



Heartland Recreational League Rules

TABLE OF CONTENTS

SECTION 1: INTRODUCTION	3
1.1 Name of the League	3
1.2 Mission	3
1.3 Management of the League	3
1.4 Affiliation	3
1.5 Contact Information and Communication	3
1.6 League office	3
1.7 League Website	3
1.8 Matters Not provided for	3
SECTION 2: TEAM APPLICATION & ADMISSION	4
2.1 Team Eligibility	4
2.2 Registering Players and teams with US Soccer	4
2.3 League Structure	4
2.4 Good Standing	4
2.5 Application Deadlines	4
2.6 Application Process	4
2.7 Seeding Procedure	4
2.8 Acceptance of the League Rules	4
2.9 League Fees	5
2.10 Returned Checks	5
SECTION 3: TEAM ROSTER & FORMATS	6
3.1 Team roster	6
3.2 Roster Size	6
3.3 Player eligibility	6
3.4 Guest Players	6
3.5 Player & Coaches Passes	6
3.6 Age Divisions	6
3.7 Playing on Multiple teams	6
3.8 Player Transfers	7
3.9 Team Placement	7
SECTION 4: OPERATIONAL PROCEDURES	8
4.1 Reporting of Scores	8
4.2 Game Day Roster Cards	8

4.3	Weather Hotline.....	8
4.4	Schedule Requests	8
4.5	Rescheduling Policy.....	8
4.6	Forfeits	9
SECTION 5: RULES OF PLAY		10
5.1	The Ball.....	10
5.2	Player Equipment.....	10
5.3	Duration of the Game	10
5.4	Substitution.....	10
5.5	Point System	10
5.6	Tie-Breakers	11
5.7	Delay of Kick Off.....	11
SECTION 6: 7 vs 7 RULES		12
6.1	Field Dimensions	12
6.2	Off-side.....	12
6.3	Fouls	12
SECTION 7: DISCIPLINE & CODE OF CONDUCT		13
7.1	Responsible Parties.....	13
7.2	Profanity.....	13
7.3	Compensation	13
7.4	Alcohol	13
7.5	Referee Authority	13
7.6	Park Rules.....	13
7.7	Red Cards & Suspensions.....	13
SECTION 8: PROTESTS		15
8.1	Definition	15
8.2	Who Can File a Protest.....	15
8.3	Filing Procedure	15
8.4	Discipline Committee	15

SECTION 1: INTRODUCTION

1.1 NAME OF THE LEAGUE

The league shall be named The Heartland Soccer League.

1.2 MISSION

To provide soccer league play for all recreational teams with the member clubs of Heartland Soccer Association.

1.3 MANAGEMENT OF THE LEAGUE

The League shall be managed and operated by the staff of Heartland Soccer Association.

1.4 AFFILIATION

The League is affiliated with the Member Leagues of Heartland Soccer Association a member of the Kansas State Soccer Association.

1.5 CONTACT INFORMATION AND COMMUNICATION

All members of the League shall have contact information on file with the League. Contact information must include team administration and coach information. The information must include valid e-mail addresses for each party.

1.6 LEAGUE OFFICE

The league office is located at 9161 W 133rd St. Overland Park, KS 66213.
Phone: 913.888.8768

1.7 LEAGUE WEBSITE

The league website can be found at www.heartlandsoccer.net

1.8 MATTERS NOT PROVIDED FOR

The HSA Staff shall have the final authority in all matters not specifically provided for by these rules and policies.

SECTION 2: TEAM APPLICATION & ADMISSION

2.1 TEAM ELIGIBILITY

All teams affiliated with US Youth Soccer are eligible to apply for registration into the League. All player and team registration shall be in accordance with the current US Soccer and KSYSA regulations unless otherwise specified.

The League reserves the right to accept or reject any application.

2.2 REGISTERING PLAYERS AND TEAMS WITH US SOCCER

Each club or team is responsible for registering their teams with US Soccer and for obtaining the US Soccer Registration Forms from their designated Registrar or from the KSYSA website.

2.3 LEAGUE STRUCTURE

The League will offer competition for Boys and Girls teams from U9s through U19s. High School aged girls teams will play in the fall season and high school aged boys teams will play in the spring season.

