

WHIDBEY ISLAND SOCCER LEAGUE (WISL)

**Rules of Participation**

January 1, 2015 – July 31, 2015

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# Introduction

This document has been provided to set the regulations and expectations for all personnel participating in the Whidbey Island Soccer League (WISL). It is the responsibility of the Club Presidents to ensure compliance of each member (and parent) registered within their Club.

The WISL Rules of Play are based on the *FIFA Laws of the Game* and *WYS Rules of Competition*, modified to support the appropriate WISL age groups. These playing rules shall be amended in the same manner as the WIYSA By-Laws, according to the approved WIYSA By-Laws procedures. The only exception to a season’s rules is a two-thirds majority vote of the WISYA-quorum in favor of modifying WISL Rules of Play for that particular season.

The rules set forth in this document are for WISL play only. Inter-league play will default to WA State Youth Soccer recommendations or the host-team’s league rules (whichever is considered the “safe” method of play) or agreed upon by team coaches and the Referee assigned to the game.

Club-level, recreational soccer (WISL’s focus) is intended to develop an enjoyable appreciation of the game of soccer. Any action detrimental to this focus shall be addressed by the Club Presidents, the WISL Disciplinary Committee, WIYSA, and WYS as appropriate. Please ensure your actions are in the best interest of youth sports competition

The **Spring**-**2015 WISL** soccer season will adhere to the schedule and information listed in Section-H on page-14.

# WISL Disciplinary Committee

The WISL Disciplinary Committee (WISL-DC) will meet as needed to address any concern brought forward during the season of play. The WISL-DC will operate according to the WISL Disciplinary Committed Operating Procedures Addendum for the soccer season designated above.

# Coach's Concussion Resources (Zackery Lystedt Law)

Effective July 26, 2009, the Lystedt Law directly affects youth sports and head injury policies, and how coaches must respond to player injuries. The new law requires that:

* An informed consent be signed by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
* A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”
* A youth athlete who has been removed from play must receive written clearance from a licensed health care provider prior to returning to play.

As a coach, and the responsible party for the safety of your players, you shall become familiar with WYS’ recommendations for concussion awareness and first-responder training. Please visit the WYS website to understand your compliance with this State Law.

<http://www.washingtonyouthsoccer.org/resources/concussion_and_head_injury/zackery_lystedt_law_compliance/>

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**From the Washington State Legislature, RCW 28A.600.190D, Youth sports — Concussion and head injury guidelines — Injured athlete restrictions:**

(1)(a) Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The centers for disease control and prevention estimates that as many as three million nine hundred thousand sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed.

(b) Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.

(c) Continuing to play with a concussion or symptoms of head injury leaves the young athlete especially vulnerable to greater injury and even death. The legislature recognizes that, despite having generally recognized return to play standards for concussion and head injury, some affected youth athletes are prematurely returned to play resulting in actual or potential physical injury or death to youth athletes in the state of Washington.

(2) Each school district's board of directors shall work in concert with the Washington interscholastic activities association to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

(3) A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

(4) A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

(5) This section may be known and cited as the Zackery Lystedt law.

The following is a link to the Centers for Disease Control (CDC) website for information regarding concussions. All Member Clubs are responsible for distributing proper information regarding concussions and WA State Law to their coaches.

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

# WISL Code of Ethics

As of the date of this manual, neither US Youth Soccer nor Washington Youth Soccer has a usable avenue to learn, teach, and promote good sportsmanship. As such, WISL has adopted the Washington Interscholastic Athletics Association’s “Just Play Fair!” set of resources for promoting youth-sportsmanship through the game of soccer.

As a member of WISL, *all* participants are required to familiarize themselves with the WIAA Just Play Fair! resources. This code has been implemented to clarify and distinguish approved professional, ethical, and moral behavior from that which is detrimental to the development of youth soccer within the WISL.

Please visit the WIAA website below to understand your role and compliance with the WYS and WISL’s focus on proper behavior and leadership pertaining to the Island’s youth.

<http://www.wiaa.com/subcontent.aspx?SecID=348>

# WYS Player Insurance

A player’s insurance coverage is considered in effect once the registration process is completed and covers the player from the time they leave the house for a game or practice to the time they return home. Insurance coverage is according to WYS regulations for all WYS sanctioned events. In the event a player is injured while participating in a sanctioned event, and it is necessary to file a claim against the insurance, please visit the WYS website www.wsysa.com for the appropriate forms and procedures.

