

NorCal Premier League

Team Handbook



Revised May 27, 2011
A US Club Soccer Sanctioned League



Team Handbook

The goal of this handbook is to provide assistance to clubs, coaches and managers to insure the NorCal League operates smoothly and is a positive experience for all involved – players, coaches, managers, Club officials, and parents.

All Clubs are expected to know, educate and ultimately accept responsibility for all new coaches and managers who they allow to coach or manage a team in their Club. NorCal cannot allow Clubs to stay in our League if they allow teams into their Club over whom they have no control! All clubs must meet the following requirements; and are willing to follow Norcal Rules and Directives.

Quality – Clubs and their teams must be committed to striving for excellence as concerns play, sportsmanship, fields, referee's and the total soccer experience.

Director of Coaching - Clubs must have a named Director of Coaching listed on the Norcal Premier website with a working email address. The Director must be willing to remain abreast of their team's involvement in the Norcal Premier Soccer Programs.

Fields - Clubs must have at least one high quality field (5 time slots) per eight teams. Teams traveling long distances deserve to play on decent fields! Newer clubs or those that have had difficulty providing decent fields must submit proof of fields before their acceptance in the league. Teams may ask that they play all away games.

Referee's - Clubs must have enough licensed referee's available to cover their teams entered in competition. Newer clubs or those who have had difficulty providing licensed referees must submit proof of fields before their acceptance to the league.

Administrator - Clubs must have a Norcal Premier Administrator responsible for helping teams maintain their club and team information, including contact information, on the Norcal web site. Newer clubs or those who have had difficulty with their organization must provide an administrator with working contact information and attend a pre-season meeting before their acceptance to the league.

Good Standing - Clubs must be in good standing with Norcal Premier League.

During the past seasons, a few Clubs and coaches have been expelled from future NorCal competitions and others have been placed on probation. There is a very strong feeling among the NorCal member Clubs that there should be "zero tolerance" for players, coaches, and parents who either break the rules governed by Law 12; or behave in a manner that causes problems for other Clubs.

All teams and Clubs realize that the "purposeful" use of an "illegal player" – either not registered or too old – puts the offending team managers and coaches at risk as related to the liability and secondary medical insurance coverage. Furthermore,

this type of "purposeful" action is a "breach of faith and honor" against all of the NorCal teams.

All Clubs and teams must consult the new section of the NorCal website that explains in detail, with examples, the rules concerning the loaning and borrowing of players; and the moving of players from team to team either within a Club or between Clubs.

Law 12 clearly states: a player, substitute or substituted player is sent off and shown the red card if he commits any of the following seven offences: Offences 1, 4, 5 and 7 are of necessity going to be decided by the judgment of the referees. However, offenses 2, 3 and 6 require, in all cases, an automatic "send off" and red card. A) Offense 2: is guilty of violent conduct B) Offense 3: spits at an opponent or any other person C) Offense 6: uses offensive or abusive language and/or gestures.

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Hello Coaches and Managers –

On behalf of the Norcal Premier Soccer Board of Directors, I am very pleased and excited to welcome you to the 2009 Norcal Premier Soccer Season. Our goal is to provide your players, team and club an exciting season of soccer.

Norcal Premier Soccer is sanctioned by US Club Soccer. This is an organization created by and for competitive soccer clubs. US Club Soccer provides our insurance, our player passes and they provide a Player Identification Program for US National Teams.

US Club Soccer is our organization. Each US Club Soccer sanctioned club has one vote for the US Club Soccer Board of Directors. The US Club Soccer Board of Directors is made up of club representatives from around the country - each of whom must have at least a USSF B license.

Our partnership with US Club Soccer is beneficial because it allows our league and your club to operate flexibly, with player development as our focus.

Your teams and club have the ability to use the US Club Player pass. This pass allows you to roster up to 26 players for one team or move players from one team to another as needed throughout the year. This pass allows you to use the collective strength of your club to play your games and fulfill your League obligations.

We strongly encourage you to use the flexibility offered by US Club Soccer Passes as a tool for your player's development. We believe, when possible, you should use younger players from within your club when an older team needs players – rather than signing players from another club. We believe, when possible, you should use second team players with your first team, rather than signing players from another club. This is a common practice throughout the world and will help build club loyalty.

Another benefit is that you can sign player(s) to play for a season and experience what it is like to be on your team and in your Club.

We wish you the best of luck!

Sincerely, The NorCal Premier Soccer Board of Directors

The NorCal Premier Core Values

The primary focus of a successful soccer program will be the individual player and their families.

We believe:

- A primary focus of soccer coaches, teams and clubs will be the development of children as people first and players second.
- Individual player development will be a clubs primary focus and team success a secondary but important goal.
- The players, parents, coaches and clubs who are the exception to the previously mentioned principles will benefit from involvement in a league, which promotes and expects this behavior from its participants.
- NorCal Premier Soccer offers programs supporting the players, parents, coaches and clubs in this endeavor.

Simple administration

We believe:

- A league should be governed by simple administrative procedures which provide players, teams and clubs flexibility in the player development process.

High-level competition with multiple divisions of play, promotion and relegation

We believe:

- Players, teams and clubs seeking high-level statewide competition should have a place to play.
- A league and cup should have promotion and relegation to insure players and teams are, as much as possible, playing against appropriate levels of competition.

