



San Luis Obispo Women's Soccer

Rules & Regulations

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PART 1 - PLAYER REGISTRATION

1.1 Age

No player under the age of eighteen (18) will be allowed to register to play in the League. Players must be eighteen (18) as of the date of roster/waiver due. Players turning eighteen (18) during a season may be added per the adding player rules.

1.2 Proof of Age

Proof of age shall be verified with a valid Driver's License, Government Issued Identification Card and/or Passport. An approved document must be submitted to the Registrar prior to a player playing in a game. At the Registrar's discretion, an additional document may be requested. Any player and/or Team Representative found to have falsely submitted a document will be removed from the league and the games they have played in will be forfeited, the result of the game may be changed [4.5.4 Scoring] and/or the Team may be subject to a fine [4.6 Refunds and Fines].

1.3 Pregnancy

No player shall be allowed to play during her term of pregnancy.

1.4 Player Registration

Prior to the season registration deadline, a player must secure a spot with an approved team, complete their roster with the required information and submit a copy of a valid driver's license, passport or other valid photo ID.

1.5 Player Card

Each player registered to play with a SLOWS Team must have a valid SLOWS Player Card. A valid SLOWS Player Card will list the player's name, birth date and team name and will include a photo and signature. Alterations to the SLOWS player ID card shall disqualify a player. If a Player Card is lost, it is the player's responsibility to request a new SLOWS Player Card from their Team Representative before further participation.

1.6 Transfer of Players

A player may be transferred from one team to another during an active season with prior approval from the SLOWS Board. Players must submit a request in writing to the SLOWS Board prior to transferring and shall allow a minimum of seven days for approval. Transferring during a season without proper prior approval will result in a forfeit for any games played with a team other than originally registered for.

1.7 Adding Players

Players may be added throughout the season as space on a team's roster allows. Added players must be registered by 11:59PM on the Tuesday prior to the scheduled game the player wishes to participate in. Team Representatives must submit an Add Slip, and a copy of a valid driver's license, passport or other valid photo ID to the Registrar via e-mail. Any team that wishes to add more than 25 players, will incur a fee of \$10 per player, which will be due payable at the meeting following the add(s).

1.8 Denying Player Registration

The SLOWS Board of Directors reserves the right to deny an individual player acceptance into the League for a season or seasons as deemed appropriate.

PART 2 - TEAM REGISTRATION

2.1 Team Registration

Players forming a team must apply for membership to the SLOWS Board of Directors prior to the start of the season. There is no guarantee that an application will be approved. The Board reserves the right to deny a team acceptance into the League for a season or seasons as deemed appropriate. Individuals on the roster and add slip must meet player eligibility requirements. If a team participates in play with an ineligible player that team shall forfeit that game.

2.2 Team Name

Each team must have an official name . The name must be approved by the SLOWS Board of Directors prior to the season registration deadline.

2.3 Team Color

Teams must register an approved jersey color with the league prior to the beginning of a season.

2.4 Team Roster

Each team must submit a roster to the Registrar by the season registration deadline. The roster shall contain the names of no less than eleven (11), but no more than twenty (20), individuals. The roster shall contain the name, birth date, email address and signature of each individual.

2.5 Team Management

Each team is responsible for designating a Team Representative and Alternate Team Representative. The SLOWS Board of Directors reserves the right to request a new or alternate Team Representative be designated from any team as deemed appropriate.

2.6 Team Jerseys

Teams are responsible for obtaining their own team uniforms. All jerseys must be numbered and the number must be visible while playing. All teams shall be prepared to change colors in the event of a color conflict. The goalkeeper's jersey must be distinctly different from other uniforms.

2.7 League Fees

Seasonal League Fees will be assessed by the SLOWS Board of Directors based on field options, referee fees, insurance and recurring season costs. A non-refundable \$150.00 deposit is required to secure a place on the League schedule. Final seasonal balances are due by the designated due dates on the Master Calendar. No cash will be accepted. Returned checks are subject to a Non-Sufficient Fund fee. The SLOWS Treasurer reserves the right to request payment in the form of a Cashier's check or money order from any given team at any given time. If the final balance due is not received by the date designated on the Master Calendar, that team may not participate in season play and will forfeit their deposit.

PART 3 - GAME DAY PROCEDURES

The Rules of Play for San Luis Obispo Women's Soccer (SLOWS) shall be the most current edition of "Laws of the Game" as published by the International Football Association Board (IFAB) with the exception of modifications noted in the SLOWS Rules & Regulations.

3.1 Field Set Up

SLOWS will provide two nets and four corner flags for each field of play. If setup is not provided with the field reservation, the teams playing on the field first for the day are responsible for setting up one goal with nets and two corner flags. The teams playing in the last game of the day are responsible for taking down one set of nets each and two corner flags and returning the equipment to its appropriate, secure location. Each team is responsible for disposing of its own trash and recycling.

