



NORCAL REGIONAL ACADEMY LEAGUE
PROCEDURES, RULES, AND REGULATIONS



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NORCAL REGIONAL ACADEMY LEAGUE

Procedures, Rules, and Regulations

The Regional Academy League (RAL) is a Northern California based, multiple flight, league competition for selected soccer club's U14-19 Boys and Girls Teams utilizing Showcase Weekends throughout the year for National Team, Professional and Collegiate Showcasing Opportunities.

The RAL aim is to assist selected clubs by:

- (i) Providing a competition for well structured clubs*
- (ii) Providing a schedule which allows a consistent high level training environment*
- (iii) Providing a top level Northern California based league competition necessary for high level player development*
- (iv) Providing cooperative showcasing opportunities allowing clubs to better utilize their resources and focus on developing their motivated players*

1. Club Criteria

1.1 Selection of Clubs

Selection of Soccer Clubs based on:

- i. Vision: Clubs who have committed their club to developing motivated soccer players to their full potential – for professional, collegiate or top level amateur soccer.
- ii. History: Clubs who have committed time, energy and resources towards a coaching staff and technical program necessary for developing their motivated soccer players.
- iii. Infrastructure: Clubs who have developed the administrative infrastructure to properly support their commitment.

Clubs are selected based on ability to meet:

- i. Technical Standards, Guidelines and Recommendations
- ii. Participation and Communication Standards
- iii. Administrative Standards
- iv. Field and referee standards
- v. Player Development History

2. Game Procedures

2.1 Pre-Game Procedures

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.

Home Team:

- i. Contact away team to insure proposed game time works for both teams
- ii. Scheduling and posting agreed game time on website
- iii. Providing properly lined field
- iv. Provide NorCal Game Card to center referee
 - a. To print Game Card in GotSoccer Log In to your team account then:
 - i. Click on Fall Season
 - ii. Click on Schedule Tab
 - iii. Click on the game number to download a printable game card
- v. Provide referee US CLUB SOCCER player passes for each player

Visiting Team:

- i. Respond to any communication requests from the home team in regards to match. Away teams have 48 hours to respond to Home team if the date and time would not work.
- ii. Bring copy of NorCal Game Card
- iii. Provide referee US CLUB SOCCER player passes for each player

2.2 Game Day Procedures

At each NorCal State Cup match it is the responsibility of both teams to have possession of:

- i. NorCal Game Card
 - a. On the Game Card both team rosters must be printed on the Card to be a valid game. Please view Rosters for more information
- ii. US Club Soccer Passes for its players

2.3 Post-Game Procedures

Home Team:

- i. Coach or Managers signs the NorCal Game Card following the game
- ii. Home team posts score within 24 hours
 - a. Please report scores online through the following procedure:
 - i. Go to <http://home.gotsoccer.com/?p=login>
 - ii. Click on Scoring Input
[https://www.gotsport.com/\(S\(vma34wvphxukdmvns3wef345\)\)/events/scoring/Default.aspx](https://www.gotsport.com/(S(vma34wvphxukdmvns3wef345))/events/scoring/Default.aspx)
 - iii. Enter Event ID: 17662 and PIN: 1225
 - iv. Enter Game number and update score – Click on Save

Visiting Team:

- i. Coach or Managers signs the NorCal Game Card following the game

3. Management

3.1 Team Management Requirements

All teams must have a manager or coach that has daily access to email, and a telephone number connected to a 24 hour answering system during the RAL. Email will be the primary form of contact and it is expected that the team manager is checking email on a daily basis.

3.2 Personnel on the Bench

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

4. Scheduling and Communication

4.1 Communication Policy

Communication between teams is vitally important for all RAL related 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. It is very important that teams abide by the 48-hour rule in returning posted communication messages.

4.2 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 RAL, game dates will be provided by NorCal and Home Teams will be responsible for scheduling a time and location. **All games, including reschedules, must be confirmed and on the schedule by the NorCal scheduling deadlines for each RAL deadline. At that point schedules will be locked and can only be rescheduled with agreement from both teams, the RAL Coordinator, and RAL referee assignor.**

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

- i. First Warning – 20\$ fine
- ii. Second Warning Lose home field advantage and still pay for refs and field costs.
- iii. Third Warning - Forfeit Match
- iv. Fourth 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.

4.3 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:

- i. Too many players missing
 - a. 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.
- ii. Missing Coach
 - a. 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.
- iii. No Fields Available
 - a. Solution - It is expected that if your team is playing in RAL 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.
- iv. Tournaments/Other Games
 - a. 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.