Club player passes

We believe:

- Clubs should have the ability to move players up and down within their club using a club player pass.
- Clubs should have the ability to make changes game to game due to illness, injury, vacation, changing ability, practice attendance, commitment or because a player has dedicated his/her summer to practicing on their own.
- Having a flexible roster is not only healthy for players, teams, clubs and families but also reflects a realistic understanding of the changes occurring in players, families, teams and clubs over a 12 month period

Year round league play

We believe:

- The soccer world has shown weekly competition combined with weekly practices and appropriate breaks provides players, teams and clubs with the best opportunity for player development.

- It is beneficial, less costly, more enjoyable, more family friendly and better for player development to have players, teams and clubs competing in a year round league.
- Playing games each weekend in a league against opponents of similar strength will allow players, teams and clubs to limit costly tournament participation, which requires staggering sums of money to be spent on food, lodging and travel.
- Playing two competitive games in a day is not ideal but sometimes necessary given the size of the NorCal Premier playing league.

Supporting the pursuit of a high level activity

We believe:

- The pursuit of a high level activity should be encouraged and soccer is a healthy choice.
- The studies revealing the pursuit of high level athletics helps teenagers excel in school, stay fit, avoid drugs and alcohol and builds self esteem.
- Encouraging a fuller, more intense involvement with the sport actually increases the likelihood a young person will remain in the sport for the rest of their life.

Choices and common sense

We believe:

- In the common sense of parents who are best suited to choose their children's level and location of participation in any activity including soccer and most often, will make the best choice for the children.
- Children placed, by parental choice, under the guidance of professional soccer coaches and an unbelievable number of volunteers most often, benefiting immensely from the lessons offered by participation in a high level soccer learning environment.
- An organization, which supports the clubs who believe this concept of player development, is necessary, ethical and good for children.

Fun

We believe:

- Soccer is a kick in the grass, a blast, loads of fun, the cats meow, the bee's knees, and the world's favorite pastime and should be played, watched, enjoyed and read about daily.

Scheduling Steps and Responsibilities

Forty-Eight Hours:

- Please wait 48 hours after schedules are posted - before beginning to use the schedules so that we have time to make any corrections that are brought to our attention.
- If you notice any mistakes, please notify the proper administrator for each league or cup.

Scheduling Responsibilities

- It is the responsibility of team managers and coaches to work with each other to schedule the games - **on the dates we have given you**. Changes may be made to the schedules, provided **they are agreed upon by both teams**.

Database – Contact information:

- Once you have logged into the norcalpremier.com web site you will have access to all managers, coaches and Club Norcal Representatives.

Communication

- You must respond to a team's communication within **48 hours** - Sundays excepted. It is expected that all teams will be use email as a primary source of communication.

Norcal Support

- It is not necessary to contact us unless you are not receiving communication from your opponents or you have reached an impasse. This should be rare. Please notify websitetechn@norcalpremier.com of any "kicked back" email addresses.

Posted Scheduled Games

- Once you have contacted your opponents and agreed upon a game time the home team, must log in to our site and post the field and game time. Once the date, time, and location have been negotiated, teams are expected to abide by the final schedule.
- It is expected (unless it is an emergency) that teams have enough players in there club to play regardless of injuries, illness, or players missing for various reasons. Please remember that you are allowed to use players from your club from younger teams or second teams in case you are short of players.

Scheduling and Cancellation Policies

Communication Policy:

Communication between teams is vitally important for all NorCal Soccer events. Please make sure to have at least 2 different contacts listed on your **team's page**. It is highly recommended to have as many contacts as possible so your team never misses communications from your opponent. **Having the wrong email address or phone number listed is not a valid excuse for not receiving information and could result in your team and club being placed on probation if it becomes a common occurrence.** Please check your team pages to make sure that your information is current. It may be a good idea to add one club representative to each team's contacts so club officials are aware of what is going on with each individual team in your club.

Teams are expected to use the online communication tool developed by Demosphere as the primary source of communication, since it leaves an audit trail. It is recommended that each team have a representative that is email savvy and can take care of all communications. It is very important that teams abide by the 48-hour rule in returning posted communication messages.

Policy for Scheduling Matches:

NorCal will provide dates when the matches should be played. Teams are expected to be **available to play anytime** on those game dates, although home teams need to be flexible especially if the opponent is traveling from a long distance.

Please do not schedule games before 10am if a team is traveling from one or two hours away.

We are aware of a few **Scheduling Conflicts** in the schedule during NorCal events. Please coordinate directly with opponents regarding the re-scheduling of these games into another date that works for both parties. Please be flexible and try to make this work, we all want these games to be played. Please be aware of all scheduling deadlines. For NorCal League games dates will be provided by NorCal and Home Teams will be responsible for scheduling a time and location. For State Cup games, NorCal will provide the home and away teams who will then coordinate a date, time, and location for the match to be played during the playing window.

All games, including reschedules, must be confirmed and on the schedule by the NorCal scheduling deadlines for each event. At that point schedules will be locked and can only be rescheduled if both teams agree.

