

NEW HYDE PARK WILDCATS SOCCER CLUB



Intramural Rules & Regulations

RULES AND REGULATIONS

Fall 2016

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RULES & REGULATIONS

The rules contained herein constitute the By-laws of the New Hyde Park Wildcats Intramural Soccer League, by which Division Directors, Coaches, Referees, Players and Spectators shall be guided. The Board of Directors has sole authority to interpret these Rules & Regulations.

I. RESPONSIBILITIES

A. Commissioners

Under the direction of the club's Board of Directors, the Intramural Commissioner(s) is/are responsible for the following:

- a. Selects Division Directors
- b. Coordinates the scheduling of all drafts, with a Board member in attendance.
- c. Approves canceling and / or re-scheduling of games, with proper notification, of all Divisions.
- d. Coordinates the registration and operation of the fall, spring, and winter seasons.
- e. Selects and/or approves all intramural team coaches.
- f. Registers all developmental teams.
- g. Recommends to the Board all developmental team coaches.
- h. Approves all intramural tournament play.
- i. Approves coaches' expense reimbursements.
- j. Approves any requests for intramural players to *play up*.

B. Division Directors

Under the direction of the club's Intramural Commissioner(s), the Division Directors are responsible for the following:

- a. In cooperation with the Intramural Commissioner(s), selects and/or assigns coaches and assistant coaches to teams.
- b. Assisted by a member of the Board of Directors, either assigns players to each team or coordinates the selection of players by each team in a draft format.
- c. Assigns team names.
- d. Prepares a schedule of games for the division.
- e. Requests referees from the Commissioner of Referees for all games for the season.
- f. Informs the referees of any special amendments specific to the division.
- g. Provides flags for lines people at each game, when available.
- h. Ensures the presence of an AED and First Aid Bag at each game.
- i. Reports game results to the Intramural Newspaper editor, when available.
- j. Affords parents the opportunity to complete Coach Evaluation Forms.
- k. Reschedules make-up games as approved by the Intramural Commissioner(s).
- l. Confirms, in writing, to the Intramural Commissioner(s) and Commissioner of Referees, any rescheduled games.
- m. Facilitates and schedules field preparation and setup before all games.
- n. Ensures that all fields are properly broken down after games, and that nets, corner flags, AEDs and first aid kits are all put away properly.
- o. Ensures the normal proceeding of the games within the Rules and Regulations.
- p. Reports to the Intramural Commissioner(s) or club officials any problems and / or complaints related to the program.
- q. Coordinates the ratings of players and coaches at the end of each season.

C. Coaches

Under the direction of the club's Intramural Commissioner(s) and the appropriate Division Director(s), coaches are responsible for the following:

- a. Coaches should make every effort to improve their knowledge of the game through available coaching clinics and licensing courses. Beginning in the Fall of 2016, all coaches will earn their USSF F license, a 2-hour online course, before the completion of their first season with the club.
- b. Coaches must ensure the continuous development of each player on the team as their **primary** goal while maintaining fun learning environment.
- c. Communicates to the parents as frequently as necessary to ensure all are informed and kept aware of the practice and game schedule for the season, as well as to convey other information as appropriate. In the Fall of 2016, this includes managing the TeamSnap application.
- d. Prepares the field for games by ensuring the following duties are carried out:
 - Installing nets and corner flags before the start of the first game of the day on that field.
 - Removing and placing nets and corner flags in pre- assigned storage location after the last game of the day has been completed.
- e. Ensures the start of games at their scheduled times (See Paragraph # 4E below).
- f. When a team's coach or assistant coach is unable to attend a game, a capable substitute must be assigned, with the approval of the Division Director.
- g. When a coach is sent from the field of play (ejected from the game), he/she must leave the area surrounding the playing field. The assistant coach, or a capable substitute, must be identified to the referee before assuming the coach's responsibility.
- h. Reports any significant injury of players, coaches or spectators, during the games or practices, in writing, to the Division Director and the Intramural Commissioner(s).
- i. Reports any problems or complaints to the Division Director.
- j. Evaluates and rates players on team after the end of the season.

D. Referees

- a. The responsibilities are those empowered to the referee by F.I.F.A. Law # 5.
- b. Arrive at the field ten (10) minutes before game time.
- c. If not able to referee an assigned game, the referee must notify the Commissioner of Referees.
- d. Are helpful and useful with coaches and players.
- e. After the game, are available to coaches and players to explain calls.
- f. Reports to the Commissioner of Referees and the Division Director any "RED cards" or "YELLOW cards" issued to a player or coach and any disruptive action by others.
- g. Referees should make every effort to improve their knowledge of the game through available referee clinics and licensing courses.
- h. Keep the games running in a timely fashion (running time). Is responsible for keeping the time of the game. Will discuss with the coaches the need for shortening the length of the game due to any late starts.