5. Competition Rules

5.1 Playing Rules

All games under league jurisdiction shall be played according to the rules and regulations recognized by NorCal Premier League which shall be the same rules set by FIFA/USSF except for those exceptions authorized by FIFA or USSF.

5.2 Point System

The RAL 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 league the following will be used as tie-breakers:

1. "Head to Head" points between teams
2. "Head to Head" Goal Differential (up to 4) between teams
3. Overall Goal Differential (up to 4)
4. Goals for (up to 4)
5. Goals against (up to 4)
6. Most points against highest non-tied team in group (i.e if the 2nd place and 3rd place team are tied best record vs 1st place team would win tiebreaker)
7. Best Goal Differential against highest non-tied team in group
8. Most Shutouts
9. Least Red Cards
10. 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.

5.3 Game Lengths

All RAL matches will be played in full. All games will be played 11v11 with a size 5 ball. The following is the list of game lengths for each age group:

- U14 – play 2x35 minutes; 10 minute half time
- U15 – play 2x40 minutes; 10 minute half time
- U16 – play 2x40 minutes; 10 minute half time
- U17 – play 2x45 minutes; 10 minute half time
- U18 – play 2x45 minutes; 10 minute half time

5.4 Fields

It is expected that all Club Fields are of the highest quality for RAL competition. It is expected that fields are properly lined, mowed, and have nets and corner flags. If you feel a field is not of proper quality please play the match under protest (view section on protests). If NorCal finds that a field is not to the standards of the NorCal RAL, clubs may be asked to move their matches to another field. The RAL Committee must approve all league fields.

Please view the expected field dimensions for NorCal State Cup Club Hosted matches:

- U14 – Maximum 120 yards x 90 yards; Minimum 100 yards x 55 yards
- U15 – Maximum 130 yards x 100 yards; Minimum 105 yards x 60 yards

U16 – Maximum 130 yards x 100 yards; Minimum 105 yards x 60 yards
U17 – Maximum 130 yards x 100 yards; Minimum 105 yards x 60 yards
U18 – Maximum 130 yards x 100 yards; Minimum 105 yards x 60 yards

All goals are expected to be regulation size 8' height x 24' width.

5.5 Substitutions

A team may have no more than 18 players dressed for each game. Substitutions are allowed at the referee's discretion. A substitution can take place for either team at the following times:

- i. prior to a kick-off
- ii. a goal kick
- iii. a throw-in
- iv. after the referee stops play for an injury or yellow card

In the U14 and U15 age groups 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.

In the U16, U17, U18/19 for Field Players, substitutions are permitted as follows:

- i. First Half No Re-Entry
- ii. Second Half one Re-Entry

There will be 1 re-entry per half for an injured GK (no field player re-entry).

5.6 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 RAL Committee.

Any team directly responsible for the termination of the game due to poor sportsmanship towards referee, opposing fans, or opposing players will result in that team forfeiting the match. This could also lead to other possible penalties set by the NorCal PAD committee.

5.7 No-Shows/Forfeits

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

- i. A forfeit to the opposing team
- ii. The accumulation of two no-shows for a club in RAL shall result in the Club's termination from the RAL
- iii. A forfeit will result in a 0-3 loss
- iv. Forfeiting team will pay for all referee, field, and admin costs associated with the no-show and an additional 100\$ fine. All paid from the RAL Club Bond.

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 NorCal PAD committee, which shall enter a decision.

5.8 Protests

Protest are only allowed to be made before the start of a match. A protest must be clearly written on the official Game Card prior to the match in regards to field quality and any other issues in regards to match conditions not being of the highest quality. Protests in regards to eligible players or the playing of illegal players may be made prior to or following the match. Protests must be sent to pad@norcalpremier.com. Specific referee decisions shall not be protested.

No Protests will be allowed at NorCal hosted matches accept in regards to the possibility of playing illegal players.

6. Roster Rules

6.1 Game Roster

Create your official RAL roster online on your teams Got Soccer team page. Players names may not be hand written onto the NorCal Game Card. Only players listed on the official Game Card will be eligible to play in RAL matches. Any team that does not submit a roster by the September 6, 2011 roster deadline will not be able to participate until their roster is submitted and will be fined 50\$ from the Club's Bond.

6.2 Eligibility

All players and coaches must present their US Club Player Pass 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 card presented to the referee at beginning of each game.

