

**CENTRAL MARYLAND SOCCER ASSOCIATION – Standard Game Rules
(Updated as of 06/01/2017)**

All games are played under FIFA rules with the following CMSA league modifications:

Substitutions

All substitutions must take place at the mid-field area

All players being substituted in must be in that area prior to stoppage of play to be allowed by the referee to enter the game

Substitutions can be done by either team:

1. After a goal has been scored or at half time
2. Any time either team has a goal kick
3. Due to an injury stoppage (on a one for one basis)
4. A team may substitute on their own throw in; the opposing team can only do so if the team in possession substitutes at that time.
5. A team must substitute on a Yellow Card (cautioned play) for its own player; the opposing team may also substitute on a one for one basis.
6. On a double yellow/red card, a team does play short and cannot substitute for their ejected player; there are no substitutions for any red card offense
8. Players cannot participate unless they are listed on the team's current stamped CMSA League roster and have a laminated ID card at the field. If either the roster or any player's ID card is not available at check-in, then the game will become a league sanctioned scrimmage. Please review the policy regarding league sanctioned scrimmage games.

Game Lengths:

U08 thru 10 (07v07) = Two 25 minute halves;

U11 thru 12 (09v09) = Two 25 minute halves;

U13 thru 14 (11v11) = Two 30 minute halves;

U15 thru 18 (11v11) = Two 35 minute halves.

Ball Size

Teams playing 7v7 and 9V9 use a size #4 ball;

Teams playing 11v11 use a size #5 ball;

Minimum Players

Teams' competition 7V7 must have a minimum of 5 players in order to start the games with a minimum of 4 players to finish.

Teams' competing 9V9 must have a minimum of 7 players in order to start the games with a minimum of 6 players to finish.

Teams competing 11v11 must have a minimum of 9 players in order to start the game with a minimum of 7 players to finish.

Games are to start as soon as each team has the minimum amount of players.

Check-In Time Requirements for Team Rosters & Player ID Cards:

- Each Player must have a current valid laminated ID card of the same affiliation which matches the team roster (SAY roster = SAY card; US Club roster = US Club card).
- Teams cannot warm up on the playing field; only on the sideline prior to their game.
- When the referee(s) signals the teams for the check in, players must report to the center of the playing field with their ID cards in their hands.
- The coach and/or manager of each team must present their team's Official CMSA registrar stamped League Roster to the referee(s) for review. A valid CMSA League roster will have a SILVER CMSA STICKER on the upper right hand corner of the roster with the CMSA's registrar's stamp on it (NO COPIES ALLOWED; IT NEEDS TO BE THE ORIGINAL ROSTER) – if there is no SILVER CMSA STICKER then the game will be played as a CMSA League scrimmage game. The team without the valid roster will be assessed with a 3 to 0 loss. If both teams do not have a valid CMSA League roster – the game will be played as a CMSA League scrimmage game.
- After the referee(s) review the roster and confirm the status of the game - a valid CMSA League game versus a CMSA League scrimmage game; if a CMSA League scrimmage game the referee(s) will still officiate the game and it must be reported to your League Commissioner on that same day. After the roster check the team's coach and/or manager will need to check their opponent's player's ID card against the official roster with the referee(s) present to oversee the inspection in regards to any protest. If the ID Cards are not checked by the both coaches and/or both managers then the game will be played as a scrimmage game. If a player is not listed on the roster but has a player ID card – the player cannot play. If a player is listed on the roster but does not have a player ID card – the player cannot play.
- After check-in is completed, the referee(s) will send the teams back to the sideline, while keeping the captains in the middle of the field for the coin toss. At the conclusion of the coin toss the captains will report to the sidelines. The officials will blow the whistle to start the game.

PLEASE MAKE SURE TO HAVE YOUR PLAYER ID CARDS AND YOUR CMSA LEAGUE ROSTER ARE AVAILABLE PRIOR THE START OF THE GAME

The check-in process will only be completed at the beginning of the game. Latecomers must present their ID cards to the referee(s) before they can enter the game. The managers must check the "late" player's ID against the team's roster.