Please note - If NorCal feels that the home team is responsible for the game not being scheduled they will:

A) First Warning - Lose home field advantage and still pay for refs and field costs.

B) Second Warning - Forfeit Match

C) Third Warning - Elimination from league

After NorCal scheduling deadlines have passed, both teams must agree upon any game that needs to be rescheduled. If the opponent does not agree to a reschedule, the team asking for the reschedule must either play the game or forfeit.

Cancellation/Forfeit Policy:

Teams must give their opponent a 96-hour warning if forfeiting an away match or they will be required to pay field and referee costs. Please remember that this is a **club competition** and not an individual team competition. The following is a list of common excuses we see for needing to cancel a game. We recommend the following solutions to frequently posed problems:

A) Too many players missing (ODP, sick, testing, etc)

Solution - Remember that any player from your club is available to participate with your team as long as they are of correct age. In league matches please use 2nd team players or players from younger teams within your club to fill out your roster. For State Cup since players may only play for one team in an age group please make sure to fill your roster to 26 by adding younger players to your frozen roster. As long as a player has a pass with your club they would be eligible to play with your team when short players unless they are competing in the same division.

B) Missing Coach

Solution - Any coach with a valid pass for your club is able to coach any team in that club. If your coach has several commitments then it is recommended that teams have an assistant coach or another coach from the club available to cover games.

C) No Fields Available

Solution - It is expected that if your team is playing in NorCal that your team has a quality field and access to field's. Fields need to be lined with proper dimensions as per posted rules. This excuse will not be acceptable for a cancellation of a match.

D) Tournaments other games

Solution - NorCal understands that teams will possibly do a tournament during the time of League or Cup matches. This will be an acceptable excuse to ask for a reschedule but it must be done and rescheduled by NorCal scheduling deadlines. Please plan your schedule well in advance so your schedule does not become so full that you are unable to fulfill your League or Cup commitment.

NorCal Premier League Game Day Procedure

At each game - team managers should have in their possession:

1. NorCal Game Card
 - a. To Print a Game Card, go to your Team Page and click on the 'vs' tab of the Match you would like to print, then select 'Print Match Report PDF'. A PDF file will open with the Game Card and you will be able to print it out.
 - b. Make sure that both teams rosters are printed on the Game Card
2. US Club Medical Release forms
3. US Club Soccer roster of team (optional)
4. US Club Soccer passes for its players

Pre-game Procedures

Home Team Responsibilities:

1. Contacting away team to insure proposed game time works for both teams
2. Scheduling and posting agreed game time on website
3. Providing properly lined field
4. Provide and pay credentialed referee's who must have proper refereeing uniforms
5. Provide NorCal Referee Game Report to center referee
6. For a league match provide a USCS roster of team to referee and opponent. For a NorCal State Cup match provide the game card and approved NorCal State Cup rosters for both home and away teams
7. Provide referee US CLUB SOCCER player passes for each player

Visiting team responsibilities:

1. For a league match provide a U.S.Club Soccer roster of the team to referee and opponent. For a NorCal Cup Match provide the game card and approved NorCal State Cup rosters for both home and away teams.
2. Provide referee US CLUB SOCCER player passes for each player
3. Have a copy of official NorCal Game Report if needed by center referee

Post-Game Procedures

Home team Responsibilities:

1. Both coaches, or managers, sign the game sheet following the game
2. If no red card is given the home team holds onto the game report until the end of the season
- 3. If a red card is given see red card procedure below – this requires immediate action from the center referee and manager**
4. Home team posts score on norcalpremier.com within 24 hours

Visiting team responsibilities:

1. Coach or manager must sign the Referee Game Report following the game
2. Fill out NorCal Game Report online

NorCal Game Report(s):

1. NorCal wants to identify the most talented and motivated players in our League.

Key Rules and Regulations Short Sheet

Here are the most pertinent rules and regulations for NorCal League and Cup play. The entire rules and regulations are below this list.

Rule 205 Point System

The NorCal Premier league (NPL) shall operate under a point system. The point system shall award three points for a win, one point for a tie and no points for a loss.

In case of a tie in the standings within a group:

- 1) "Head to head" Points (win/lose/draw) between teams
- 2) "Head to head" Goal Differential between teams
- 3) Overall Goal Differential (up to 4)
- 4) Goals for (up to 4)
- 5) Goals against (up to 4)
- 6) Penalty kicks per FIFA or a coin toss

If more than two teams are tied, the tie-breaking process will be used until a winner is determined. The tie-breaking procedure does not revert to previous criteria if one team is eliminated.

Rule 208 Game lengths

U9 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 | Field size: Length: min. 50 yds / max.of 90 yds long - min. of 35 yds/min.of 60 yds wide – 14 player game day roster – min. one referee

U10 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 | Field size: Length: min. 50 yds / max.of 90 yds long - Width - min. of 35 yds/max.of 60 yds wide -14 player game day roster – min. one referee

U11 play - 2x30 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 | Field size: Length: min. 60 yds / max.of 90 yds long - Width - min. of 40 yds/max.of 60 yds wide -Preferred U10 goals however will allow regulation goals provided both are the same size - 14 player game day roster – min. two referee's

U12 play 2x35 minutes | 10-min. halftime | size 4 ball | Numbers of players - 11v11 | Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U13-U14 play 2x35 minutes | 10-min. halftime | size 5 ball | Numbers of players - 11v11 | Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U15-U16 play 2x40 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 | Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min.