# WISL Governing Rules

Every member of WISL or participant in a WISL-sponsored event must, at all times, encourage good sportsmanship and ensure your actions are exemplary of leadership and development in accordance with WA Youth Soccer and US Soccer expectations. This league is created for enjoyment of the game by our island youth, and safety of all players will be the number one priority by all parties.

1. Abusive and/or berating language or actions toward referees, coaches, players or other spectators will not be tolerated, and will result in banishment from future games.
2. Misconduct by coaches and players will be controlled by the game official with issuing of warnings, yellow, and red cards. Egregious misconduct, as determined by the Referee of the game, will result in being removed from the immediate area and possibly being barred from future games.
3. Alcoholic beverages are prohibited at WISL sponsored events
4. Tobacco products are prohibited at WISL sponsored events

WISL is designed to promote youth participation as Referees, just as much as players. As such, our league has many junior and inexperienced Referees and Assistant Referees. It is incumbent on all players, coaches, parents, and other participants to ensure they are treated with respect at all times. Any coach can request immediate consultation with the Referee during a match, so long as both coaches and a WISL, WIYSA, or Club-level board member are present.

# Responsibilities

The following information is provided to delineate specific responsibilities to each arm of WISL.

## League Responsibilities

1. WISL shall provide a seasonal schedule to each Club President at least two weeks prior to the first WISL game.
2. WISL will provide Leagues defined by gender so long as there are at least two teams within a gender and division (i.e. there must be at least two teams for Boys U12 to schedule play for that division)
3. WISL Divisions shall be defined by gender and age-group so as best to fit the roster sizes of the member clubs
   1. Sample Boys League divisions
      1. U10: players must be 10 or younger on July 31, 2014
      2. U12: players must be 12 or younger on July 31, 2014
      3. U13: players must be 13 or younger on July 31, 2014
   2. Sample Girls League divisions
      1. U10: players must be 10 or younger on July 31, 2014
      2. U12: players must be 12 or younger on July 31, 2014
      3. U13: players must be 13 or younger on July 31, 2014

NOTE: All Under-8 (U8) divisions shall be defined per each Club’s organizational needs, and scheduled as such.

NOTE: due to participation numbers, the U12 and U14 divisions may combine as either a U13 or U14 division so long as all Club Presidents have agreed to the change.

1. Each team within WISL shall have an equal number of games throughout the season.
   1. If there are an odd-number of teams within a division then the scheduler shall endeavor to distribute “double-header” games equitably across the participant clubs
   2. Additional games not depicted on the WISL Schedule are authorized so long as the participating teams abide by these rules, inform their club presidents and the WISL Administrator, and coordinate all activities themselves.
2. Game scores and results will *not* be maintained by WISL. Further, team standings for league-play will *not* be supported by WISL
3. Any member of WISL can file a Complaint regarding infractions of WISL Rules of Play, WYS Rules of Play, or other actions deemed dangerous, abusive, or contradictory to the goals of the WISL.
   1. Reports will be made to the WISL Disciplinary Committee Chairman via written notice per the WISL DC Addendum.
   2. Club Presidents are obligated to adhere to the WISL-DC decisions
   3. Email notification is acceptable with confirmation from both the WIYSA President and Vice President. It is incumbent upon the complainant to ensure confirmation of the communication.
4. Disciplinary action and resolution against reported infractions will be determined by the WISL Disciplinary Committee in accordance with the WISL-DC Addendum

## Club Responsibilities

1. Each Club is responsible for providing at least one field for each division they supply a team. Maintenance and operations of the field (markings, equipment, safety, etc.) shall be the responsibility of the Club
   1. The home-team Club (according to the WISL schedule) shall be responsible for the preparation and safety of the field of play.
   2. The field shall be ready for play 30-minutes prior to the scheduled game time.
   3. The field shall have goal nets and corner markings for all matches.
   4. The field shall have dimensions and marks according to FIFA regulations as modified in the Appendix of this document
2. Each Club shall make a good-faith effort to ensure equally talented teams within their club by distributing their most talented players amongst **all** teams.
3. Selection of players (or “Tryouts”) intended to stack particular teams for competition is prohibited for WISL participation
4. Only WYS-registered players shall take the field in league play

Regardless of the registration-interface used by member clubs, all players must be registered with WYS through your club’s processes.

