



CPSAL HS Girls Soccer Rules & Regulations

1. Uniforms

- 1.1. All teams must be in matching uniform tops and bottoms, with unique numbers for each player.
- 1.2. Jersey numbers cannot switch from player to player. No exceptions.
- 1.3. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.4. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.5. Uniform jerseys must have 6-inch numbers on the back of the jersey.
- 1.6. All uniform issues will be discussed before the game with the coaches, Game Supervisor and referees. All reasonable attempts will be made to correct any violations.
- 1.7. Goalkeepers must wear a different colored jersey.
 - It is also recommended that goalkeepers wear gloves, a padded jersey and padded pants.
- 1.8. All players must wear full-length protective shin guards.
- 1.9. All players must wear soccer appropriate footwear. Soccer shoes with aluminum or other metal cleats are not allowed. NO EXCEPTIONS.
- 1.10. As stated in CPSAL BY-LAWS, teams should have two sets of jerseys, each a different color. The home team should dress in light colors while the away team should dress in darker colors. It is HIGHLY recommended to bring along pinnies in the event both teams wear the same color.

2. Participation



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- 2.1. Students in 8th grade may participate in Varsity competition.
- 2.2. If a student in 8th grade participates in Varsity High School Soccer competition for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3. In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4. Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5. Transferring students cannot be added to rosters during a season.
- 2.6. Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.
- 2.7. A student shall be eligible for High School competition in grades 9th, 10th, 11th, and 12th.
- 2.8. A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9. A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the



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school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.

2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.

2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.

3. *Jewelry*

3.1 All earrings, facial piercings, body piercings, and bands must be removed before the start of the game.

b) Glasses that are accepted:

- Plastic framed glasses • Sports goggles
- Providing they are strapped around the head sports goggles

c) Glasses that are not permitted:

- Lenses made of glass
- Metal framed glasses
- Any other type of eyewear that the referee/umpire deems could be dangerous.



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3.2. If jewelry is for Religious reasons:

- Child must have a letter from their school
- Letter must have school letterhead and signed by principal
- Child must have a letter from their parent as well
- Letters must be brought with the child to every game throughout the season
- If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

There are absolutely no exceptions to these rules, player will immediately not be allowed to play if caught violating these rules.

4. Rosters

4.1. Rosters are due by the team's 1st game of the season. This will be strictly enforced.

4.2. If roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.

4.3. All team rosters will consist of a maximum of twenty (20) players and must contain the following

information:

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Name of school

Names and telephone numbers of head coach and assistant coaches

Legal first and last name of each player

Grade, age, and year of birth (day not required)

Uniform number of each player

Signature from Athletic Director.



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4.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

4.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

5. *Scheduling*

5.1. The season will generally start the second week of September and continue through the middle of November.

5.2. Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:

- Martin Luther King Jr. Day (3rd Monday of January) • President's Day
- Mid-winter Recess
- Christmas Day

5.3. Teams are responsible for submitting their blackout dates the week after the Preseason meeting. The preseason meeting will be held in the middle of November. Schools are entitled (7) blackout dates (not including the CPSAL Holiday blackout dates. The league will not schedule games on these blackout dates.

5.4. All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.



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5.5. It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):

- a. School-specific closings (half-days, early dismissal, etc)
- b. Testing (mid-terms, interim assessments, SATs, etc)
- c. Parent/Teacher Conferences
- d. School Proms/Dances
- e. School Trips
- f. Graduation dates
- g. Vacations/absences of the coaches

5.6. Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.

5.7. Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesday's) that specific day will be counted towards your blackout dates.

6. Playoff Tournament and Tiebreakers

6.1. CPSAL will determine the playoff dates and seeding once the regular season is complete using the following criteria:

- a. Wins/losses
- b. Head to Head
- c. Point against



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- d. Points for
- e. Points for minus points against
- 6.2. All players must play at least 1/3 of regular season games in order to be eligible for postseason.
- 6.3. During the playoffs, if the game is tied after the completion of both halves, the overtime will be played under a penalty kick shoot-out.
- 6.4. The coach will select five players to take one penalty kick each, whether they were on the field at the end of overtime or not.
- 6.5. The goal selected by the officials will be used by both teams.
- 6.6. A coin toss will determine who kicks first. Both coaches must be present during the coin toss.
- 6.7. All coaches and players other than those selected to kick will remain on the sidelines.
- 6.8. Teams will alternate, taking a total of 5 kicks each until all ten (10) kicks have been completed.
- 6.9. If a tie remains after all ten (10) penalty kicks due to no one scoring, the process will be repeated using the same five kickers from each team.
- 6.10. If a tie remains after the second ten penalty kicks, the penalty shot will enter sudden death. Coaches will select 1 kicker at a time from the original pool of 5 kickers to take a penalty kick using the same rotation as before. Sudden death ends when one team scores, and the other team does not at the completion of a round.
- 6.11. A designated kicker can only be replaced, if in the judgment of the officials, he/she is injured to the extent that he/she cannot safely continue to take the penalty kick.