45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

U17-U18 play 2x45 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

Rule 211 Substitutions

A team may have no more than 18, or 14 if U9-U11, players eligible for each game. For a Norcal League Match teams must present a US Club roster to the referee at the beginning of each game. For a Norcal State Cup match teams must present the game card with the attached approved Norcal State Cup rosters. Substitutions are at the **referee's discretion**. A substitution can take place for either team at the following times:

- 1) prior to a kick-off
- 2) a goal kick
- 3) a throw-in
- 4) or after the referee stops play for an injury or yellow card

Unlimited substitutions are allowed but Norcal Premier Soccer reminds all coaches that it is their responsibility to handle their substitutions in a professional manner so as not to detract from the game.

Rule 212 Eligibility

All players and coaches must present their US Club Player Identification Card to the referee prior to the match. If the individual picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match. All players must be named on the game roster presented to the referee at beginning of each game.

Players may only play for one Club, their club, during any Norcal Premier league game or Norcal Cup game unless a transfer is approved by league office. All out of Club transfers must be approved through NPL.

Individual teams may contain up to 26 players for the NorCal Leagues and Cups. There is no limit to the number of changes made to the roster for Norcal leagues **provided the players are active in the team's club, or have not played for another club in the League and are not on that clubs US Club Roster. For Norcal State Cup, rosters are frozen at certain dates and players may only be used from the 26 player roster submitted to Norcal.**

Only 18 of 26 players may be used for matches. The 18 players must be on the official game roster given to the match official and opposing team before the start of the game. The eight players not being played must have a line through their name on the roster.

Players requesting transfer between two clubs or teams must serve at least a two week suspension before competing with new team unless otherwise approved by the league office.

Rule 215 No- shows/forfeits:

A no-show occurs when a team willfully does not show up at a game agreed to by the teams. Penalties for no-shows are as follows:

- A forfeit to the opposing team and additional loss of three points.
- One no show may result in team being terminated at the discretion of the league.
- The accumulation of two no-shows in a season shall result in the team's termination from the league
- A forfeit will result in a 3-0 win to the team not at fault.
- Forfeiting team will pay all referee and field costs.

A team unable to attend a scheduled game because of an accident, weather or act of god should immediately notify the opponent and the league office. Each situation shall be reviewed by the league office, which shall enter a decision.

General League Regulations

Membership

Rule 101 NorCal Premier League

The NorCal Premier League (NPL) is run by NorCal Premier Soccer. The NPL is a US Club sanctioned league and a member of USSF.

Rule 102 Territories

No club has exclusive territory rights in the NPL.

Rule 103 Conditions for termination of team

Club and team affiliation may be terminated because of a violation of performance conditions set forth by the league.

Rule 104 Conditions for competition in leagues

Following each season, the league office shall review the compliance record of each team in their specific division. The committee may find that compliance with the standards is insufficient and recommend action to the league office. In extreme cases of repeated noncompliance, the respective executive committee may recommend the termination of the team in question.

League Structure

Rule 201 Governance

All competition in the NPL is governed by regulations approved by the league office.

Rule 202 Division formations

Competitive divisions will be structured according to the playing level of teams as determined by the NPL, which has final authority on all placement issues. Should the NPL determine there are an insufficient number of teams to constitute an age group division the teams affected may be allowed to temporarily or partially compete in a different division of play.

Rule 203 Playing rules

All games under league jurisdiction shall be played according to the rules and regulations recognized by the NPL which shall be the same rules set by FIFA/ U.S. Soccer (USSF) except for those exceptions authorized by FIFA or USSF.

Rule 204 The Playing season

Each playing season schedule, which shall be designated by the NPL, will be provided to teams two weeks before the beginning of league or cup play.

Rule 205 Point System

The NorCal Premier league (NPL) shall operate under a point system. The point system shall award three points for a win, one point for a tie and no points for a loss.

In case of a tie in the standings within a group:

- 1) "Head to head" Points (win/lose/draw) between teams
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- 3) Overall Goal Differential (up to 4)
- 4) Goals for (up to 4)
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- 6) Penalty kicks per FIFA or a coin toss

If more than two teams are tied, the tie-breaking process will be used until a winner is determined. The tie-breaking procedure does not revert to previous criteria if one team is eliminated.

Rule 206 League/Cup Schedule

The league schedule is the responsibility of the league office. However once initial schedule is issued the teams may make changes to the schedule provided **all affected teams agree to the change**. Every effort must be made to play all games. If teams are unable to reach agreement for a makeup game the league office may re-schedule the game. Teams un-willing or unable to attend game will forfeit points from the game.

Rule 207 League/Cup standings

Official standings of teams, the keeping of which is the responsibility of the league office, are tabulated on a regular basis and displayed on the NorCal Premier League website. The reporting of scores is the responsibility of the Home team of each game. The web site will keep posted the standings of the league. Both teams are responsible for reporting outstanding play by opposing players. Those players that have chosen multiple times will be invited to our Player Development Program.