3.2 Game Cards

Each team shall complete a SLOWS line-up card and present it to the referee with the player's ID cards prior to the game. The referee shall complete the lineup card after each game and deliver it to a SLOWS Board Member listed on the back of the card prior to leaving the field that day.

3.3 SLOWS ID Cards

Each player shall have a valid SLOWS ID card. All players will report to the referee for check-in and present their player ID card and show that jewelry and hazardous objects are removed or secured. The referee will keep the ID cards during the game and return them to a Team Representative after the game.

3.4 Home Team Responsibility

The SLOWS Board of Directors will assign a home team to each scheduled League game. It is the home team's responsibility to provide three (3) approved size #5 game balls. The visiting team may provide game balls at the referee's discretion if the quality of the home team's balls is disputed. The Home Team is responsible for

changing to an alternate jersey color in the event of a conflict. The Referee shall make final decisions in the event of a color conflict.

3.5 Player Attire

Shin guards are required and must be completely covered by socks. Tape is permitted and does not need to be the same color as the socks. Players may wear long sleeves under their jerseys that need not be the same color of their jersey. If a team is consistently out of uniform, the SLOWS Board of Directors may take action.

3.6 Soccer Cleats

Soccer shoes with molded rubber or plastic cleats are recommended. Screw in cleats may be used as long as they are screwed in tightly and have no sharp edges. No toe cleats are allowed.

3.7 Glasses and Jewelry

Players may not wear glasses or sunglasses on the field of play. Earrings may not contain sharp points and must be secured. All necklaces and bracelets must be removed. Watches must be covered by a sweatband or thick fabric alternative. Pre-wrap is not an approved means of securing watches.

3.8 Dangerous Equipment

Casts and/or metal splints shall always be considered dangerous equipment. Knee braces made of hard, unyielding material are illegal, unless the hinges and other hard surfaces are covered with at least 1/4 inch of closed-cell, slow-recovery rubber, or other material of the same minimum thickness and having similar physical properties. Any player who uses a knee brace and fails to cover such equipment according to the above specifications prior to taking part in a League game will be cautioned by the Referee. The Referee will note the player's name and specify the nature of the violation on the game card. The SLOWS Board of Directors will review the cautioned player's and her team's actions and proceed as appropriate.

3.9 Game Length

Games will consist of two 40-minute halves with a 10 minute half-time. If, at the coin toss, each team's captain agrees to add a water break in the game, the referee will conduct the game accordingly. If (1) either or both teams fail to get nets and corner flags in place before game time, or (2) either or both teams fail to present at least seven players when called for inspection by the Referee, the Referee may reduce the length of the game accordingly. The Referee will apply half of any reduced time to each half. Before beginning the game, the Referee will inform both teams' captains of the amount of time each half will be reduced. The Referee should note, on the game card, which team or teams have failed to get equipment in place or present their players for inspection by the appropriate time.

3.10 Designating A Captain

Each team shall appoint a team captain(s) who should wear armband(s) during the game. The captain(s) is/are the only player(s) allowed to speak to the referee during the game.

3.11 Charging the Goalkeeper

Charging the goalkeeper shall not be permitted at any time when she is within her own penalty area, regardless of whether she has possession of the ball. The ball may not be played by another player while it is in the goalkeeper's possession. One finger on the ball is possession. Violation of this rule is a dangerous play.

3.12 Sliding Tackles

Slide Tackles are allowed. A referee will only penalize the tackle if a player attempts one in a manner that is judged by the referee to be careless, reckless, or using excessive force.

3.13 Dissent or Abusive Language

At the referees discretion a player will be sent off for using offensive, insulting or abusive language and/or gestures.

3.14 Coach Guidelines & Responsibilities

Each team may have one person coaching from the sidelines provided he or she:

- A. Stays within within ten (10) yards of the centerline while coaching
- B. Uses no mechanical devices
- C. Uses an informative tone of voice
- D. Does NOT use profanity nor engage in disruptive behavior of any kind

The penalty for violating any of the above rules shall be ejection of the coach from the game by the Referee.

3.15 Sideline Behavior

The coaches, team manager, and/or Team Representatives are responsible for the conduct of their Team's spectators and assistants.

3.16 Yellow Card Procedures

In the event that a player receives a yellow card from the referee:

- A. The cautioned player must leave the playing field for a "cooling off" period.
- B. The cautioned player may be substituted.
- C. The cautioned player may re-enter the field at the next available referee approved substitution.
- D. Any player accumulating three (3) yellow cards in one season will sit out the next game.