2.4 GOOD STANDING

Each participating team must be in "good standing" with the league and with US Soccer.

2.5 APPLICATION DEADLINES

All applications to participate in the League must be received along with full payment on or before the registration deadlines established by the League and the Heartland member clubs.

2.6 APPLICATION PROCESS

Heartland Member teams must register through their club. Only teams from our member clubs are eligible to play in our recreational league.

2.7 SEEDING PROCEDURE

The League Seeding Committee will be placed by members of the Heartland Clubs.

2.8 ACCEPTANCE OF THE LEAGUE RULES

All teams applying to participate in the League agrees to accept and abide to the League rules and policies and any decisions made by the league commissioner. Lack of knowledge of these League rules will not relieve any coach, team official, parent or player of a team participating in the league or seeking entry into the league, from the responsibilities and possible penalties herein. All clubs, team officials, parents and players by participating in the league agree that they are bound by these rules.

2.9 LEAGUE FEES

All league fees will be due by the announced due date for all divisions. If fees are not paid by the announced due date, the offending team/club may not be eligible to play in the league and may forfeit all games until all fees are paid in full, unless arrangements have been made and approved by the League.

Once accepted the application fee is non-refundable.

Any team dropping out of the league will not be reimbursed for games missed nor will they be allowed back the following season.

2.10 RETURNED CHECKS

The League shall charge a \$100 service fee for all returned checks.

SECTION 3: TEAM ROSTER & FORMATS

3.1 TEAM ROSTER

An official State roster must be sent to the league office prior to the team's first game of the season. Failure to provide the roster prior to the first game will result in an automatic forfeit of the matches until the roster has been completed, unless the delay was caused or has been excused by the League.

3.2 ROSTER SIZE

The roster size is determined by the team's home state. Each team must submit a "game-day roster" to the referee prior to each game.

The League will adhere to the following maximum "game-day" roster limits:

7v7 14 players

9v9 18 players

11v11 18 players

3.3 PLAYER ELIGIBILITY

Eligibility of players shall be in accordance with US Soccer and KSYSA regulations, unless otherwise specified and approved by the League.

3.4 GUEST PLAYERS

No guest players will be allowed in the league, however recreational players are permitted to guest play in the premier league.

3.5 PLAYER & COACHES PASSES

Each player and coach must have a valid (laminated and signed by an official of their home state) US Youth Soccer player pass in order to participate in the League. The player & coaches passes must be brought to every game along with the game day roster. A team has until the end of the half time period to produce the player/coaches passes. Teams not able to produce the passes will forfeit the match.

3.6 AGE DIVISIONS

All recreational teams within HAS will play at the school grade of the oldest player on the roster. Proof-of-birth shall be provided upon request.

3.7 PLAYING ON MULTIPLE TEAMS

Players may only play on 1 team in our recreational league. Also note, players who are rostered on a premier team may not play in our recreational league.

3.8 PLAYER TRANSFERS

Players registered to a team are bound to that team for the entire seasonal year unless he/she requests and is granted a transfer/release. All additions and deletions of registered players to the official State roster at any time during the year will be deemed as transfers. A team may add an unregistered player to their roster at any time.

3.9 TEAM PLACEMENT

Representatives from each of the Heartland Clubs will determine the placement of teams within each age division.

SECTION 4: OPERATIONAL PROCEDURES

4.1 REPORTING OF SCORES

Referees will submit the game cards with the match result. Coaches may e-mail us with an "incorrect score". Link can be found on our website.

4.2 GAME DAY ROSTER CARDS

Both teams must complete a game day roster form and provide it to the referee prior to each game. Game day roster forms are available in the coaches packets. Please refer to rule 3.04 for more information on game day rosters.

4.3 WEATHER HOTLINE

Every reasonable effort will be made to play all games. However, in cases of inclement weather updates will be available on the Heartland League website and by calling the hotline number 913-307-3684.

4.4 SCHEDULE REQUESTS

All scheduling requests must accompany the team registration. We will attempt to schedule around all requests provided on the registration form. Requests made after submitting the registration form is subject to our re-scheduling policies.

