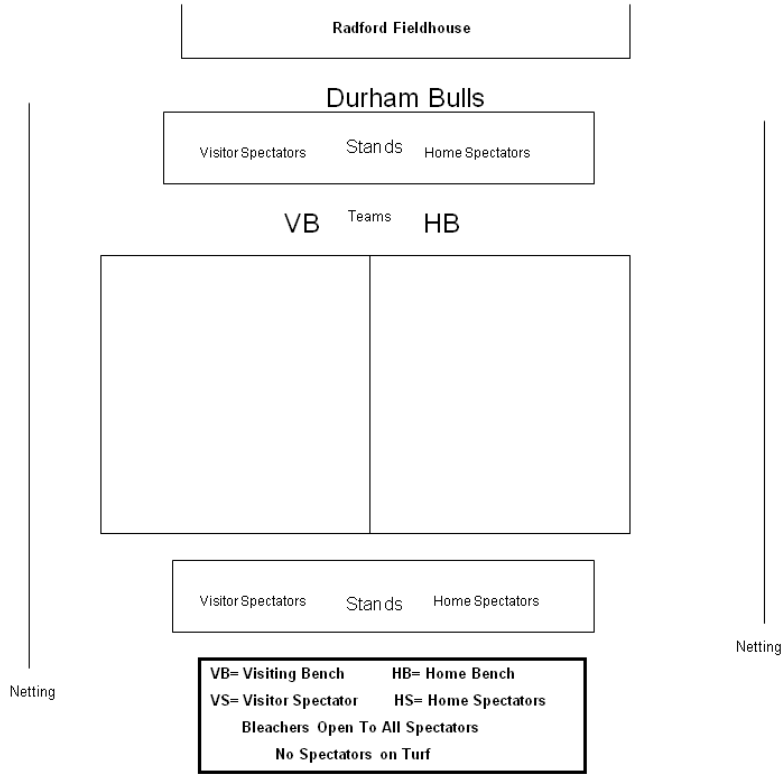


WRAL 3 –Baker Roofing as **Two Fields**

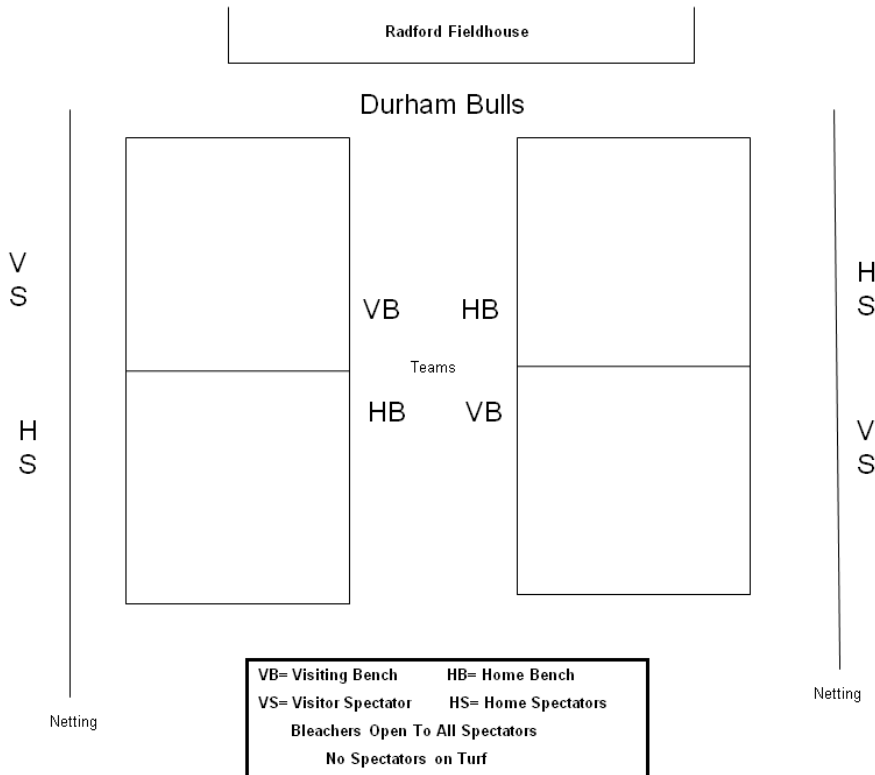
3 - Baker Roofing



WRAL 04 – Durham Bulls as **Single** Field



WRAL 04 – Durham Bulls as **Two** Fields



16) Club Linesperson: For those matches using the three referee system, in the event a full 3 referee crew is unavailable for a match, the center referee will seek a qualified spectator from the two teams. The club linesperson's duties will be explained by the center official that will specifically exclude calling the offense of offside.

17) Officials: If no officials are present for the match, coaches should inquire if there are any licensed officials on adjacent fields, or among the spectators. If not, by mutual agreement, a coach or parent should act as referee. If so desired, a person from one team can referee the first half and a person from the other team can referee the second half. The CASL office should be notified that no referees were present so the reason can be investigated. Please attach a piece of paper to the match report with this information and mail it to the CASL office. Your cooperation in providing this information and match results will assist CASL in solving this problem.

18) Forfeits: If by 15 minutes past the scheduled kickoff time one team does not have seven players, the game is to be declared a forfeit by the center official. The team which did have seven or more players shall be declared the winner by a result of 1 – 0.

19) No Shows: When both teams do not show up for an assigned game, the officials will report this as a No Show with a blank score for both teams.

20) Match Reports: The home team (team listed first on the schedule) is responsible to complete the match report except for the match result and winning coach signature. This match report is to be provided to the center official prior to the game. The referee will seek the signature of the winning coach after the match and provide a copy to both coaches who are to verify the score before leaving the field. Teams