

Sacramento Youth Soccer League Rules and Regulations – 2026-2027

Section A: Registration Procedures

1. League registration requirements will be set forth by the League Registrar and approved by the Board of Managers.
2. The League shall annually review and approve all playing rules established by the League prior to August of the current year.
3. The minimum number of players required to register a team with this League is four (4) for U6 and U8; seven (7) for U10; nine (9) for U12 and eleven (11) for all of other age groups.
4. For Recreational Teams - U6 and U8 teams shall be limited to twelve (12) players; U10 rosters may not exceed thirteen (13); U12 may not exceed fifteen (15); U14 may not exceed eighteen (18); U16 – U19 may not exceed twenty-two
5. For CCSL Teams – U9 – U14 may not exceed fourteen (14) players; U12 may not exceed eighteen (18) players and U13 – U19 may not exceed twenty-two (22) players. Players may play up two (2) birth years at the discretion of the club managers.

Section B: Field Requirements

1. Each Club shall provide one (1) field in accordance with FIFA Law 1 for registered teams as follows: one (1) field for every eight (8) registered teams in age groups U10-U19.
2. The regulation field of play and appurtenances shall be in accordance with the USSF Player Initiatives. Please refer to the USSF document for field and goal sizes <https://calnorth.org/content/us-soccers-recommendations-on-field-changes-and-roster-sizes/>
3. In addition to standardized markings for soccer fields, and in the interest of player safety, all fields will be required to mark a spectator and coach line on each side of the field. The spectator line should be twelve (12) feet (four large steps) from the touch line and run from penalty area to penalty area. If there is not line, the referee will be responsible for moving all spectators back at least twelve (12) feet from the touch line.

Section C: Player Passes

1. All players shall present their player passes to the referee prior to participation in the game. All passes are to be returned to the coach or manager of the team at the conclusion of the game, unless a player is sent off. All retained passes are to be forwarded to the PAD Committee Chairperson immediately.
2. If a player does not present a player pass to the referee prior to entering the game, they may not participate in that game. No exceptions.

Section D: Rules of Play

1. The rules of play shall be the laws of the game as established by FIFA. All contests sanctioned by this league shall abide by the Laws of the Game and the modifications published by this League and Cal North.

2. The home team is responsible for the following:
 - a) Where uniform colors are similar, the home team must affect a change to colors which are distinct from those of the opponent.
 - b) The conditions of the grounds, the proper field markings, and proper equipment. Nets and corner flags are required.
 - c) Deliver within forty eight (48) hours the Referee Game report card (unless there has been a send off) to each individual club's designee.
 - d) Notify the opposing coach when a scheduled game is cancelled.
 - e) Providing the Referee Game Report Card.
3. All coaches are responsible for the following:
 - a) Must have a game ball
 - b) The behavior of their team and spectators.
 - c) Cleaning up all litter before leaving the field.
 - d) Reporting the results of the game within twenty four (24) hours of completion of the game.
 - e) Notifying Club Manager and PAD Chairperson within twenty four (24) hours of any send offs.
4. All players must wear numbered jerseys and the approved uniforms of the clubs.
5. Coaches and referees must meet immediately prior to each game to be played in order to specify any special ground rules mandated by unusual conditions at the time of the game.
6. Referees and opposing coaches must be informed prior to the start of the game any player who will not play one half of said game.
7. Prior to the start of the game, the referee shall:
 - a) Require that both teams enter all the appropriate information on the game card, and that the coach or manager verify that the information listed is correct.
 - b) Inspect the player passes of those players who are to participate in the game and verify their identity and that the pass is for the current season. Passes must be laminated.
 Not allow any player into the game for whom they have no pass, or whose name does not appear on the game card.
 Make sure that each player's equipment is in proper order and that no players are wearing jewelry, hair adornments or other items that may cause injuries to themselves or other players.
 - c) Make sure that all spectators, including tents and chairs, are back at least twelve (12) feet from the touch line. The game shall not begin until all spectators comply.
 - d) All coaches shall be on the same side of the field as their teams and spectators.
8. The referee's judgment with regard to the physical condition of the field and its acceptance for play, to the actual happenings and occurrences related to the conduct of the game and those prerogatives granted to him or her by the FIFA Laws of the Game shall not be challenged.
9. No coach, player or spectator is to use any artificial device for the purpose of noise making except for medically prescribed vocal enhancers.
10. Upon completion of the game, the referee shall:
 - a) Sign the game card
 - b) Require the coach or manager of each team to sign the game card, verifying that the information on the card is correct.
 - c) Submit the game card to the home team coach for forwarding, except when there has been a send off.
 - d) In the case of a send off, email the PAD Committee chairperson at padsysl@gmail.com within twenty four (24) hours and attach the game card, the 24 hour send off report and the player pass if applicable within the same twenty four (24) hours.
 - e) A club may be fined \$50 for each ejection report not filed in a timely manner.

11. All teams must notify the PAD Committee Chairperson when any game is being protested.

Section E: Sportsmanship Rule

1. Please note that this rule applies to U9 – U14 teams within SYSL. There is no score keeping in the lower age groups.

The SYSL believes that it is important to maintain good sportsmanship during games that turn out to be lopsided. Despite our effort to seed teams fairly in appropriate divisions, there are always instances where one team is far superior to another. Despite the valuable life lessons inherent in losing, and losing gracefully, there is a difference between losing a close fought contest and being blown out by a far better team. In the latter types of losses, the hurt feelings tend to hinder the ability to absorb the life lessons involved in losing.