7. *Filming*



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- 7.1. Teams are allowed to film their own games and not allowed to film games that they are not participating in.
- 7.2. No soliciting or receiving another teams film for any reason.
- 7.3. If the above rules are not followed, a one game suspension/forfeit will be enforced.
- 7.4. Parents and spectators are allowed to film.
- 7.5. Filming will only be allowed for review in case of an altercation or a player gets injured.

8. Cancellation of Games

- 8.1. Any cancellations on game day will be made by CPSAL by 1pm.
- 8.2. Games canceled in less than 48 hours of game day will not Rescheduled and result in a forfeit for the rescheduling team. CPSAL reserves the right to reschedule a game based on unavoidable emergencies determined by CPSAL administration.

9. Gameday Policies

9..1 Game Duration



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- a) A game shall consist of two (2) periods of 30 minutes each halves, with an intermission of five (5) minutes between periods.
- b) During the playoffs, if the game is tied after the completion of both halves. The overtime will be a penalty kick shoot-out.

10. Forfeits

- 10.1. All forfeited games are entered into the standings as a 1-0
- 10.2. A fifteen (15) minute forfeit time (Starts 15 minutes after the scheduled start time of the game) is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by the Commissioner.
- 10.3. All teams must have at least (9) players to start an official game. Teams that have less than five (9) players by the designated forfeit time will forfeit the game.
- 10.4. Any team that forfeits three or more games in a season will not be eligible for playoffs.
- 10.5. All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.



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- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.

12. *Equipment and Safety*

- 12.1. Both teams are required to bring at least two (2) size five (5) soccer balls.
- 12.2. All players must wear full-length protective shin guards.
- 12.3. Soccer shoes with aluminum or other metal cleats are not allowed.
- 12.4. No player will be allowed to play with a hard cast. A doctor's release note must be presented to the league before they can play again.
- 12.5. Each teacher/coach must actively supervise team members, until they are safely away from the site of competition.

13. *Protests Protocol*

- 13.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
- 13.2. No protest of judgment calls may be entered.



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13.3. Coach must verbally inform the referee of the protest before play commences or resumes.

a) Judgment calls include (but are not limited to):

- Ball in
- Ball out
- Offside
- Handball

13.4. All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.

13.5. All protests must be completed on the proper Protest form or via email sent to the Commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all protests and will deliver a ruling within 24 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.

13.8. A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

14. Sportsmanship Policy

14.1. All teams are expected to show sportsmanship before, during, and after each game. Coaches and players must line up and shake hands after each game. Exceptions to this rule are made for injured players after the coach informs the referees/game supervisor of the injury.



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- 14.2. Players must keep their jerseys on during the postgame sportsmanship line. If a player removes their jersey before the sportsmanship line, that player will be warned. Continued violation of this rule may result in a 1 game suspension.
- 14.3. Players who do not participate in the sportsmanship line may be suspended for their next game.
- 14.4. Coaches who do not participate in the sportsmanship line will be suspended for their next game.
- 14.5. Only coaches, players, and managers are allowed on the sideline/player area during the game.
- 14.6. Coaches and managers must be in team apparel/colors and players must be in uniform.
- 14.7. No spectators are allowed on the sidelines in the player area during the game.
- 14.8. All teams are responsible for removing their trash from the bench area after the game.
- 14.9. Coaches and ADs are responsible for the actions of their players and spectators on and off the court.
- 14.10. Players and coaches heard using profanity will be issued a yellow card. Any parent heard swearing, cursing or harassing the referee, the coach will be given a game misconduct warning. If this request is ignored, the parent will be asked to leave the field, and if they refuse, the team will forfeit the game.
- 14.11. Offensive or confrontational language is illegal and will receive a yellow card. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the players or players will be ejected from the game.
- 14.12. Players may not physically or verbally abuse an opponent, coach or official.



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14.13. Any player or coach ejected from a game must immediately leave the field area. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.

14.14. Players ejected from a game for unsportsmanlike behavior will face a minimum one (1) game suspension.

14.15. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) game suspension.

15. Fighting/Altercations

15.1. Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next 2 games at minimum.

15.2. Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.

15.3. If more than one (1) player fights during or after a game, it is considered a team fight.

15.4. If a team fight takes place a team can be suspended for one (1) game or the entire season.

15.5. During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.

15.6. After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the league commissioner.

15.7. CPSAL reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.



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16. Spectators and Cheerleading Policies

16.1. a warning will be given to fans or parents who disrupt the flow of the game at the referee's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the park, the team that's being supported by the unruly fan will forfeit the game.