* 1. Teams may have eligible “guest players” or loaned players that are registered within that Club for that age group. These players shall be written on the roster for each specific game
  2. No player may play on more than one team in the region they are registered within without express and written consent from the WISL Administrator.
  3. Playing improperly- or un-registered players will result in forfeiture of that specific game and disciplinary action against the coach and Club President
  4. Players must be registered and participate in the appropriate age group
     1. Players are allowed to play up in age group if it is the best interest of the player.
     2. Players may **not** play down in age groups unless there is an extreme circumstance (e.g. disability, safety, no reasonable alternatives, etc.), and only with express written consent of the WISL Administrator and each Club President
     3. Each case that deviates from these rules must be reviewed and approved by the WISL Administrator. If permitted, official notification must be submitted to WIYSA and each Club President by the WISL Administrator and notation must be made on that team’s roster by the Club President for each game played.

1. Teams registered within WISL may compete with non-affiliated teams (inter-league play) on a not-to-interfere basis with WISL requirements.
   1. Please contact your Club President, the WIYSA President, or the WISL Administrator for discussing your team’s intent for inter-league play.
2. All personnel involved in WISL team activities shall have a cleared Risk Management Approval (RMA) per Washington Youth Soccer’s requirements. Contact your Club’s registrar for information on how to satisfy the RMA requirement.
3. The Club is responsible for the instruction, management, and maintenance of its referees.
4. The Club is responsible for the instruction, management, and maintenance of its coaches.
5. The club for the scheduled ‘home team’ shall supply the Referee-squad for that game. The squad is defined in Section-H.

## Team Responsibilities

1. The home team shall supply the game-ball according to WISL Rules of Play (see Section-H)
2. The home team and its respective parents and spectators shall occupy the side of the field selected by the home team coach. The visiting team and its respective parents and spectators shall occupy the other side of the field unless the circumstances dictate otherwise.
3. In the event of a color conflict with the team jerseys for a game, it is the responsibility of the home team to wear alternate jerseys.
   1. The alternate jersey does not require a number
   2. Pinnies are an acceptable alternative jersey, so long as they are all of the same color and style, or are easily distinguishable by the Referee
4. Sideline participation
   1. All participants and spectators are required to remain at least two (2) yards off the field of play, and no closer to the goal line than the top of the penalty area.
   2. Clubs are **required** to mark crowd control lines on all playing fields.
5. Each team involved in a game shall be responsible for cleaning debris from the field and sidelines after their game has concluded
6. Matches that are canceled due to unplayable field conditions may be rescheduled at the discretion of the WISL Scheduler.
7. Fielding Teams
   1. All teams shall endeavor to provide the number of players for each game according to the chart listed in Section-H at the end of this document
      1. For all age levels, teams may **not** use non-rostered players to make up a minimum team.
      2. Teams may use eligible loaned players of the appropriate age who are rostered on another team within the Club so long as it is not for the purpose of creating an unfair advantage (e.g. stacking a team).
8. Coaches are allowed to mutually agree to substitute Referee and Assistant Referees due to the designated Referee’s failure to appear within fifteen (15) minutes of the scheduled match time
   1. Once the match has commenced under the supervision of a selected alternate Referee(s), the match shall continue to its duration.
   2. The Alternate Referees may only be replaced by a late arriving scheduled Referee and only upon consent of the coaches.
9. The home-team coach shall report a referee no-show to the Club’s Referee Coordinator and the WISL Disciplinary Committee Chairman
10. WYS insurance does *not* provide coverage for non-sanctioned events. WISL-sanctioned events include:
    1. All games listed on the WISL Schedule
    2. WISL Inner-club games not previously scheduled
    3. WISL Inter-club games not previously scheduled which have been approved by the WISL Administrator, Scheduler, or WIYSA President

## Coach Responsibilities

1. **Team Coaches shall submit a roster to the WISL Administrator prior to the first game of the season**
2. Coaches shall supply a team roster to the opposing coach and Referee at all games.
   1. Roster shall include player’s full name, jersey number, and date of birth. Should a player change jersey number during season, both the old and the new number should appear on the roster.
   2. Any jersey change during the game requires notification to opposing coach and the referee.
3. Each coach shall be responsible for ensuring the information on their roster is true and correct.
4. Any coach or official found guilty by the WYS Ethics Committee of knowingly fielding an over-age player, improperly registered player, or player under disciplinary suspension will be suspended from participation in all WISL activities for the remainder of the current season and the full subsequent season.
5. Coaches shall become familiar with the *FIFA Laws of the Game*. The ultimate interpretation of the Laws applied to each game lies with the Referee in charge of your game.
6. Any additions or transfers to a team mid-season must be reported by the coach to the Club Registrar and the WISL Administrator prior to the player being eligible for any games.
   1. An updated Team Roster shall be supplied to: Club Presidents, WISL Administrator, opposing coach prior to a match
7. All players who regularly attend and fulfill the club-requirement for practices shall be given a chance to play a minimum of fifty percent (50%) of the match unless there are discipline problems.
8. Refusal to take the field when directed to by the Referee will result in an abandoned game.