In order to promote respect and good sportsmanship, as well as to keep the atmosphere fun and friendly, the SYSL's acceptable winning margin is a goal differential of six (6). Teams that win by a margin of seven (7) or more will get a warning from their AGC or club manager. The second time the team wins by a goal differential of seven (7) or more in the same half, both games in which the team exceeded the goal differential of seven (7) will be converted to a loss in the standings. The AGC or club manager will contact the SYSL secretary to have the standings changed. The SYSL secretary (with the assistance of club managers) will keep track of the lopsided wins for future re-seeding purposes.

All lopsided scores will be reported to the SYSL PAD Committee and repeated infractions may lead to further disciplinary measures.

Section F: Forfeiture of Game

1. The following violations, subject to review of the PAD Committee, are grounds for forfeiture of the game in which they were committed:
 - a) Any team delaying the start of a scheduled game more than fifteen (15) minutes without sanction of the proper authority shall forfeit the game to the opponent by the score of 1-0.
 - b) In the event both teams do not show up for a scheduled game, without the sanction of the proper authority, and the referee rules the ground playable, then both teams shall be assessed with a loss.
 - c) If a player plays in a game and is not properly registered; his or her team shall automatically forfeit that game and may face future disciplinary action by this League, depending upon the nature of the violation. In the case of a forfeiture, the score shall stand 1 - 0 against the forfeiting team.
 - d) All registered players who have attended practice sessions a week prior to a game must play at least one half of said game. Failure to allow a player to participate in one half of said game will result in forfeiture of the game by the violating team, providing the protest procedure is followed as outlined in these rules.

Section G: Send Off Procedures

1. If a player is sent off, then the referee shall mail the player's pass to the PAD Committee Chairperson within 24 hours, along with the Referee's game report. That player is ineligible to play until the player's pass is returned to the player's coach.

2. If a head coach is sent off and there is no assistant coach, the referee shall terminate the game. The PAD committee will decide if the game is to be replayed.
3. The Referee's Game Report card must identify offending persons sufficiently for the PAD Committee to maintain a record of individual reasons for send off. A Referee's written report of matters not requiring disciplinary action (i.e. field conditions and equipment not available) should be sent to the Club Manager responsible, with a copy to the PAD Chairperson.
4. The referee shall sign the Referee's Game Report card and any written report with his/her credentials. The Referee's Game Report card should show: CYSA-N registration number, USSF Referee Associate or Class 1 or 2; or USSF State Referee-Class 1 or 2.
5. Red card send offs cannot be protested. The PAD Committee will determine the penalty based on the report filed by the officiating referee of the game and any reports filed on behalf of any concerned party. However, no player will be allowed to appear before the Committee for this purpose.

Section H: Probation and Suspension

1. The PAD Committee may place on probation any referee, coach or player for violation of any of the rules of Cal North or this league
2. Referees, coaches, and/or players may be suspended from regularly scheduled League games for the following violations:
 - a) Failing to play all registered players who have attended and participated in practice sessions the week prior to the game, at least one half of said game, except for disciplinary purposes, illness or injury, provided that notice is given to the opposing coach and referee.
 - b) For playing a player who is not registered with Cal North or SYSL.
 - c) For playing a player who is over age for the division on which the team is registered.
 - d) For committing, while on probation, the same or similar violations.

Section I: Protest Procedures

1. Protests or official complaints of League rules violations during divisional or tournament games must be filed with the Chairperson of the PAD Committee.
2. All protests must comply with the following rules:
 - a) The coach of the opposing team must be notified by the protester before leaving the field of play. If a referee's ruling is being protested, the referee must be so notified at the end of the game.
 - b) Referee decisions that are purely judgment calls shall not be protested.
 - c) All protests must be emailed within forty eight (48) hours to the PAD Committee.
 - d) A fee of \$100 must accompany any protest to the PAD Committee.
 - e) The PAD Committee shall schedule weekly meetings (phone or in person) during the playing season.
 - f) The PAD Committee shall hear or consider every matter submitted at the next scheduled meeting.
3. The PAD Committee shall maintain complete records (e.g. game cards, letters of protest, minutes of hearing and any correspondence) of each protest. Results will be

reported at the monthly Board of Managers meeting.

Section J: Appeal Procedures

1. An appeal of any PAD Committee decision shall be handled using the following procedures:
 - a) An appeal shall be submitted in writing and emailed to the League President and PAD Chairperson within two (2) calendar days following the PAD hearing.
 - b) A fee of \$100 must accompany each appeal.
 - c) An appeal will be heard by the Executive Board prior to the next regular meeting of the Board of Managers. Three (3) members will constitute a quorum.
 - d) A decision regarding each appeal will be reported at the next Board of Managers meeting.

Section K: Alcoholic Beverage Prohibition

1. The use and/or consumption of any alcoholic beverages, immediately before, during or immediately after the playing of any youth soccer game is expressly prohibited.
2. Any player, team official, league official or any member of this League who violates this prohibition shall be subject to disciplinary action and/or suspension by the PAD Committee.

Section L: Insurance

1. All reports of injury must be submitted to SYSL within thirty (30) days of the injury.

Section M: Code of Conduct

1. SYSL is committed to ensure a fun, safe and respectful soccer environment for its membership. As such, SYSL has zero tolerance for violent, threatening or abusive behaviors by any players, coach, parent, spectator or official. Any level of abusive or threatening behavior by any of the above-named persons may be penalized by suspension or expulsion from SYSL.
2. By registering their child to play in SYSL parents/guardians fully acknowledge and will adhere to the SYSL Code of Conduct, be familiar with SYSL rules and regulations, playing rules and fully accept any sanctions or punishment from SYSL.

Section N: Rule Modifications

The Sacramento Youth Soccer League (SYSL) reserves the right to modify, update, interpret, or amend these Rules and Regulations at any time during the season, with or without prior notice. All such changes shall be considered binding upon implementation.