16.2. Cheerleaders are an extension of the team and must also be accommodated at all home and away locations.

16.3. Home team cheerleaders should cheer on the Home team sidelines or designated area if available.

16.4. Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.

16.5. Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.

17. Sound and PA Announcements

17.1. Pre-game music and music during timeouts is allowed. All music and sounds should be in good taste and profanity free.

17.2. Play-by-play announcing is allowed and encouraged during league games. Must be appropriate and cannot make fun of players.

18. Scorebooks and Scoreboards

18.1. The referees are responsible for keeping the official game clock and the score.



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18.2. The home/host school team is responsible for submitting the final game score to the league. All game scores must be texted or emailed to the league no later than 24 hours after completion of the game.

18.3. If scores are not submitted within the time given, the game will be awarded to the opposing team.

18.4. This ensures accurate and timely updating of the standings on the league website.

19. GAMEPLAY RULES

19.1. Format

11 on 11

- 19.2.. A game is considered official once the first half of play has been completed. If a contest becomes a regulation game and is ended due to any unforeseen event, the game is complete and counts in the standings.
- 19.3. Maximum players on 11 on 11 fields
- 19.4. Minimum players to start a game is 9. Game can continue with a minimum of 6 players. If one team only has 6 players left, the game will be called, and the game will be given to the team with more than 6 players. The game will go down as a 1-0 forfeit win if the team with more than 6 players was losing. If the team with more than 6 players was winning, the final score will be whatever that score is, as long as a full half of the game has already been played.
- 19.5. All officials will be assigned by the CPSAL.
- 19.6. If only one official appears, the game must still be played.



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19.7. *Start of the Game and Restarts Preliminaries:*

- a) A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match.
- b) The team which wins the toss takes the kick-off to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals.
- c) A kick-off is a way of starting or restarting play:
 - · at the start of the match
 - · after a goal has been scored
 - · at the start of the second half of the match
 - · A goal may be scored directly from the kick-off.

19.8. *Substitutions*

- a) Substitutions can be made at any point of the game. Subbing without notifying the referee will result in loss of the ball.

19.9.. *Ball In or Out of Play*

- a) The ball is out of play when:
 - It has crossed the goal line or touch line whether on the ground or in the air play has been stopped by the referee.
- b) The ball is in play at all other times, including when:



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- It rebounds from a goalpost, crossbar or corner flag and remains in the field of play ·
- It rebounds from either the referee or an assistant referee when they are on the field of play.

19.10. Throw-in

A throw-in is awarded:

- When the whole ball passes over the touch line, either on the ground or in the air.
- From the point where it crossed the touch line.

19.11. Offside Position

a) A player is in an offside position if she/he is nearer to his opponents' goal line than both the ball and the second last opponent

b) A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- Interfering with play.
- interfering with an opponent or
- gaining an advantage by being in that position

c) A player is not in an offside position if:



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- she is in his own half of the field of play or
- she is level with the second last opponent or
- she is level with the last two opponents

c) No Penalty

There is no offside penalty if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

19.13. Goal Scored

a) A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement has been committed previously by the team scoring the goal.

19.14. Point system

WIN 3 POINTS
FORFEIT WIN 3 POINTS
TIE 0 POINTS
LOSS FORFEIT LOSS 0 POINTS

19.15. Yellow Card Rule



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- a) When an official "yellow cards" a player, she/he must leave the field. The player may return to the field after 2 minutes. The referee will notify when it is valid for the player to return. Two yellow cards will result in a Red Card, which is an automatic ejection.
- b) The CPSAL Commissioner receives a daily report of all red and yellow cards that were issued.
- c) The Commissioner will then review the incident and send out an email to the principal, athletic director and coach of that school notifying them of the suspension. The minimum suspension of a red card is 2 games, but the Commissioner has the right to adjust the suspension (add or decrease).

19.16. Yellow Card Accumulation Policy

- a) The accumulation of Yellow Cards during the soccer season by an individual player. The consequences for the accumulation of excessive Yellow Cards will be as follows:
 - Five Yellow Cards accumulated by a single player in the regular season will result in a one game suspension.
 - In the event that the player receives two Yellow Cards in the same game, resulting in a Red Card, the two Yellow Cards will not count toward the season total, since the player will receive a minimum of two games suspension as a result of the misconduct and ejection. But the Commissioner has the right to adjust the suspension (add or decrease).
- b) The accumulation card total is for regular season play only and the process will start over.
- c) The referees are to report all Yellow Cards to the Commissioner by means of E-mail or Phone.

19.17. Red Card Accumulation Policy

- a) The minimum suspension of a red card is two games, but the Commissioner has the right to adjust the suspension (add or decrease).