Rule 208 Game lengths

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Rule 209 Ties in Group Round

If a League or Norcal Cup Group game is tied after regulation, the tie stands and will be posted as a tie.

Rule 210 Playoffs for League/Cup

For matches that need a winner, the team with the most goals after regulation time will be awarded Champion. If the match is tied after regulation for u9-u19 teams, two golden goal 5 minute periods will be played. Teams will have a 5 minute break before the first overtime. After 5 minutes, teams will change sides, with no break, and play the remaining 5 minutes. If the game is still tied after the two overtime periods, then penalty kicks per FIFA will determine the Champion.

Please note: Please make sure you arrive for your game knowing if the game can end in a draw or if a winning team is required.

Rule 211 Substitutions

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Unlimited substitutions are allowed but Norcal Premier Soccer reminds all coaches that it is their responsibility to handle their substitutions in a professional manner so as not to detract from the game.

Rule 212 Eligibility

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Only 18 of 26 players may be used for matches. The 18 players must be on the official game roster given to the match official and opposing team before the start of the game. The eight players not being played must have a line through their name on the roster.

Players requesting transfer between two clubs or teams must serve at least a two week suspension before competing with new team unless otherwise approved by the league office.

Rule 213 League discipline

A send off (red card) will result in a minimum of a one (1) game suspension. A send off because of two cautions will result in the player being suspended for the next match. If a player is sent off during the weekend, they may not play the remainder of the weekend. Games sat out that weekend can count against the suspension, as long as noted on the Roster and/or Referee Game Report as such. Any team using suspended players will be disciplined the same as using illegal players. The League office – pad@norcalpremier.com - must be notified of the send off within 24 hours

by the home team. The player card can be returned to the team as long as the Referee Game Report shows the infraction, the players name and number.

Rule 214 Incomplete games

In the event a game cannot be completed, the game counts if half the game was completed. If there is no result and the match is suspended prior to the expiration of one half, the game shall be repeated at a time agreed upon by the competing teams in consultation with the league office.

In the event a game cannot be completed due to the behavior of one of the teams involved, the offending team will forfeit the match. This would occur in cases of a team pulling their team off the field on their own or a referee abandoning a game due to the behavior of players, coaches, or spectators.

Rule 215 No- shows/ forfeits

A no-show occurs when a team willfully does not show up at a game agreed to by the teams. Penalties for no-shows are as follows:

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- One no show may result in team being terminated at the discretion of the league.
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- A forfeit will result in a 3-0 win to the team not at fault.
- Forfeiting team will pay all referee and field costs.

A team unable to attend a scheduled game because of an accident, weather or act of god should immediately notify the opponent and the league office. Each situation shall be reviewed by the league office, which shall enter a decision.

Norcal State Cup

Rule 300 Official Roster

Create your US Club Roster online. Post it online on the NorCal Premier Site. For ages U9-13, once the event begins – August 15th, 2009 – you can only use players off this 26 man roster. For ages U14 – 18 rosters must be submitted by the August Roster Freeze date however, there will be a transfer window in the Spring before Knockout Phase games to allow adjustments to the team's rosters. Players may only be added with the permission of the NorCal Premier League office. Player's names may not be hand written onto the game sheet. Only players listed on the official game card will be eligible to play in Norcal Cup matches. Rosters must be created online through US Club Soccer.

Rule 301 Guest Players

No Guest Players will be allowed. Only players who are registered with the club the team is registered through may compete on behalf of the club in the NorCal State Cup. A player may not be registered for two US Club Soccer Clubs during the NorCal Cup.

Rule 302 “Cup Tied”

Players may only compete for one club in the NorCal State Cup. A club may place players on more than one 26 player team roster however players may not play on two different teams in the same age group. For example, they may not play for a first team in the Gold Division and the second team in the Silver Division. A player may play up in an older age group while competing in their true age group.

Rule 303 Transfers

For U9-U13, teams there will be no transfers allowed from one club to another club after the Roster Freeze Date for the purpose of competing in the NorCal State Cup unless permission is given in writing by the NorCal State Cup Committee. For U14-U18, team transfers may be made during the Spring transfer window. Rosters will again freeze after the Spring Transfer window but remember players are “cup tied” if they have played on a team in the same age group. Please note that players may only play for one club in Norcal Cup unless approved in writing by Norcal.

Game Officials

Rule 400 Match officials

Match officials must be licensed Referees. The match officials shall consist of the referee and assistant referees (AR1,AR2) except for U9’s and U10’s may use one referee and club linesman. No match officials may have family members in the game they are working.

Rule 401 Assignment of match officials

Match officials shall be assigned and paid by the home team of each match.

Disciplinary regulations

Rule 500 Violating league rules

The league office shall have the authority to suspend, fine or disqualify players, team officials or competing clubs for violating league rules, or for any action or conduct not in the best interest of soccer or the Norcal Premier League.

Rule 501 Disciplinary issues

A panel of individuals from the league office shall conduct the review of disciplinary issues. Such panels will consist of at least three officials.

Minimum Standards

Rule 600 Team management requirements

Each team must have a team manager that handles the following responsibilities: scheduling, referee payments, travel cooperation, reporting of scores and communication with appropriate league officials. All team managers must have access to email, and a telephone number connected to a 24 hour answering system during the season. All team managers must have an email address to be checked on a regular **daily** basis.