4.5 RESCHEDULING POLICY

1. You must first contact the opposing team manager and/or coach.
2. Both coaches will need to agree on an available re-schedule date that suit both teams. Do not send in online form until both teams agree on a date.
3. Once you have agreed on a date, BOTH teams must fill out the on-line reschedule form and submit it. BOTH teams must agree on a date before sending in the reschedule form.
4. Upon receiving the re-schedule request, Heartland will confirm the request with both teams by e-mail, giving them the date, time and field.
5. The game will then be posted on our website with the new information.
6. If the opposition will not agree to the reschedule, the game will be played on the original date and location or it will be regarded as a forfeit.

RE-SCHEDULE POLICY

1. We have a flexible re-scheduling policy and will work with teams to the utmost of our abilities.
2. A valid reason must be provided for a re-schedule. Re-scheduling games causes issues/concerns for both teams, managers and families. Abusing this system will create an adjustment to our flexible re-scheduling policy. Valid reasons would include participating in a new tournament, shortage of players due to ACT tests etc. Missing a key player would NOT be considered a valid reason.
3. Any changes that need to be made during the season must be received a minimum of 10 days prior to the original game date. Games will not be rescheduled if the request is received less than 10 days prior to the scheduled game date.
4. Note, requests MUST go through the team manager and coach.
5. Teams that cannot make a scheduled game must notify both the opponent and our office. Team contacts are located on the website. If contacting our office after hours, send an email to info@heartlandsoccer.net. If a team fails to notify their opponent and they show up for the game, you will be charged a \$50 no-show fee.

4.6 FORFEITS

Forfeits shall be recorded with a score of 3-0. In the case of a double forfeit, both teams will record a 0-3 loss to their records.

Teams forfeiting three (3) or more games, regardless of the reason, will not be accepted back into the league the following season. They will also bear the responsibility for all fees with respect to each forfeited game, which include field costs and full referee payments.

The minimum number of players that must be on the field to avoid forfeit are:

11v11 Minimum of 7 players

9v9 Minimum of 5 players

7v7 Minimum of 4 players

SECTION 5: RULES OF PLAY

5.1 THE BALL

U12 and younger divisions will use a size 4 ball. U13 and older divisions will use a size 5 ball. The home team (listed first in the schedule) shall provide the match ball.

5.2 PLAYER EQUIPMENT

The jersey of all players, except for the goalkeeper must contain a visible number, unique from the other members of the same team.

Shin guards are mandatory for all players

No jewelry shall be worn.

In case of a color conflict, the home team (listed first in the schedule) shall change

5.3 DURATION OF THE GAME

Under 9 and 10 – 2 x 25 minute halves

Under 11 and 12 – 2 x 30 minute halves

Under 13 and 14 – 2 x 35 minute halves

Under 15 and 16 – 2 x 40 minute halves

Under 17, 18 and 19 – 2 x 40 minute halves

All games are considered final if at least half the game is completed. If the game is stopped prior to half time due to weather conditions, the complete game will be replayed.

5.4 SUBSTITUTION

Except as noted, substitutions shall be "unlimited". The team in possession may substitute at any time after any dead ball situation (corner kicks, free-kicks, throw-ins, etc.). However, teams not in possession of the ball can only substitute after these situations provided that the team in possession is also substituting. Free substituting is allowed for both teams after goals, goal kicks and at half time.

The substitutes must be at the centerline ready to enter before the referee will allow the substitution to take place.

The referee has the authority not to allow the substitution if he/she believes that the procedure will stop the flow of the game or is being used as tactical time-wasting ploy.

It is suggested (but not mandatory) that all substitutes in the U13 and above age groups wear a different color shirt or pinney when not on the field of play.

5.5 POINT SYSTEM

Each team will be awarded 3 points for a win, 1 point for a tie and 0 points for a loss.

5.6 TIE-BREAKERS

If at the conclusion of the league season a tie breaker is needed the following criteria will be utilized:

- A. Head to head (not used if more than two teams are involved in the tie)
- B. Goal difference, up to a max of 4 per game.
- C. Most goals scored
- D. Most shut-outs
- E. Fewest goals allowed
- F. Sudden death Penalty Kicks

5.7 DELAY OF KICK OFF

If a game is delayed due to the tardiness of a team, players, coach or manager, a maximum of fifteen (15) minutes of "grace" time shall be awarded. After fifteen (15) minutes if the team is still not able to start the game, it shall be declared a forfeit. The grace period might be adapted if the team that is late has a valid reason.