and referees are to retain a copy of the match report for no less than two weeks after the end of each season. Referees are to record and report via the Referee assigning system noteworthy injuries, cautions and ejections. CASL referee assignor will communicate details of the format of such reports. Coaches are to communicate in writing with the CASL office issues and concerns such as damaged/missing field equipment, hazardous field conditions, etc.

21) Violent Conduct Sanction: Any player, coach, team representative or spectator found guilty of violent conduct will be disqualified for two (2) games plus other remedies that CASL deems appropriate.

22) Spectator Behavior: The coach is responsible for the behavior of spectators who support his team. If, after a referee warning, the coach will not or cannot control the spectator, the referee may Send Off the coach, spectator, and/or terminate the match. Anyone sent off by the referee cannot be present in

sight or sound of the field, nor affect the game in any way. See Send-Off (Red Card) "Sit-Out" Rule for further details. Note: returning to the field after the match to argue with the referee, or create further incident is destined to bring on further sanctions by CASL.

23) Player Send-Off: If a CASL Recreation or Challenge player is "sent-off" by the referee, that player is to quietly sit on the bench directly supervised by the coach or other risk management approved team official wearing a shirt which distinguishes him/her from available substitutes. This does not prevent a youth player from leaving the field if escorted by parents or legal guardian. If the player is on the bench and further interferes with the match, the referee can seek additional remedies such as but not limited to: instructing the coach to have parent/guardian to remove the player, have risk management approved team official remove the player from "sight and sound" of the field, or terminate the match. The referee will submit a complete report and the incident be reviewed by CASL for potential further action.