Rule 601 Playing venues

The playing field used by each team must be lined according to FIFA standards with goals nets and flags. The goals of each club shall be to provide an enjoyable experience for the fans, players, officials and everyone involved with the staging of a soccer game.

Rule 602 Personnel on the bench

A maximum of 3 non-playing personnel is allowed on each team bench.

Rule 603 Score reports

The home team will post the score on the Norcal website within 24 hours of the game. The home team will keep and file the game card for possible future reference.

Game Procedures

Rule 700 Exchange of game sheet

Teams must give opposing team and referee a roster 20 minutes prior to each game.

Rule 701 Official score sheet

Referee Game Report - The game information shall be filled in on the NPL web site after each match by the home team of each game. Home teams will keep and file the Referee Game Report for future possible reference.

Rule 702 Referee Game Report

The NorCal Referee Game Report is to be given to the Referee by the home team before the game. It is to be filled out and signed by the Referee and each teams

coach. The home team will keep and file the game card for future possible reference. This form can be downloaded from the NorCal Premier web site.

Registration

Rule 800 Master Rosters

Players may only play for one Club during League and Cup competitions. **NO GUEST PLAYERS ALLOWED FROM OTHER CLUBS IN ANY NORCAL COMPETITION.** All out of Club transfers must be approved through Norcal Premier League. Individual teams may contain up to 26 players for any Norcal Premier competition. For Leagues, there is no limit to the number of changes made to the roster provided the players are active in the teams club, or have not played for another club in the League. For Norcal State Cup rosters are frozen and changes made only be made to the 26 player roster with approval from Norcal.

Only 18 of 26 players may be used for matches. The 18 players must be on the official game roster given to the match official and opposing team before the start of the game.

Rule 801 Illegal players

Any player that does not appear on the US CLUB master roster shall be considered an illegal player. Any team using an illegal player shall forfeit three points for each game to the opposing team against whom the illegal player was used. In addition, the guilty team shall forfeit an additional three points in the standings.

Rule 802 Player registrations

Players shall be registered according to US Club rules.

Code of Conduct

Do not tarnish the game of soccer, the NPL, US Club Soccer, USSF, your club, your Team, your self or your family. Behave reasonably, respectfully and flexibly.

Frequently asked Questions

Question: May I use a player from another club in a Norcal League/Cup if that club is not competing in the event?

Answer: You may only use players who are registered with your club. If the player is transferred into your club before the roster deadline they may compete with your club's team. However, you may not list the player as a

guest player for competitions, they must be a player for your club.

Question: We have a class three team and a class one team. We would like to have some of the class three players on our NorCal Cup roster even though they play on a different team. May we do this?

Answer: As long as the players are registered with US Club Soccer in your club, they are on your approved 26 player roster, and they are not playing with their team in your age group, you may allow them to compete with your team.

Question: We have a player who plays up on the U11 team but the club would like her to play in her own age group as well. Is this allowed?

Answer: As long as the player is registered in your club, is the proper age and is on the teams 26 player roster, they may play with your team.

Question: May a U12 player play for their team as well as for a U13 team?

Answer: Yes, a player may play in their own age group as well as an age group up.

Question: We have a player who plays for a rival club but would like to play for us in the NorCal Cup. He/She is attending a US Club tournament in October. His club does not want to release him to our club. May we put him on our roster?

Answer: No, the player must be registered under US Club Soccer with only one club. We recommend the player attends the tournament as a guest player.

Question: We are having trouble scheduling our match with our next opponent. What can we do?

Answer: Try to send an email to another officer in the club that you are trying to contact. Make sure all your communication is documented in the comments box for your game so Norcal can view the communication record. If you are still unable to get a response, contact the proper Norcal League or Cup coordinator so they can assist you in scheduling the match.

Question: We had a game scheduled and a team emailed to cancel the match the day before. We had referees and fields already lined up. What is the policy?

Answer: If a team cancels or forfeits a match, they must notify opponents 72 hours in advance or they will be charged with field and referee fees.

NorCal Premier Player Development Program US Club ID2

The goal of the NorCal Premier Player Development Program (PDP) is to assist Soccer Clubs in identifying, developing and showcasing their top players in a Club friendly manner. Our sessions are held, as much as possible, on non- competition days for the players. Fifty dollars (\$50) per team registration fee is invested into this program.

Identify

We ask clubs and coaches to recommend their top players and others for inclusion into the PDP pool of players. The aim is to allow clubs to identify their top talent and thereby eliminate the tryout process at the district level. Once the pool is formed, players may be added into the pool or dropped from the pool.

Develop

We have offered sessions with coaches from Liverpool Football Club, Vincenza Calcio of Italy, Ajax Amsterdam, US National Team, Santa Clara University, University of San Francisco, PSV Eindhoven and more. These sessions offer players additional high level training opportunities.

Showcase

We plan to assist Clubs by showcasing Northern California's players to colleges, professional teams and national teams. Often the PDP players training is used as a part of our Coaches Education Program. We also recommend our top talent to the [US Club ID2 Program Regional Camps](#). This camp showcases players to the US National Teams Staff.