Teams should be ready to play at the posted game time. Teams have a 15 minute grace period in which to reach the required number of players needed to participate (see minimum above). Teams without the required number of players after the 15 minute grace period will be assessed a forfeit loss.

If the officials do not follow the standard ID check to be performed, it is the responsibility of both coaches to report this oversight to their league commissioners.

Ejections:

A player or coach who is ejected will receive a minimum one-game suspension to be served the next played league game. Additional penalties may be levied. No appeal may be made from the one-game suspension.

Fields

Programs/Clubs that supply fields must provide those fields complete with goal nets, flags and visible lines. All goals should be properly anchored to the ground.

U8/U9/U10 7v7 Fields should be 35 - 45 yards wide to 55 to 65 yards in length; Goal sizes: 6 ½ by 18 ½.

U11/U12 9v9 Fields should be 45-55 yards wide to 70 to 80 yards in length; Goal sizes: 7 By 21 (recommended, but not mandatory) or 6½ by 18 ½.

U13/U14/U15/U16/U17/U18 11v11 Fields should be 50 to 70 yards wide to 100 to 120 yards in length; Goal sizes: 8 by 24.

Once a game has begun, the referee shall be the sole judge as to whether the field is playable. It is the responsibility of the home field coordinator to provide the field equipment as mentioned above.

Teams & Spectators

The coach, staff and players of both teams are mandated to set up on the same side of the field. The parents, fans and all spectators must be on the opposite side of the field. There is no coaching allowed behind the end line.

All teams are responsible to clean up their side after the game. Coaches, please inspect the area before leaving. Have your players and spectators take home what they have brought to the field if no trash cans are available.

Protests

Any team protesting their games must email their league commissioner within 24 hours of the conclusion of the game. Refer to the policies section for additional information.

Dress Code

- All players must be in matching uniforms (jersey, shorts, compression pants & matching socks)
- All Jerseys must be numbered differently, no duplicates
- All male players are recommended to wear protective cups
- All players must wear correctly sized shin guards covered by their socks
- No jewelry
- No hard casts; Hard plaster casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard plaster cast does not reduce the element of danger.
Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.

The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.

- No hard hair clips, beads or combs
- No metal cleats
- The goalie is allowed to wear a soft brim hat only

Home Team

- If the game is scheduled at your opponents' home field, they are the home team;
- If you are playing another team from within your organization at your home field, you flip a coin;
- If you and your opponent are playing each other at a neutral site, you flip a coin.
- If there is any color conflict; the home team is responsible for changing. If alternate colors are not available, then the visiting team should make the adjustment where possible.

Heading Policy

For Ages 11 and Under: NO HEADING ALLOWED in games or in practices.

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the infringement. If the header occurs within the goal area, the indirect free kick should be taken on the goal line parallel to the goal line at the point nearest to where the infringement occurred. If a player is hit by the ball in the head unintentionally, play will stop, and a drop ball will take place at the occurrence.

For Ages 12 and 13: Heading is allowed in games and on a limited basis in practice.

Please note that the enforcement of limiting heading during practices is the responsibility of each affiliated club and/or recreation program; and is not the responsibility or liability of Central Maryland Soccer Association.

For Ages 14 and Above: There is no restriction on heading in games and/or in practices.

Clubs should be aware of circumstances in which individual consideration is needed.

For example: A 10 year old playing at U12 or older should not head the ball at all; and an 11 or 12 year old playing at U14 or older should abide by the heading restrictions in practice.

Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.

7 v 7 Play - Build Out Line

The US Soccer policy for the use of BUILD OUT LINES for U8/U9/U10 in 7 v7 play is used to promote playing the ball out of the back, in an unpressured setting.

PUNTING the ball is not allowed in these age groups in 7 v 7 play, as this would defeat the purpose of the build out line and reduces the opportunity to play the ball out of the back in an unpressured setting. Go to the "FORMS" tab; item #21 for more details.

The Build Out line is 14 yards from the end line; straight across from sideline to sideline. Go to the "FORMS" tab; item #22 for a diagram of a field with the Built Out line.