24) Recreation Match Roster Provided to Referees Before Each Game and Player Check-In: Beginning with the Spring 2008 season, CASL has provided an "Official Match Roster" to all U9 through U 19 coaches for the purpose of tracking warnings and ejections (yellow and red cards). Each coach is to provide a copy (not their original) of the Official Match Roster before each game. U 11 and older coaches must first legibly add the player's jersey number on the Official Match Roster before making copies for the referees. This is a required pre-game item which both teams must provide to the referee along with the home team providing the pre-filled out match report and a properly inflated game ball. The Referee must verify the roster with each player. For U 9 and 10, Referees should consider asking each player to call out their name. For U-11 and up, the Referee will simply call the player number and the player will state their name. This procedure must occur for both teams prior to kick-off. Coaches are encouraged to be organized so that this process does not reduce the playing time of the match. If a coach cannot provide a written roster as required above within 15 minutes after the scheduled match time, the referee is to record a forfeit.

25) Only Rostered Players to Practice and Play in Games: CASL will provide each coach a roster of those players eligible to practice or play with your team. If a player's name is not on the latest roster from the CASL office, you may not allow them to practice or play in a game. Violation of this rule will result in a minimum penalty but may be reviewed by CASL officials for the purpose of additional sanctions:

- a. Each game will be forfeit where a child is allowed to play that is not on the last roster provided by the CASL office.
- b. One practice will be forfeit for each time one player is allowed to practice with a team who is not on the team roster or has not been allowed to practice due to a tournament guest player approval or written approval by CASL staff.

26) Only Risk Management Approved Team Officials Responsible For Teams: Due to state required risk management approval for team officials, only the coach or other risk management approved team official can be in charge of the team during practices and games. To add a team official such as an Assistant Coach, contact your playing division registrar in the CASL office.

27) WRAL Field Use Rules: CASL has no less than two billboards at WRAL Soccer Center listing park wide field use rules addressing such topics as artificial turf specific rules and rules such as no smoking. All CASL players, their parents, guardians, family members and spectators are to make themselves aware of these rules to help CASL keep the park safe for all.

28) Rain/Inclement Weather Make Up Game Policy (Recreation and Challenge): CASL posts on its website each season which Saturday begins the season and which Sunday ends the season. The rain make up weekend is the next weekend after the last scheduled Sunday. CASL does reschedule rained out games when remaining dates in the season permit (Note: if a match reaches half time and the second half is unable to be played due to hazardous field conditions, this match is counted as complete). On occasion, there are so many rainouts that rescheduling games becomes a real challenge. Parents need to be aware that rain make up games can be rescheduled on any Saturday or Sunday during the season. For example, teams which usually have their games on Saturdays, could get rain make up games on Sundays. Teams which usually have their games on Sunday will get rain make up games on Saturdays. We do our best to avoid two team coach conflicts but this is not always possible. All coaches are urged to have at least one risk management approved assistant coach. It is rare but possible that some games cannot be made up due to inclement weather.

29) Team Requested Match Reschedule Procedure: If a Recreation or Challenge team must request CASL to reschedule a match once the schedules have been released at the beginning of a season, the following procedure must be followed:

a) Team desiring to change a game must contact the opponent coach. If the opponent coach is unable to reschedule the game, the game cannot be rescheduled. If the opponent coach agrees to a date and time to reschedule, the requesting coach must download the Rescheduling Form (Schedules and Scores page on CASL website) and complete the form and submit it to CASL. Note: the form must be received by CASL no less than 18 days before the match in order to avoid referee fees.

b) CASL will check availability and coordinate with teams as to the date, time and field to reschedule the match.

c) If CASL does not receive the form in time to avoid paying the referees for the original scheduled date, then the requesting team will be responsible for paying referee fees for the rescheduled date or arrange for self-officiating.

d) Teams should remember that teams can play with fewer than the maximum number of players on the field and any Risk Management approved CASL coach can coach your game. This could help your team avoid a forfeit. If the original game is not played, the team which could not field the minimum number of players will be charged with a forfeit (1-0 loss).

30) **Artificial noise making devices** cannot be possessed or used by anyone other than referees or CASL staff in parks or fields where CASL matches are scheduled. A person who possesses such a device is subject to having the device confiscated and returned at a later date and the use of such a device is cause for confiscation of the device and removal from sight or sound of that match and may not be in sight or sound of that team's next CASL regular season or tournament match.