PDP Objective

- Create a pool of 25 to 30 of the top players in Northern California in the U-14 through U-18 age groups. Soon Norcal PDP plans to expand this program to the U12 age group!
- Give these top players extra educational opportunities: top coaches, training, sessions, and lectures
- Give the top players opportunities to make the national team
- To showcase the players to professional and college coaches

How PDP Achieves Objective

- Recommendation/Tryout/Evaluation Process
- Bring in top coaches to educate players
- Training sessions: 4 – 6 a year
- 1 – 2 top level tournament or training camps - in the future
- Send top players to tryout for national team – US CLUB ID2

1. Tryout/Evaluation Process

- Coaching Directors and coaches may nominate top players from their program (Club) or recommend other players from other programs to the tryouts – see [recommendation form](#) found on the web site.
- The tryout/evaluation process is headed by a coach/trainer responsible for the age group. The evaluators will be top-level coaches whom are not biased in the selection of players.

- The head coach/trainer of the age group is responsible for knowing the players in the group and their qualities.
- The evaluation will be ongoing. It will be an open-pool where players can be dropped and others can be brought in to the pool.

2. Bring in top coaches to educate players

- The training sessions can be put on by top youth, college and professional coaches or our PDP staff.

3. Training sessions 4-6 a year

- 1- 4 one day - training sessions
- 1 training camp that last 2-3 consecutive day

4. 1-2 top level tournaments or a training camp

- Older ages- u-16,17, 18 to be seen by top college coaches and professional scouts
- Training camp- 2-3 days where top coaches can come in to see players

5. Send top players to tryout for national team at ID2 Regional Camp

Red Card Procedure

Teams' Responsibility

It is the team's responsibility to ensure their Red Carded player(s)/coach(s) serve the game suspensions. Referee report must be sent in within 48 hours of red being issued. The teams must send in the verification form (below) confirming that suspensions have been served.

Referee's responsibility

All Club referees must provide Red Card report to the home team manager and NorCal Premier Soccer. It is important that the **NorCal Game ID#** number is included to PAD Admin: Jason Drury

Automatic Suspensions:

Red Cards

All Straight Red Carded Player/Coach are automatically suspended for 2 games with the PAD committee reviewing and considering additional suspensions. This suspension is effective immediately.

Please note: The card carries over into other NorCal Premier Age Groups and Games. For example, if Coach A receives a card for his/her U12 Girl's game and Coach A has a game with his/her U15 Boy's team – Coach A is unable to coach this match.

Double Yellows

All double yellow carded players/coaches are automatically suspended for 1 game with the card being reviewed by the pad committee for further suspensions. For instance, a second card for dissent, especially involving swearing will most often result in additional games suspensions.

Please note: The card does not carry over into other NorCal Premier Age Groups and Games. For example, if Coach A receives a card for his/her U12 Girl's game and Coach A has a game with his/her U15 Boy's team – Coach A must serve suspension with U12 Girl's team.

When do suspensions take affect?

The carded Player/Coach must begin their suspension immediately in the next game(s). Even if the official suspension has not been awarded the one or two game suspension is effective immediately. It is the team's and club's responsibility to ensure this is followed. If the player sits out a match, they should fill out the form below for verification of the player or coach serving the suspension. Failure to provide verification could result in a forfeit. When serving a suspension, coaches may not attend matches for the team in which they are serving the suspension.

Verification procedure

Teams must have signed verification form (see below). The form must be signed by the Center Referee and coaches of both teams, verifying that Player or Coach did not participate in game. Please copy and or scanned the referee report or game suspension form to: PAD at pad@norcalpremier.com or faxed to Attn: Alan Ramos at 415-593-7697

Referee Information

Referee Game Day Procedure

Fall/Winter/Spring League Match Check In:

1. Receive Game Card from Home Team.
2. All eligible players for both teams must be on the NorCal Game Card - with 18 (14 for U11 and below) out of 26 players allowed to participate. Players

not participating should be crossed off. Players may be written on the roster but must have a current US Club Soccer Pass.

3. Check Player and Coaching Passes for both teams. All players must be registered with the club they are attempting to play on. You may have players from other teams in the same club but NO GUEST PLAYERS FROM OTHER CLUBS ARE ALLOWED.

Norcal State Cup Match Check In:

1. Receive Game Card from Home Team and all approved Norcal State Cup Rosters. All Norcal State Cup game cards and rosters must have the Norcal Seal to be accepted.

2. All eligible players must be printed on the game card. Only 18 (14 for U11 and below) of the 26 players are allowed to participate. Players not participating should be crossed off. Players may not be written on the roster even if they have a pass with the club. NO GUEST PLAYERS ARE ALLOWED. All eligible players must be listed on the roster

3. Check player passes making sure every player listed on the roster has a current US Club player pass. Coaches do not need to be listed on the official roster but do need a coaches pass with the club they are coaching.