## Referee (Game Official) Responsibilities

1. **The Referee’s judgment and discretionary rulings on the field of play in all cases will be final.**
2. The suitability of the field (i.e. marking, surface condition, weather, etc.) shall be at the discretion of the Referee.
3. The Referee shall send to the touchline any injured player so they may receive first aid.
   1. Substitutions may be made at time of injury with Referee permission. The injured player may re-enter the game after bleeding has ceased and after bloodstained clothing has been removed.
4. If neutral assistant referees have not been assigned to the game, the Referee may request each coach provide a person familiar with the Laws of the Game to act as an *assistant referee*. Referee-appointed assistants shall be deemed “Club Assistant Referees” and shall be authorized to call those rules deemed necessary by the Referee.
5. The Referee shall ask coaches and bystanders for compliance with all WYS and WIAA conduct rules and may file an incident report to the WYS and WISL Disciplinary Committees.
   1. In the event that compliance is not received from the offending party, the Referee has the authority to ask the responsible coach to remove the offending party from the playing area. If this request is made, the Referee must file an incident report to the WISL and WYS Disciplinary Committees.
   2. If the offending party refuses to leave the playing area, or returns after leaving, the Referee shall abandon the match and file a written report of abandoning the game with the WISL and WYS Disciplinary Committees.
6. Any participant who physically strikes or attempts to strike a referee shall be barred from all WISL activities until WYS makes a decision regarding this case.
   1. All assaults are forwarded to WYS for adjudication.
   2. Assault is a criminal offense and will be reported to the proper law enforcement officials.
7. The Referee shall complete a misconduct report for each issuance of yellow (caution) or red cards (ejection) in an association game. Misconduct reports must be submitted within 72 hours of the game to the home-team’s Club President and WISL Disciplinary Committee
8. The Referee shall possess a copy of the WISL Rules of Participation throughout each match

## Player Responsibilities

1. Equipment and Uniform
   1. All players must wear shin-guards.
   2. Uniforms shall bear numbers, and all players on the same team shall each have a different number.
   3. Goalkeeper jerseys do not require a number, but must be of a color to distinguish them from other players on the field.
   4. Players in pinnies will be identified by the referee before the game and assigned a number as needed.
   5. Socks must be worn up and over the shin-guards.
   6. For protection, players may wear knee pads or elbow pads, provided they are not being used for unfair advantage, and do not contain any material dangerous to another player
2. Any member(s) of a team may wear extra protective clothing against the elements, so long as it does not contain objects or material that presents a safety hazard, providing that:
   1. The proper team Jersey is worn outermost; and
   2. Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat
3. A player shall not wear any item for personal adornment, or that may be dangerous to other players or to themselves (i.e., jewelry, watches, earrings and all body piercing, barrettes, buckles, pins, medals, etc.).
   1. Medical ID bracelets are allowed, but they must be covered with tape so as to protect other players
4. No player shall be allowed to play in a regularly scheduled game with an injury or a known medical condition that can be aggravated by playing.
   1. Players may wear prescription glasses, provided they have no sharp edges or points, and the Referee has allowed it
   2. Players wearing a cast or splint that is properly padded may be permitted to play in any regularly scheduled games at the discretion of the referee per WYS.
   3. Protective orthopedic devices, prosthetic devices, and any equipment, gear, appliance, or apparatus that is protective for a known permanent medical condition may be worn during a regularly scheduled game provided that:
      1. The equipment has been approved by a licensed physician, therapist, or other practitioner trained or licensed to prescribe, design, select, and/or fit such devices;
      2. The player, coach, or team manager who is present, has with him or her  written confirmation from the WYS that the required letter has been received; and
      3. The Referee determines the device conforms to Law 4 of the Laws of the Game.