31) **Alcohol Use On CASL Fields or at CASL Games:** "The use of alcohol, before, during and/or after matches at CASL owned or leased fields or CASL games is strictly prohibited. Persons found to have violated this rule will be suspended from all CASL scheduled games and fields for a period of eight weeks of CASL game weeks. A second violation by the same person will result in a sixteen week suspension. A third violation by the same person will require a hearing.

32) **Parental Behavior at Non-CASL Tournaments:** NCYSA has clear and strict rules on parental behavior and use of alcohol at tournaments in or out of North Carolina. If a violation comes to NCYSA's attention, sanctions can include but are not limited to bans from sidelines, individual and club sanctions, team tournament restrictions, and denial of future playing options for child.

High School Recreation Age Group
U 15 - U 19

- 1) **The game day conduct policy will be as follows:**
 - a. There will be zero tolerance for Adult side line misbehavior. Any adult ejected from a match will automatically be suspended from the remainder of the team's games for the season. CASL may opt to increase disciplinary action based on individual incident circumstances. Additionally, unacceptable sideline behavior will include verbal incidents, racial remarks, or gestures.
 - b. There will be zero tolerance for Player misbehavior. Any player ejected from a match for Violent Conduct (VC) will automatically be suspended from the remainder of the team's games for the season. CASL may opt to increase disciplinary action based on individual incident circumstances. If a player is ejected due to accumulation of two yellow cards or Serious Foul Play, the normal CASL Match Discipline Policy will be applied.

Challenge Division Specific Rules and Policies

Note: All rules in the preceding section apply to the Challenge Division in addition to the below rules and policies

1) Playing Time: It is mandatory that each player play at least one quarter of the game if he/she attended one practice in the preceding week or at least one half of the game if he/she attended two practices in the preceding week. If a player is playing on his/her school soccer team, he/she can receive one credit per week toward their Challenge team's practices. Players not attending any practice the preceding week are not guaranteed playing time.

2) Player Passes: All Challenge Teams are to have at each CASL regular season match a copy of their team NCYSA match roster and player passes. Referees are to verify player passes prior to each match and return the passes to the team. The copy of the NCYSA match roster is to be kept by the referee and may be returned after the match. A team that does not have a copy of their NCYSA match roster and player passes by 15 minutes after the scheduled start time must forfeit the game.

Referees: Need To Know

Referees are encouraged to review all sections of this document

- 1) Prohibited Equipment:** No metal hair clips are allowed (use plain rubber bands). No hard billed hats or helmets, other than soccer goalie helmets, are allowed. No hard elbow or knee pads are allowed.

- 2) Casts, splints, etc.:** Prior to the game , the coach should ask the referee to inspect the player to permit time for padding. If cast, splint, etc. (even after padding) will interfere with opposing player(s), the referee may remove the player or not permit him to participate. It is suggested that casts be wrapped in foam rubber or like material secured in place with an Ace bandage. Do not use metal clips in the bandage.

- 3) Out of Compliance Equipment:** If, in the judgment of the referee, a player is not in full compliance with proper players equipment Laws and CASL policies, such player shall be instructed to leave the field of play when the ball next ceases to be in play. Unless his team would normally be allowed to substitute at this time, his team must play short. After correcting the deficiency, the player may report to the referee at a substitution opportunity. The referee will then check his equipment and then decide whether to allow him to return to the match.

- 4) Pre-game Inspection:** Each center referee or the designated Assistant Referee is to inspect and approve the safety of the field and goals, as well as appropriate field markings, match ball(s) and player's attire and equipment. The center official is to come 30 minutes prior to the first game in order to fulfill these duties.