4. Ask if a winner is needed for the match or if a tie stands. Please see Rule 209 for tie-breaking procedures.

League/Cup Post Game:

1. Both coaches, or managers, sign the game sheet following the game.

2. If no red card is given the home team holds onto the game report until the end of the season.

3. If a red card is given, see red card procedure as this requires immediate action from the center referee and manager.

Important Match Rules for Referees

Rule 208 Game lengths

U9 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 | Field size: Length: min. 50 yds / max.of 90 yds long - min. of 35 yds/max.of 60 yds wide – 14 player game day roster – min. one referee

U10 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 | Field size: Length: min. 50 yds / max.of 90 yds long - Width - min. of 35

yds/max.of 60 yds wide -14 player game day roster – min. one referee

U11 play - 2x30 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 |Field size: Length: min. 60 yds / max.of 90 yds long - Width - min. of 40 yds/max.of 60 yds wide -Preferred U10 goals however will allow regulation goals provided both are the same size - 14 player game day roster – min. two referee's

U12 play 2x35 minutes | 10-min. halftime | size 4 ball | Numbers of players - 11v11 | Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U13-U14 play 2x35 minutes | 10-min. halftime | size 5 ball | Numbers of players - 11v11 | Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U15-U16 play 2x40 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

U17-U18 play 2x45 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

Rule 209 Ties in Group Round

If a League or Norcal Cup Group game is tied after regulation, the tie stands and will be posted as a tie.

Rule 210 Playoffs for League/Cup

For matches that need a winner, the team with the most goals after regulation time will be awarded Champion. If the match is tied after regulation for u9-u13 teams, two golden goal 5-minute periods will be played. Teams will have a 5-minute break before the first overtime. After 5 minutes, teams will change sides, with no break, and play the remaining 5 minutes. For U14-U19 teams, two golden goal 5 minute overtime periods will be played. If the game is still tied after the two overtime periods, then penalty kicks per FIFA will determine the Champion.

Please note: Please make sure you arrive for your game knowing if the game can end in a draw or if a winning team is required.

Rule 211 Substitutions

A team may have no more than 18, or 14 if U9-U11, players eligible for each game. For a Norcal League Match teams must present a US Club roster to the referee at the beginning of each game. For a Norcal State Cup match teams must present the game card with the attached approved Norcal State Cup rosters. Substitutions are

at the **referee's discretion**. A substitution can take place for either team at the following times:

- 1) prior to a kick-off
- 2) a goal kick
- 3) a throw-in
- 4) or after the referee stops play for an injury or yellow card

Unlimited substitutions are allowed but Norcal Premier Soccer reminds all coaches that it is their responsibility to handle their substitutions in a professional manner so as not to detract from the game.

Rule 212 Eligibility

All players and coaches must present their US Club Player Identification Card to the referee prior to the match. If the individual picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match. All players must be named on the game roster presented to the referee at beginning of each game.

Players may only play for one Club, their club, during any Norcal Premier league game or Norcal Cup game unless a transfer is approved by league office. All out of Club transfers must be approved through NPL.

Individual teams may contain up to 26 players for the NorCal Leagues and Cups. There is no limit to the number of changes made to the roster for Norcal leagues **provided the players are active in the team's club, or have not played for another club in the League and are not on that club's US Club Roster. For Norcal State Cup, rosters are frozen at certain dates and players may only be used from the 26 player roster submitted to Norcal.**

Only 18 of 26 players may be used for matches. The 18 players must be on the official game roster given to the match official and opposing team before the start of the game. The eight players not being played must have a line through their name on the roster.

Players requesting transfer between two clubs or teams must serve at least a two week suspension before competing with new team unless otherwise approved by the league office.

Rule 400 Match officials

Match officials must be licensed Referees. The match officials shall consist of the referee and assistant referees (AR1,AR2) except for U9's and U10's may use one referee and club linesman. No match officials may have family members in the game they are working.

Rule 401 Assignment of match officials

Match officials shall be assigned and paid by the home team of each match.

Rule 601 Playing venues

The playing field used by each team must be lined according to FIFA standards with goals nets and flags. The goals of each club shall be to provide an enjoyable experience for the fans, players, officials and everyone involved with the staging of a soccer game.

Rule 602 Personnel on the bench

A maximum of 3 non-playing personnel is allowed on each team bench.

Referee Red Card Procedure

Referee's responsibility

1. All Club referees must provide Red Card report to the home team manager and NorCal Premier Soccer. It is important that the **NorCal Game ID#** number is included to PAD Chair: Alan Ramos

Verification procedure

1. Teams must have signed verification form. The form must be signed by the Center Referee and coaches of both teams, verifying that Player or Coach did not participate in game. Please copy and or scanned the referee report or game suspension form to: PAD at pad@norcalpremier.com or faxed to Attn: Alan Ramos at 415-593-7697

Send Off-Reports

1. The Center Referee that issued a Send/Off (Coach or Player) should fill out the MS Word version of the NorCal Referee Send-Off Report and E-mail that directly to pad@norcalpremier.com. By doing this we save a lot of time in determining whom the Send-Off Player/Coach is and what their game suspension is going to be. We need to do this quickly so the suspension information will be available to the affected teams and coaches ASAP.
2. Please do not retain the Coach's or the Player's Pass (that were Sent-Off) but return the passes to them after the completion of the game. All Send-Offs/Ejections and Suspensions will be tracked on the NorCal website and that other teams in the same division/group will be notified of the infraction and the pending suspension.
3. Referee Coordinators please request that all your referees read and understand the Norcal Handbooks.

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