## Touchline/Bystander Responsibilities

Coaching from the sidelines – giving direction to one’s own team on points of strategy and position – is permitted, provided that…

1. All comments follow WYS Code of Ethics guidelines
   1. Neither mechanical or electronic devices are used;
   2. The tone of voice is informative and not abusive.
   3. No player, coach, substitute player or other bench person is to incite, in any manner, or engage in any kind of disruptive behavior.
   4. No player, coach, substitute player or other bench personnel or spectators are to make derogatory remarks or gestures to the referees, coaches, other players, substitutes, or spectators
   5. At no time shall foul or abusive language be permitted at any field by coach, player, substitute player or spectator.
2. All coaches, substitute players and other bench personnel or spectators are to remain within the “coaching area” (two yards behind the touchline, and not closer to the goal line than the top of the penalty area).
3. Referee harassment or assault results in an automatic suspension from participation in WYS sanctioned activities, and if upheld, can result in suspension for 1 year or more.
   1. Assault is a criminal offense and will be reported to the proper law enforcement officials

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# WISL Rules of Competition

WISL Rules of Competition are based on the *FIFA Laws of the Game*, adjusted to meet the needs of Whidbey Island Youth Soccer. Each participant in WISL (player, coach, administrator, or spectator) should familiarize themselves with these rules to better support player development and League play. The following table is provided as a quick-reference guide to FIFA Laws as they apply toward WISL competition. Contact your Club President for advice regarding this information.

|  |  |
| --- | --- |
| FIFA Rules | <http://www.fifa.com/aboutfifa/footballdevelopment/technicalsupport/refereeing/laws-of-the-game/> |
| Washington Youth Soccer | <http://www.washingtonyouthsoccer.org/> |
| Oregon Youth Soccer | <http://www.oregonyouthsoccer.org/> |

* Spring 2015 season: January 1, 2015 through July 31, 2015
* Scheduler: NWSC, Mr. Troy Cowan, NWSC
* First Game: April 18, 2015
* Number of games: 7, played on Saturdays
* Divisions: Girls & Boys, U10 and U13
* Special Notes:
  + No WISL games on Memorial Day weekend
  + NWSC will not play on Holland Happening weekend
  + U13 divisions may adjust field dimensions and number of players to best fit the number of players for each club

Table 1: WISL Rules of Competition (Spring 2015)

| **FIFA Laws of the Game** | | **Club U-10 (Boys & Girls)** | **Club U-13 (Boys & Girls)** | **Club U14 (Boys & Girls)** | **Academy** |
| --- | --- | --- | --- | --- | --- |
| **Law-I: Field of Play**  NOTE: the size of the field can be adjusted to meet the needs of the club | **Surface:** | Natural or artificial | | | Per US Soccer guidelines |
| **Dimensions:** | 55 x 40 yds | 80 x 50 yds | Per US Soccer guidelines |
| **Goal:** | 6 ft. high x 12 ft. 6-18 ft. long | 8’x24’ |
| **Goal Box:** | 6 yd. |  |
| **Penalty Area:** | 10 yd | 18 yd |
| **Penalty Mark:** | None | 12 yd. |
| **Center Circle:** | 8 yd. diameter | 10 yd diameter |
| **Corner Arc:** | 1 yd | 1 yd. |
| **Law-II: The Ball** | | Size: 4 | Size: 5 | Size: 5 |
| **Law-III: The Number of Players**  NOTE: the number of fielded players can be adjusted to facilitate a smaller roster size | | Roster: 10  Fielded: 6  Substitutions may be made, with the consent of the referee, at any stoppage of play. | Roster: 14  Fielded: 9  Substitutions may be made, with the consent of the referee, at any stoppage of play. | Roster: 16  Fielded: 11 |
| **Law-IV: The Player’s Equipment** | | Metal-spiked shoes are not allowed | | |
| **Law-V: The Referee** | | Provided by the home-team | | |
| **Law-VI: The Assistant Referee** | | Not required | Club-designated AR is allowed | |
| **Law-VII: Duration of the Match** | | 2x 25min halves  10-min halftime | 2x 30min halves  10-min halftime | 2x 45min halves  10-min halftime |
| **Law-VIII: Start and Re-Start of Play** | | * + - In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended.     - Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed “in play” when the ball has touched the ground. | | |
| **Law-IX: The Ball In and Out of Play** | |  |  |  | Per US Soccer Guidelines |
| **Law-X: Method of Scoring** | |  |  |  |
| **Law-XI: Offside** | |  |  |  |
| **Law-XII: Fouls and Misconduct** | | Slide tackles are not allowed | Slide tackles are not allowed |  |
| **Law-XIII: Free Kicks** | | * + - Opponents must be eight (8) yards away before kick is allowed. |  |  |
| **Law-XIV: The Penalty Kick** | | No Penalty Kicks |  |  |
| **Law-XV: The Throw In** | | Unlimited attempts to facilitate learning |  |  |
| **Law-XVI: The Goal Kick** | |  |  |  |
| **Law-XVII: The Corner Kick** | |  |  |  |

# Concussion Resource Material

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.washingtonyouthsoccer.org/resources/concussion_and_head_injury/zackery_lystedt_law_compliance/>