- 5) Lightning/Inclement Weather Policy for CASL Regular Season Practices, Games and Clinics:** During a CASL game, scrimmage, clinic or practice, referees (in the case of games/scrimmages) and coaches in the case of practices or other CASL events, must use the following policy when lightning is seen: play must be suspended immediately when lightning is seen and within 30 seconds the clap of thunder is heard. Thirty (30) minutes after this condition no longer exists, play may be resumed. All participants are to leave the field for a safe location such as a car or other lightning protected enclosure until it is safe to return to the field. Referees in case of games and coaches in case of practices, scrimmages and clinics will be responsible for making this determination. Referees and/or coaches are advised to suspend play if nearby or approaching thunder is heard even though lightning is not observed. Obviously, this requires judgment on the part of both coaches and the referees to determine if a storm is approaching.

CASL Policy on Game Day Lightning Delays: When lightning occurs during a game day, CASL policy requires referees to stop games for safety reasons. Restarting of the remaining games during the day cannot resume until deemed appropriate by the referee pursuant to the CASL Lightning Policy. In determining how to resume matches, the following procedure is to be followed by the referee:

- a) If the match has completed the first half, and the second half cannot be started by 10 minutes before the beginning of the next game, the game is to be counted as complete reporting the first half score as final. If the second half is started and must be suspended for lightning, the game can only be resumed if there is available time but the game must be finished at least 10 minutes before the beginning of the next match.
- b) When a match is suspended in the first half and if the game can be resumed in the remaining time available to complete the first half but at least 10 minutes before the next game is to start, the referee may resume the game. If the resumed game does complete the first half at least 10 minutes before the beginning of the next game, the game is to be counted. If the first half cannot be completed in the time available (at least 10 minutes before the next game), the referee is to submit the match report indicating the game was terminated due to lightning.

In summary for matches shortened due to lightning or inclement weather, the score is to be counted at the time of termination if there is time in the time slot provided (leaving 10 minutes for the next game to have the field) to complete at least the first half. When the first half cannot be completed in the time slot provided (leaving 10 minutes for the next game to have the field), there is no score for the match and CASL will re-schedule the match.

6) Water Breaks: CASL's policy on water breaks is to be enforced in all regular season youth matches CASL schedules, i.e. recreational and challenge playing divisions. Its purpose is to provide for the health, safety and welfare of the youth in our programs. This is not a policy on substitutions, nor is it a policy on coaching during stoppage of play. CASL will employ a mandatory official water break policy that can be waived given the consensus of the center referee and both team coaches. Coaches and the center referee should apply good judgment as to the need for this discussion during cool weather. Water breaks are NOT intended to be coaching opportunities.

- There will be one official water break each half.
- Official water breaks will not be longer than 2 minutes nor shorter than 60 seconds
- The referee will not stop the official game clock.
- The official water break is to be called during a benign stoppage of play, such as a goal kick, throw in or injury.
- Official water breaks cannot be called on set plays such as corner kicks or free kicks.
- Players must remain on the field at all times.
- Either team may substitute field players and/or the goalkeeper during official water breaks upon notifying the official. All substitutions must be done at the half field mark of the sideline.

7) Eye Glasses: Referees will determine before each CASL match if a player's glasses are safe. CASL does allow glasses to be worn during games that a referee deems safe but it is within the Referee's discretion to determine that a pair of glasses is unsafe. As a matter of guidance but not limited to the following, a referee might consider glasses unsafe that are using tape to be held together, use sharp pins, wire or nails to hold them together.

8) Three-man System of Officiating: The three man system of refereeing shall be used for all matches in accordance with state affiliation rules. Under no circumstances shall a 2 referee, two whistle system be used. The referee for the match shall determine if a neutral referee is available from an adjoining field. If enough officials are not present, "club" linesmen shall be used. As necessary to maintain a three man system of officiating, the referee will select one or two club linesmen (depending on how many assistant referees are missing) and advise them of the proper method of determining when a ball is out of play. Only if it can be determined that a club linesman is a USSF certified referee will the linesman serve as a full official.