Players may only play for one Club, their club, during any RAL match unless a transfer is approved in writing by the RAL Coordinator.

For RAL, all players from a club are eligible to participate in RAL matches. NO GUEST PLAYERS FROM OTHER CLUBS ARE ALLOWED IN ANY NORCAL EVENTS.

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

6.3 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 RAL. A player may not be registered for two US Club Soccer Clubs during the RAL play.

6.4 Illegal Players

Any player that does not appear on the NorCal Game Card or have a valid US Club Soccer Player Pass at the time of the match 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 coach of the team using the illegal player will be suspended from RAL competition for one year. It will also result in a 250\$ Club fine.

6.5 Transfer Window

Transfers are allowed during the following periods:

November 20, 2011 – December 15, 2012

February 15, 2012 – March 6, 2012

6.6 In Season Transfers

Transfers are only allowed with written permission from the RAL committee. Once a written transfer request is submitted to the RAL committee, a transferred player must sit out 45 days before being eligible to play for their new team. Any player not sitting out 45 days before playing will be considered an illegal player. The League Office has final say on all Transfers.

7. Match Officials

7.1 Referee Requirements

The match officials shall consist of the referee and assistant referees (AR1, AR2). All RAL matches will have three referees. It is the responsibility of the home team to inform the referee assignor of any possible date, field, or time changes agreed upon by teams.

7.2 Assignment of Match Officials

NorCal Premier Referee Assignor will assign all RAL games.

7.3 Referee Payment

NorCal RAL referees will be paid based on the following scale:

- i. U14: CR – 35; AR1 – 30; AR2 – 30
- ii. U15-16: CR – 40; AR1 – 35; AR2 – 35
- iii. U17-18: CR – 45; AR1 – 40; AR2 – 40

Clubs will be billed by the NorCal Referee Assignor once per month in order to collect referee fees. Teams will not pay the referees at the field.

8. League Discipline

8.1 Red Cards

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 NorCal PAD (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.

8.2 Violating League Rules

The NorCal PAD committee shall have the authority to suspend, fine, or disqualify player, team officials or competing clubs for violating league

rules, or for any action or conduct not in the best interest of soccer of NorCal Premier.

A panel of individuals from the league shall conduct the review of disciplinary issues. This panel will be known as the PAD Committee and shall consist of a minimum of three officials.

8.3 Red Card Procedure

It is the team and clubs responsibility to ensure their Red Carded player/coach serves the minimum 1 game suspension. It is also there responsibility to ensure that their player/coach serves any additional suspension determined by the NorCal PAD committee. A referee report must be sent within 48 hours of the red card being issued. Teams must send in the verification form confirming that suspensions have been served. All reports and forms should be sent to pad@norcalpremier.com.

8.5 Suspensions

All double yellow cards and red cards will result in a minimum one game suspension. This suspension is effective immediately. Even if the official suspension is not awarded it is the team and clubs responsibility to ensure that the suspension is served.

Red cards received in RAL matches must be served in RAL matches.

8.6 Verification Procedure

Teams must have signed verification form signed by center referee and coaches of both teams, verifying the Player or Coach did not participate in game. Send all verifications to pad@norcalpremier.com

9. Club Bond

9.1 Bond Intent

The primary intent of the bond is to insure the clubs, its coaches and managers fulfill their responsibilities when playing in the Norcal Regional Academy League. All rules are clearly stated in the Norcal Premier Soccer and RAL Handbooks.

9.2 Bond Amount

All RAL clubs must have a \$500 bond on file with NorCal Premier Soccer. If money is used from a Clubs bond, that club has 7 dayss to make payment to bring their bond amount back up to the \$500 level

9.3 Fine List

- i. No lines or nets - \$150 per game
- ii. No corner flags - \$100 per game
- iii. Forfeits or no-show's - \$300 (money used to pay for field and referee's)
- iv. Failure to complete league schedule - \$100 for first game + \$50 for every game
- v. Cancellations under (96 hours) - Cancelling team has to pay for fields and referee's.
- vi. Communication – Clubs must communicate in a timely manner. If communication becomes a problem NorCal Premier Soccer reserves the right to fine based on the following criteria: 1st time, warning, 2nd time \$100, 3rd time \$200.00, 4th or more team will be expelled from the RAL and not be allowed in league following year.
- vii. Playing illegal players - \$500.00 (lose points if won the game)
- viii. Unscheduled matches at league scheduling deadline - \$20 per game unscheduled at set NorCal deadlines