3.17 Red Card Procedures

In the event that a player receives two yellow cards resulting in a red card or a single red card:

- A. A player will be sent off and must leave the field and general area. She may not be replaced, and she may not play in the next scheduled game.
- B. The referee shall confiscate the SLOWS ID Card of a player who is sent off and will submit it along with the game lineup card.
- C. The referee will make a written report to SLOWS concerning any red carded players or coaches on the blue game card.
- D. The SLOWS Board of Directors cannot overturn a decision to red card a player.
- E. Any player or coach sent off the field with a red card for dissent or abusive language will be reviewed by the Board of Directors for possible further action.
- F. Any player or coach sent off the field two times in any one season will be reviewed by the SLOWS Board of Directors for possible further action.

3.18 Game Injury

As an exception to "FIFA Laws of the Game", if an injury occurs, as a courtesy, the team with possession should kick the ball out of play over the touch line.

3.19 Player Substitution Requirements

During play, free substitution is permitted when granted by the referee. A substituted player may exit the field at a point where she is closest to the touch line. The incoming player must enter the field at the center line only after permitted by the Center Referee or Referee's Assistant. One of the following circumstances must be true for a team to substitute:

- A. Before any kickoff.
- B. On any goal kick.
- C. On an injury when play is stopped.
- D. After cautioning a player.
- E. The team **with possession** on a throw in or corner kick.
- F. If one team substitutes on their possession the other team may also substitute.

PART 4 - GOVERNANCE

4.1 Season Length

Each season length shall be determined by the number of teams registered and field availability.

4.2 Fields

SLOWS Board of Directors are responsible for securing and providing the playing fields. Game locations will be determined by field availability prior to each season.

4.3 Schedule

SLOWS Board of Directors will distribute a league schedule prior to the start of each season. The schedule will identify the game location, start times and show a home team versus a visiting team. Once the schedule is approved by the SLOWS Board of Directors, there shall be no changes except for replay of games that have been canceled due to weather or other influences, including Tournaments, beyond the control of the teams participating.

4.4 Referees & Assistant Referees

Referees are provided and scheduled by the referee association that is selected by the SLOWS Board of Directors. Referees shall be issued a copy of the SLOWS Rules and Regulations and games schedule. The referees are in charge of players, team officials and playing grounds at all times. Three referees will be requested by the SLOWS Board to be assigned per game. The referee is responsible for checking each player's ID card and equipment. Each referee shall have a copy of the SLOWS Rules and Regulations available during games. The referee shall report any uniform disputes or game day concerns to the SLOWS Board of Directors on the line-up card. At game time, in the presence of both teams at the field, the referee may cancel a game only if it is raining heavily, or if electrical storms are nearby, or if, in the opinion of the referee, the weather has been sufficiently bad that playing will damage the field.

4.5 Game Cancellations Due To Weather And Field Conditions

Games may be canceled by the Fields Manager, at the discretion of the Referee, due to inclement weather or poor field conditions. The League Coordinator will notify teams if they are able to reschedule canceled games. If a game has already begun play and is terminated because of the elements:

- A. And has not yet reached half time, the game shall be considered canceled and will be rescheduled at a later date by the League Coordinator as field reservations permit.
- B. And the game has entered the second half of play, the game shall be considered completed and the score accepted as final.

4.6 Forfeits and Surrenders

4.6.1 Forfeit

A game shall be designated as a forfeit if one or more of the following circumstances exists:

- A. One of the teams fails to appear on the field of play in accordance with the schedule
- B. One of the teams cannot provide seven (7) eligible players on the field for a given game
- C. One of the teams delays the start of the scheduled game more than (15) minutes
- D. Circumstances during play result in less than seven (7) eligible players on the field for a team
- E. One of the teams cannot provide player cards

4.6.2 Surrender

A game shall be designated as a surrender if an eligible team chooses to suspend play after regulation time has begun and before regulation time has ended. The final decision must be made by the Surrendering Team Representative, Alternative Team Representative and/or Team Captain.

4.6.3 Fines

Any team that Forfeits or Surrenders must pay a fine according to 4.7 Refunds and Fines.

4.6.4 Scoring

A forfeited game shall be scored as a 1-0 win for the non-forfeiting team. A surrendered game, or forfeited game where the forfeit occurs after play has commenced, shall be scored as is at the time of the surrender unless a 1-0 score in favor of the non-forfeiting time is more advantageous to align with the league standings.

4.6.5 Use of Fields

A forfeited or surrendered game may be played as a "friendly" by mutual consent of both coaches/managers/team representatives. It is expected that the referees will be available to moderate the game.