II. CONDUCT

A. Coaches

- a. Are responsible for the conduct (behavior) of players and spectators during the game.
- b. Must restrain themselves, players and spectators from being disruptive during the game.
- c. Must set an example for players and spectators by showing respect for the referee.
- d. Restrain from open criticism of coaches, players and referees in front of the players and spectators.

B. Players

- a. Show respect for coaches, referees, spectators and fellow players.
- b. During games, do not question referee's decision, but listen to his/her instructions.
- c. Are helpful to coaches by being on time for practices and games.
- d. Accept the outcome of the game in the spirit of good sportsmanship.

C. Spectators

- a. Only the most responsible conduct is acceptable during the game.
- b. Are helpful to coaches and players
- c. Police the sidelines during and after the games for garbage and debris.
- d. When asked, help to install and remove nets and corner flags.
- e. Make players available to coaches on time for practices and 15 minutes early for games.
- f. Refrain from instructing players during the game.
- g. Parents are responsible for the transportation of players to and from games and practices. Adhere to the No Dropoff policy – an adult other than the coach must be present and designated as responsible for each player during practices / games.
- h. Parents should volunteer to assist coaches, where possible.

III. RULES OF PLAY

The Rules of Play are the "Laws of the Game" as published by F.I.F.A., latest edition, with certain modifications included in the Club "Rules and Regulations." Beginning the Fall of 2016, NHP Wildcats will adopt the USSF Player Development Standards. The age group alignment is outlined in the first table below. The Small Sided Games Chart is in the second table below. It outlines the standards for Intramural play.

Season	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							
1998	U19								

Small Sided Games Chart

	MINI FIELD			DEVELOPMENTAL FIELD		SMALL SIDED FIELD	
	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7	7v7	9v9	9v9
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes
	Build Out Line		N/A	Build Out Line	YES	Build Out Line	N/A
	Punting		N/A	Punting	NO	Punting	NO
	Heading		N/A	Heading	NO	Heading	U12's Only
	Corner Flags		NO	Corner Flags	YES	Corner Flags	YES
	Goal Box		N/A	Goal Box	4yds x 8yds	Goal Box	5yds x 12yds
	Penalty Area		N/A	Penalty Area	12yds x 24yds	Penalty Area	14yds x 36yds
	Penalty Kick/Spot		N/A	Penalty Kick/Spot	10yds	Penalty Kick/Spot	10yds
	Center Circle		N/A	Center Circle	8yds	Center Circle	8yds
	Distance on Restart		10 Feet	Distance on Restart	8yds	Distance on Restart	8yds

A) Game Ball

- a. The home team will provide the game ball according to the standards outlined in the Small Sided Games Chart

B) Player Equipment

- a. A player shall not wear anything which is dangerous to another player, e.g. orthopedic cast, necklaces, rings, watches, earrings, etc. Goalkeeper helmets are the exception.

C) Uniforms

- a. Teams must appear in orderly uniforms.
- b. Players on the same team must wear the same color jersey with the exception of the goalkeeper, who must wear a neutral color shirt or pinnie. Home teams wear white, while Away teams wear blue.
- c. In the event of severe weather conditions, players will be permitted to wear uniforms over sweat suits or coats only
- d. The goalkeeper will be allowed to wear a sweat suit under the uniform at any time.
- e. Players must wear athletic, all-purpose shoes and shin guards. This is a Club insurance requirement.

D) Coaching

- a. Coaching from the sidelines to one's own team is permitted on points of strategy.
- b. No coach, player or spectator may enter the field of play, regardless of circumstances, unless the referee has given permission. In U6, however, coaches are allowed on the field so long as they do not obstruct play.
- c. Coaching is allowed only from one side of the field, except for the U6 divisions where the coaches are allowed onto the field. In all divisions other than U6, the coaches and players will be on the same side of the field.
- d. No one is permitted behind or near the goal area.
- e. Parents and spectators are not permitted on the coaching side of the field. They should observe the match from the opposite side of the field.
- f. Disregard of the above statements by an individual may result in a disciplinary action by the Club.

