**North Sound Rec League (NSRL) Rules**

**Rule 207**—**Playing Venue, Game Lengths, USSF mandates**

The playing field used by each team must be lined according to FIFA standards with goals nets and flags.

Home teams are responsible for marking the field of play, providing an adequate game ball (modified as follows):

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| **Age1** | **Format** | **Game Duration** | **Ball Size** | **Field Size Mandate**width x length | **Field Size Range**width x length | **Goal Size**(height x width) |
| 7U# | 4v4 | 4 x 10 min quarters, 3 min breaks | 3 | 20 yds x 30 yds | 15-25 yds wide x 25 – 35 yds long | 4′ x 6′ Pugg Style goal |
| 8U# | 4v4 | 4 x 10 min quarters, 3 min breaks | 3 | 20 yds x 30 yds | 15-25 yds wide x 25 – 35 yds long | 4′ x 6′ Pugg Style goal |
| 9U# | 7v7 | 2 x 25 min halves, 5 min halftime | 4 | 40 yds x 60 yds | 35-45 yds wide to 55-65 yds long | 6’.5” x 12” ideal  6′ x 18′ and portable style acceptable2 |
| 10U# | 7v7 | 2 x 25 min halves, 5 min halftime | 4 | 40 yds x 60 yds | 35-45 yds wide to 55-65 yds long | 6’.5” x 12” ideal  6′ x 18′ and portable style acceptable2 |
| 11U# | 9v9 | 2 x 30 min halves, 5 min halftime | 4 | 50 yds x 75 yds | 45-55 yds wide to 70-80 yds long | 7’ x 21′ ideal  6’.6” x 18’.6” and  portable style acceptable2 |
| 12U# | 9v9 | 2 x 30 min halves, 5 min halftime | 4 | 50 yds x 75 yds | 45-55 yds wide to 70-80 yds long | 7’ x 21′ ideal  6’.6” x 18’.6” and  portable style acceptable2 |
| 13U# | 11v11 | 2 x 35 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8′ x 24′ |
| 14U | 11V11 | 2 x 35 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8′ x 24′ |
| 15U | 11V11 | 2 x 40 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8′ x24′ |
| 16U | 11V11 | 2 x 40 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8’x 24′ |
| 17U | 11V11 | 2 x 45 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8′ x 24′ |
| 18U | 11V11 | 2 x 45 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8’x 24′ |
| 18U | 11V11 | 2 x 45 min halves, 5 min halftime | 5 | 75 yds x 112 yds | 60-80 yds wide to 100- 130 yds long | 8′ x 24′ |

1Refer to  [WPL current Birth year Chart](http://pugetsoundpremierleague.com/about-1/age-chart-1)

2BowNet, # SKLZ style goals are only allowed at 7v7 (8U/10U) and 9v9 (11U/12U) for all division ***except NPL Super League***

**Rule 207A- US Soccer Small-sided Mandates**

**Modified Soccer (10U-8U) – Rules and Procedures**

*Small sided application of USSF Guidelines*

**10U – 8U (7v7)**

* Game Duration – 2 x 25 min halves, 5 min break
* 7 v 7- including goalkeepers
* **Build out line / Off-side line will be used** (equidistant from Penalty Area to Halfway line)
* Goal Keepers will not “punt” or ‘drop kick’ the ball. They may distribute via throw, pass or roll on the ground after opponents retreat behind the build out line.  If they choose to play prior to players retreating behind the line there is no infraction of the rule. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.
* Goal Kicks require players to retreat behind the build out line prior to the kick being taken.

**Note:  The ball is “in play” once it is kicked  If opposition team crosses the build out line prior to this the kick is retaken.**

**Off-sides will be called**.  The build out line will be used in determination of off-sides vs using the center line. Players between center line and build out line are not to be considered as off-side.

* **Direct free kicks will be called**
* **No intentional heading** ( indirect free kick if determined to be intentional)
* Goal sizes- 6.5’ x 18.5’ (6’ x 18’ allowed)
* Portable goals must be secured (eg. Sandbags or staked-down to ensure player safety at all times)

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**11U/12U (9V9)**

* 9v9 (8 field players and 1 goalkeeper)
* Substitutions are unlimited and can occur at any stoppage
* **NO Build out line**
* **Offsides will be called  (center line used as off-sides line**
* **Goalkeepers may punt or drop kick the ball**
* Goal sizes- 6.5’ x 18.5’ (6’ x 18’ allowed)
* Portable goals must be secured (eg. Sandbags or staked-down to ensure player safety at all times)

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**Rule 208 – Heading Game Rule**

USSF Heading Mandate – All WPL and NSRL leagues have adopted the USSF Heading mandates.   For 11U and under leagues players may NOT engage in heading in either games or practices.  Limited heading in practice for players in 12U and 13U ages of 30 min maximum per week.

Referees are instructed for all 11U and under games to apply the following rule:

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, 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.

A. No Re-Entry Protocol (for Head Injury)

In accordance with the US Soccer return to play guidelines, any player removed from the field for a suspected head injury will not be allowed to return to the field of play unless cleared by a Healthcare Professional.

B. Health Care Professional

A health care professional is defined as “a licensed healthcare professional such as an athletic trainer certified (ATC), or a physician (MD/DO), with a skill set in emergency care and sports medicine injuries and with knowledge and experience related to concussion evaluation and management.”  It will be up to each club to decide whether they will provide a healthcare professional at their matches, and to ensure that this individual has the correct certification to be evaluating players for head trauma. If a club plans to use a healthcare professional to evaluate suspected head injuries during a WPL/PSRL match, the healthcare professional must be presented to the referee prior to the start of the match.  Referees will not allow the re-entry of players removed from the field of play for suspected head injuries unless they are informed of the presence of, and meet with, a healthcare professional prior to the start of the match.