4.7 Refunds and Fines

Any refunds from agencies contracting with SLOWS shall be deposited with the league treasury. Refunds from contracting agencies may be disbursed to teams registered during that season in the form of a credit to their next season fees. No prorated refunds or carryovers or credits will be given to a team playing less than the scheduled number of games due to any conditions other than forfeitures. A forfeiting or surrendering team is subject to a fine of \$75. Fines are to be paid directly to the SLOWS treasury. All fines are due prior to or on the date which the following season's deposit is due. A team with an outstanding fine(s) may not register for a future season until payment has been cleared. Teams who have been on the receiving end of a forfeit(s)/surrender(s) will receive a credit towards the next immediate season fees of \$75 per game only if the said team:

- A. Has submitted their deposit on time
- B. Is in good standing with the league

4.8 Standings

Team standings will be maintained by the League Registrar on the League website and are determined by the highest number of points accrued for the active season. Points will be awarded based on a 10 point system as follows:

Result	Points
Win	6 Points
Tie	3 Points
Shutout	1 Points
Loss	0 Points
Goals	1 Point Per Goal - Maximum of 3 points per game

In the case of a tie at the end of the regular season, the tie will be broken to determine the final standings as follows:

- A. Head to Head;
- B. Fewest goals against;
- C. Most goals for.

The end of the season tournament brackets and schedule may be determined based on the final standings at the end of the regular season.

4.9 Tournaments

The SLOWS Board of Directors may schedule an end of season tournament if fields and referees are available. Teams will be notified of the tentative dates of the tournament prior to the season commencing.

PART 5 - VIOLATIONS

5.1 Reporting Violations

The Disciplinary Committee will hear protests or appeals relating to the interpretation of the SLOWS Rules and Procedures, complaints against a referee, member team, coach or individual according to the following procedure:

1. Protests, Complaints and Grievances shall be in writing (email is adequate) to the President of SLOWS within 48 hours of the event. The Protest, Complaint/or Grievance should contain at a Minimum the following information:
 - a. Name and telephone number of the person filing the grievance.
 - b. The cause of the complaint and other parties involved.
 - c. The steps taken to resolve the complaint.
 - d. The action requested.
2. Any registered player, manager, or team in good standing may bring an action or complaint to the attention of SLOWS.
3. The SLOWS President will refer all appropriate matters to the Disciplinary Committee for review and action, if necessary.
4. If the SLOWS President decides to convene a meeting, she will appoint members to serve on the Disciplinary Committee as outlined in SLOWS Bylaws-Article 4.2.
5. All decisions made by the Disciplinary Committee are final.

5.2 Procedure For Handling Ejections From Games

Any player ejected from a game will automatically be suspended from play for her team's next scheduled game. Any coach ejected from a game will automatically be excluded from participating in the team's next scheduled game. If a player or coach is ejected from a game:

- A. The League Coordinator will notify the President
- B. The President will review the reason for the ejection and the background of the team and the player or coach. If further action is deemed necessary, the President will:
- C. Schedule a formal Disciplinary Committee meeting no later than the Wednesday 10 days following the date of the ejection.
 - a. Notify the Team Representative of the hearing. The Team Representative is responsible for notifying the ejected player or coach and requesting that they be present. (If one or both elect not to attend the hearing, the absence will in no way affect the Committee's authority to apply penalties.)
 - b. All affected parties will be informed of the Committee's or Chairperson's action either in writing before the affected team's next scheduled game.

5.3 Procedure for Handling Protests of Referee Decisions

A protest or dispute shall be submitted in writing to the President by the Team Representative or Alternate Team Representative within 72 hours of the alleged infraction. The protest letter must state the rule allegedly violated by rule number of the FIFA Laws of the Game or these SLOWS Rules and Regulation. The President will review the protest or dispute and, if considered valid, will summon a resolution committee within a reasonable period of time.

- A. Teams involved in any protest or dispute may be represented at a hearing set up by the resolution committee.
- B. All decisions made by the resolution committee shall be made by majority vote, in private, and are final.

Part 6 - RISK MANAGEMENT

6.1 Medical Insurance

SLOWS does not provide medical or dental insurance for any players. By signing the roster and their ID card, players understand that they are financially responsible for any injury that may occur.

6.2 Liabilities and Debts

SLOWS will not provide compensatory damages for any personal injuries sustained while participating in any League function. Neither SLOWS nor anyone associated with the League is liable for any expenses incurred for supplies, medical treatment, or transportation while participating in any function dealing directly or indirectly with the League. SLOWS shall not assume nor be liable for the debts nor the financial responsibilities, either implied or incurred, of any of its members or spectators.

6.3 Responsibility for Enforcing League Bylaws, Rules and Regulations

Each member of the League is responsible for her actions at all times. A team may be held responsible for the action of a team member, coach, or spectator if the team fails to take action to ensure that the rules are followed. The League, Players, coaches, referees and spectators shall model inclusive behavior, actively supporting cultural diversity while opposing all types of discrimination, including but not limited to racism. There shall be no discrimination as a result of race, ethnicity, language, nationality, sexual orientation, religion, gender, socio- economic status, age, and physical and mental ability.