In the event of misconduct or interference on the part of the club linesmen or assistant referees, the referee shall dismiss the offending official(s) and select alternates.

9) Challenge Team Carding: All Challenge Teams are to have at each CASL regular season match a copy of their team NCYSA match roster and player passes. Referees are to verify player passes prior to each match and return the passes to the team. The copy of the NCYSA match roster is to be kept by the referee and may be returned after the match. A team that does not have a copy of their NCYSA match roster and player passes by 15 minutes after the scheduled start time must forfeit the game.

10) Late Start of Match: If a match starts late due to insufficient players, field conditions, etc., the center referee is to calculate the amount of remaining playing time plus 10 minutes (for the next two teams to warm up), 5 minutes for half time. The remaining time available will be the amount of the actual playing time which will be divided by two for each half.

11) Delaying Game via Substitutions: When, in the opinion of the referee, a team substitutes to consume time (time wasting tactics), the referee can deny permission to substitute and/or warn the coach of the offending team that any repetition may be construed as **Unsporting Behavior** and will be punished accordingly (cautioned).

12) Forfeits: If by 15 minutes past the scheduled kickoff time one team does not have seven players, the game is to be declared a forfeit by the center official. The team which did have seven or more players shall be declared the winner by a result of 1 – 0.

13) No Shows: When both teams do not show up for an assigned game, the officials will report this as a No Show with a blank score for both teams.

14) Match Reports: The home team (team listed first on the schedule) is responsible to complete the match report except for the match result and winning coach signature. This match report is to be provided to the center official prior to the game. The referee will seek the signature of the winning coach after the match and provide a copy to both coaches who are to verify the score before leaving the field. Teams and referees are to retain a copy of the match report for no less than two weeks after the end of each season. Referees are to record and report via the Referee assigning system noteworthy injuries, cautions and ejections. CASL referee assignor will communicate details of the format of such reports. Coaches are to communicate in writing with the CASL office issues and concerns such as damaged/missing field equipment, hazardous field conditions, etc.

15) Recreation Match Roster Provided to Referees Before Each Game and Player Check-In: Beginning with the Spring 2008 season, CASL has provided an "Official Match Roster" to all U9 through U 19 coaches for the purpose of tracking warnings and ejections (yellow and red cards). Each coach is to provide a copy (not their original) of the Official Match Roster before each game. U 11 and older coaches must first legibly add the player's jersey number on the Official Match Roster before making copies for the referees. This is a required pre-game item which both teams must provide to the referee along with the home team providing the pre-filled out match report and a properly inflated game ball. The Referee must verify the roster with each player. For U 9 and 10, Referees should consider asking each player to call out their name. For U-11 and up, the Referee will simply call the player number and the player will state their name. This procedure must occur for both teams prior to kick-off. Coaches are encouraged to be organized so that this process does not reduce the playing time of the match. If a coach cannot provide a written roster as required above within 15 minutes after the scheduled match time, the referee is to record a forfeit.

16) Player Send-Off: If a CASL Recreation or Challenge player is "sent-off" by the referee, that player is to quietly sit on the bench directly supervised by the coach or other risk management approved team official wearing a shirt which distinguishes him/her from available substitutes. This does not prevent a youth player from leaving the field if escorted by parents or legal guardian. If the player is on the bench and further interferes with the match, the referee can seek additional remedies such as but not limited to: instructing the coach to have parent/guardian to remove the player, have risk management approved team official remove the player from "sight and sound" of the field, or terminate the match. The referee will submit a complete report and the incident be reviewed by CASL for potential further action.

17) WRAL Field Use Rules: CASL has no less than two billboards at WRAL Soccer Center listing park wide field use rules addressing such topics as artificial turf specific rules and rules such as no smoking. All CASL players, their parents, guardians, family members and spectators are to make themselves aware of these rules to help CASL keep the park safe for all.