E) Standings and Playoffs

- a. Standings / playoffs will be kept / held at the discretion of the Intramural Commissioner(s). No standings for U6-10.
- b. Standings will be determined by the following system.
WIN = 3 points, TIE = 1 point, LOSS = 0 points.
- c. The U6 division will not keep standings and, therefore, will not have a division champion. No scores will be reported.
- d. The Division Directors will submit Division formats to their Intramural Commissioner for their approval each season.

- e. Note 1.
 - If a preliminary play-off game ends in a tie, after a five (5) minute rest period, two (2) complete five (5) minute overtime periods (no sudden death) will be played.
 - A coin toss will determine ball possession and which team defends which goal.
 - If the game is still tied, the teams will switch field ends and another set of two (2) complete five (5) minute overtime periods will be played.
 - If a tie still exists, the outcome will be determined by a shoot-out, as defined in the "Laws of the Game" as published by F.I.F.A., latest edition, except that **any** player is eligible to participate in the shoot-out and the goalie may be substituted at any time.
- f. Note 2.
 - If a final play-off game ends in a tie, after a five (5) minute rest period, two (2) complete five (5) minute overtime periods (no sudden death) will be played.
 - If the games are still tied, both teams will be declared co-champions.

F) Awards

- a. The concept underlying the award must be acknowledged as the dedication, discipline, interest and effort necessary to achieve a level of excellence.
- b. An award will be presented to each player and coach of a team declared champion (or co-champion) or runner-up of a division.
- c. A participation award will be presented to all players and coaches in the U6-U10 divisions.
- d. **No** award will be given to players other than the awards presented by the Club.

IV. GAME REGULATIONS

A) Scheduling

- a. All games will be played as scheduled.
- b. No game will be canceled or postponed unless approved by the Division Director.
- c. In all divisions, except the U6-U7 Divisions, games stopped before the scheduled time will be reviewed by the Intramural Commissioner(s) to determine if the game will be replayed.
- d. Canceled or postponed games may be played during weekdays, if approved by the Division Director.
- e. The Division Director confirms rescheduled games, in writing, to the Intramurals Commissioner(s), Commissioner of Referees, and affected Coaches.

B) Fields

- a) Teams scheduled to play the first game of the day on the field must set up nets and corner flags.
- b) Teams scheduled to play the last game of the day on the field must take down the nets, remove the corner flags and store them in the pre-assigned storage location. They must also perform a general cleanup of the field after the last game. *
- c) Coaches are to make sure that the nets and corner flags are in place prior to the start of each game.
- d) All coaches, or designated representative, will participate in field preparation when it rains the day before the scheduled games.

C) Number of Players

- a) The maximum number of players on the field will be in accordance with the Small Sided Games Chart in Section 3 (Rules of Play) above.
- b) Minimum number of players on the field. A minimum of three (3) players for the U6-U8 Divisions, five (5) players for the U9-U10 Divisions, and six (6) players for the U11-U19 Divisions is required for a scheduled game.
- c) Should a team not have the minimum number of players within ten (10) minutes past the scheduled start time, it shall forfeit the game 1-0. See Paragraph 4.F.b.)

D) Substitutions

- a) A team is permitted an unlimited number of substitutions, regardless of possession of the ball during any stoppage of play, except free kicks, and with the referee's consent at all times.
- b) Any player may change places with the goalkeeper, provided that the referee is informed before the change is made and that the change is made as stated in Paragraph 4.D.a.
- c) Every player on a team, attending the game, must play at least ten (10) minutes each half of the game and 50% of the game overall, unless the player is injured, arrives late or is being disciplined according to Paragraph 4.D.d.
- d) If a player continuously misses practices scheduled by the coach (shows disregard for practices), the coach may use fair judgment to determine the amount of time the player should play.

E) Delaying the start of the game

- a) All games must start on time.
- b) No game should be delayed for more than ten (10) minutes.
- c) This condition is voided should the game be delayed by the preceding game.

NOTE: see Rule 1, D, i..

F) Game Forfeit

- a) A team may forfeit a game 1 - 0 if:
 - They fail to appear for the scheduled game.
 - They fail to field the minimum required number of players.
- b) The opposing team must line up on the field (with the minimum number of players) and, in the presence of the referee, execute a kick-off in accordance with F.I.F.A. Law # 8.
- c) Both teams may forfeit a game (both teams lose 1-0) if:
 - They both fail to appear for the scheduled game.
 - They both fail to field the minimum number of players.
- d) The referee must wait the required ten (10) minutes before a forfeit is declared for both teams.

G) Referee Fails to Appear

- a) If the Division Director is present, he/she must approve a person to substitute for the referee.
- b) If the Division Director is not present, both coaches must agree upon a person to substitute for the referee.
- c) If the Division Director is not present and both coaches cannot agree on a suitable substitute, then each coach must referee one half of the game, with the winner of a coin toss selecting which half he/she will officiate.

