

Nor Cal Premier

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, field size, ball size

Please note - These are Spring 2010 Age Groups

U10 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 - two referee's

U11 play - 2x30 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

U12 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

U13 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

U14-U15-U16 play 2x40 minutes | 10-min. halftime | size 5 ball | Number of 10

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

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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. No guest players allowed.

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 on that club's US Club Roster (or NorCal new Demosphere Club Player Pool).** For Norcal State Cup, rosters are frozen at certain dates and players may only be used from the 26 player roster submitted to Norcal.