**Rule 303 — Substitutions**

Free substitutions will be allowed in all age groups. Teams may substitute with the referee’s permission at on any stoppage. Player substitutions and reentry are unlimited

**Rule 304 — Personnel on the Bench**

Only uniformed players & non-playing personnel (and legal “Club Pass” players) listed on the team’s US Club Official roster(s) and WPL Match Day Roster can be on the bench during the match and only players eligible and listed on Match Day Roster maybe in uniform. Players listed on the Team’s US Club Roster but not in uniform (in street clothes) can be on the bench during the match.

**Rule 305 — WPL Match Day Roster**

Refer to [**WPL Match Day Procedures**](https://wpl-soccer.com/wpl-departments/clubs-1/manager-s-corner/resources/form-policies/wpl-match-day-procedures) **- BELOW**

At the end of the match, the referee will complete and sign the document and return a copy of the Match Day Roster to each team. These documents shall serve as the Official Score Report and should be retained through the completion of league play.

**Rule 306 — Official Score Report**

The match score as reported on the referee signed Match Day Roster shall be recorded on the WPL web site after each match by each team. Ties are also to be reported by both teams. Both teams must keep and file the Match Day Roster for future possible reference. Match Day rosters may be uploaded into the GotSport system. For the Dev Leagues, match scores are capped by the system to reflect a maximum 5-goal differential.

**Rule 307 – Team “No-Shows”**

Matches must start no later than 10 minutes from the posted start time on the WPL website. Teams must start the match with the required minimum number of players for that age group.

· For 8U teams, a minimum of 5 players must be on the field to start and end a match.

· 8U and 10U teams, a minimum of 5 players must be on the field to start and end the match.

· 11U and 12U a minimum of 6 players must be on the field to start and end the match.

· 13U and above, a minimum of 7 players must be on the field at the start and the end of the match or the match will be deemed a forfeit. Matches not starting by the time the “grace period” has ended will be deemed a forfeit.

· PLEASE NOTE: In the event teams DO NOT have enough to begin the Match, Opponents can share players, but the game will still be scored as a Forfeit.

If a team or referee has communicated to the opposing team that they are on route, and there is a time restriction, the clock will be started at the end of grace period. Matches must start no later than 30 minutes from the scheduled start regardless of the situation.

**Rule 309 — Sideline Etiquette**

The Sideline/touchline (technical area) for both teams must be located on the same sideline/touchline between the halfway line and the 18 yd line (extended). Spectators must be on the opposite sideline/touchline (2 yards behind). Spectators, Players, and Team Staff are prohibited between the 18 yd line (extended) down to the end line (or corner flag). No one is allowed on or near the end line/goal line from corner to corner. There are a few exceptions:

* If the Rules of the facility (usually a Stadium) deem that the teams must be on opposite sides of the field, then the spectators must be located in the bleachers, and/or behind the fence surrounding the field.
* For 7v7 fields, teams must be on the same sideline/touchline and Spectators are located on the opposite sideline/touchline. Space for Spectators between the halfway line and the Penalty box line may be inadequate for all the Spectators. In this case, the “Goalie box” (usually 5yd line extended for 7v7 matches) must be used as the limit for Spectators on the sideline/touchline. Spectators, Club Staff and Players are not allowed on or near the goal line/end line.

The Head Coach for each team is responsible for the behavior of their Spectators’ sideline.  Spectators are expected to behave appropriately and respectfully before, during and after the match. Unruly or irresponsible behavior identified by the referee crew will (at minimum) lead to expulsion of the Team’s Head coach. The Head Coach must leave immediately, or the match will be abandoned. This will result in the offending team forfeiting the match and/or a monetary fine. If the league receives reports of unsportsmanlike/unruly conduct from any spectator(s), the league reserves the right to fine the offending Club(s), remove the team(s) from the league or take any other action, if deemed necessary.

**Rule 310 — Mercy Rule**

* If the score differential reaches 5 goals, then the coach of the team with fewer goals may add one player to the field.  If the goal differential returns to 4 goals, then the additional player must be removed from the field. Adding and removing the player must be done according to the substitution rules.
* If a team has only 7**players**present at the match for (9U/10U), **9 players**for (11U/12U) and **11 players** for 11v11 and the score differential reaches 5 goals then the team leading would remove one player from the field.

***NOTE:****It is the responsibility of the coaches to adhere to this WPL Policy. The referees may remind the coach, but it is not their responsibility to bring this to the coaches attention or force the coaches to take necessary steps.*

**MATCH DAY PROCEDURES (CHECKLIST) – COACHES/REFEREES**

* Give one copy of the Photo Match Card to the manager/coach of the opposing team.
* Give two (2) copies of the Photo Match Card to the Referee
* Give the current US Club Player and Coaches ID Cards to the referee for review (physical or virtual).  The referee can update the player jersey numbers if needed.
* For any handwritten players on the roster provide the opposing manager/coach the Official US Club Roster on which the player(s) is rostered.
* Club Pass Players:  For Classic and Copa leagues only . Give the opposing Manager/Coach the Official US Club Roster on which the players(s) is rostered (virtual or physical).
* Keep a physical or virtual copy of the Team’s US Club Official Roster accessible during the match in case it is requested.
* Obtain a signed copy of the Photo Match Card from the referee after the game to keep for the entirety of the season as the Official Record of the Match.

The winning team or both teams in the event of a tie report the score in GotSport.  Include any yellow or red cards issued during the match