H) Yellow Card

- a) A yellow card displayed by the referee indicates that a player or coach is being cautioned for violation of F.I.F.A. Law # 12. A coach will be issued a yellow card in lieu of a spectator, as coaches are responsible for spectators and only players or coaches can be cautioned.
- b) Two (2) yellow cards issued to a player or coach during a game constitutes a major violation (red card - see Paragraph 4.I.a), which requires being sent off the field of play (ejection from the game).

I) Red Card

- a) A red card displayed by the referee indicates that a player or coach is sent off the field of play (ejected from the game) for violation of F.I.F.A. Law #12 and must leave the area surrounding the playing field. A coach will be issued a red card, in lieu of a spectator, as coaches are responsible for spectators and only players or coaches can be ejected. Anyone receiving a red card will serve a mandatory, minimum one game suspension.

J) Linesperson

- a) Each coach must assign a person to be a linesperson at each game.

K) Goal Kick

- a) The Club will comply with F.I.F.A. Law # 16 as stated, but with the following exception:
 - U6-U8 will take the goal kick in the general vicinity of the respective goal.

L) Corner Kick

- a) The Club will comply with F.I.F.A. Law # 17 as stated, but with the following exception:
 - U6-U8 will take the corner kick in the general vicinity of the respective corner.

M) Goalkeepers

- a) The Club will comply with F.I.F.A. Law # 12 as stated, but with the following exceptions:
 - No goalkeepers will be used in the U6-U8 Divisions.
 - No punting will be allowed in U9-U10 Divisions.
 - The "six (6) second rule" will not apply to the U9-U10 Divisions. The goalkeeper, and only the goalkeeper, after a save may throw the ball from within the penalty area.

N) Protest or Appeal

- a) No game may be protested or appealed. The result at the end of the game is final.

V. TOURNAMENTS

A) Club-sponsored tournaments

- a)** The following tournaments are the only club-sponsored tournaments:
 - i)** Memorial Day tournament
 - ii)** Father's Day tournament
 - iii)** Columbus Day tournament
- b)** Fees to be collected are \$20 per player. The balance of the cost of the tournament will be paid by the club. Other tournaments such as Labor Day, etc. are not club sponsored, and the entire cost is to be borne by those attending the tournament.

Intramural Draft / Team Assignment Policy

If a child is not paid, they will not be included in the draft.

Directors and coaches are not authorized to accept applications. The registrar must process ALL applications before a player can be drafted or assigned to a team.

If the Intramural Commissioner(s) elect to conduct a draft, the following will be followed:

Before the draft:

It is up to the Division Directors to notify all missing applications prior to the draft. The Division Directors are to write the registered players names on 3" x 5" index cards. They should also include their date of birth, phone #, whether or not the parent wants to be a Head Coach, Assistant Coach, or any other important information.

Only head coaches attend the draft. The draft is NOT public information. It should remain between the coaches!!!

There will be a 30-minute time limit on round adjustments prior to the draft (pre-draft). Each round will have X # of players in the round.

X = the number of teams in the division. **The rankings in the rounds should be specific.** The first name in round one is the number one player.

After the rounds have been set and agreed upon, the index cards should be placed in rows. Each row should have the players in order according to the number of teams and the rankings. **The rankings MUST be copied on the Draft Ranking sheet. After this sheet has been completed and Board Member is present to supervise, the draft may begin.**

A deck of card will be used to determine your draw in the round. The person who picks the highest card will get to pick first. It will be reversed in the next round (pick last). At the completion of two rounds, the cards will be shuffled and coaches will redraw. **Cards shall be assigned to any players whose parent coaches.** The director with the agreement of the coaches will do the assignment. For example, if a coach's child is #2 in the round, they pick second in that round and second to last in the next round.

Any coaching combination cannot have children in the same round.

At the completion of the draft before the coaches leave, a member of the Board will do verification. Prior to leaving the draft, each coach will create two copies of their roster indicating the coach, assistant coach, and players. BOTH copies will be given to the Division Director. The Director will coordinate the recording on the spreadsheet as well. **The folder with TWO copies of the rosters, the draft rounds sheet, and the completed spreadsheet MUST be returned.** Complete rosters will be included in the packet given out at the coaches meeting.

There will be no contact between the coaches and the players prior to the Coaches meeting. No teams are allowed to practice until after the coaches meeting. All rosters are final at the completion of the draft. No players will be allowed to be switched.