SECTION 6: 7 vs 7 RULES

6.1 FIELD DIMENSIONS

Fields will be approximately 50 yards x 30 yards.

6.2 OFF-SIDE

Off-sides will only be called in flagrant situations. Players not looking to take advantage of being in an offside position will not be called.

6.3 FOULS

Players must retreat 8 yards from any dead ball situations.

SECTION 7: DISCIPLINE & CODE OF CONDUCT

7.1 RESPONSIBLE PARTIES

All coaches and other team officials shall be subject to all rules pertaining to misconduct. Any other individuals who may be reasonably construed as being associated with a team shall be subject to the jurisdiction and authority of The League. Any coach or team official can be held responsible for any individual associated to their team at any match.

7.2 PROFANITY

Profanity and unsporting conduct by any individual will not be tolerated either on or off the field.

7.3 COMPENSATION

No player shall receive any compensation for services rendered to a team or receive any promises of compensation.

7.4 ALCOHOL

There will be no drinking of alcoholic beverages in the soccer parks.

7.5 REFEREE AUTHORITY

The referee(s) are in complete charge of the field and adjacent areas from the time they arrive the game site until they depart. The referee(s) is empowered to:

- i. Rule on what equipment is considered playable
- ii. Issue Yellow or Red cards to players or eject a coach during that entire period.

The referee may terminate a game for coach, players, or spectator misconduct. Teams causing the termination will forfeit the game.

7.6 PARK RULES

All Park rules where games are played shall be respected and obeyed.

7.7 RED CARDS & SUSPENSIONS

In an effort to help team discipline and sportsmanship, players or coaches are subject to match suspensions according to the following:

- Any player or coach receiving a red card/ejection in any league match due to striking, punching, hitting, kicking, spitting, or any action that reflects harmful intent shall automatically be suspended for a minimum of two (2) league matches.
- Any player, coach or fan verbally abusing a referee during any league match as documented on the Referee's Report of the match shall automatically be suspended for a minimum of two (2) league matches.

- Any player or coach receiving a red card/ejection in any league match other than the circumstances listed above shall automatically be suspended for a minimum of one (1) league match.
- The League Commissioner shall have the right to add additional or reduce the number of matches in a suspension without a hearing. If a stronger suspension is warranted, a hearing shall be called at the discretion of the league committee.
- Failure of a coach/team official to remain out of sight, out of sound after receiving an ejection may result in a forfeit.
- Coaches who receive an ejection must pay a \$25 fee to the Heartland Soccer Association before they receive their card back and before they are eligible to coach the next game.
- Any player, coach, or manager, who participates in a match while under suspension, including a red card shall cause his or her team to forfeit that match and will be subject to additional penalty. A coach or manager is presumed to have participated in the match if he or she at any time from the opening whistle to the final whistle has any contact or communication with any of the players, coaches, or manager during that time.
- A coach receiving a red card will only be suspended from coaching the team that he/she was coaching when he/she received the red card.

SECTION 8: PROTESTS

8.1 DEFINITION

A protest is a formal written objection of any violation of established rules policies or procedure. Protests will only be accepted in regard to illegal players, there will be no protests in regard to referee decisions.

8.2 WHO CAN FILE A PROTEST

A coach or team-administrator can only file protests. Only those teams involved are allowed to file a protest. Third parties, i.e. coaches/administrators from other teams, cannot file a protest on a specific game.

8.3 FILING PROCEDURE

A protest must be filed in writing with the league commissioner and must include:

- i) Details of the complaint
- ii) A listing of the rules, policies or procedures that have been violated
- iii) A statement of the desired resolution
- iv) A \$100 filing fee

All protests must be filed within 72 hours of the incident.

No protests will be heard on referee judgment calls.

8.4 DISCIPLINE COMMITTEE

- A. All matters of concern to the HEARTLAND SOCCER ASSOCIATION Disciplinary Committee must originate from the referee's game report or from a formal protest submitted in writing by the offended party.
- B. Any player, team official or spectator alleged to have been guilty of any violation of the laws of the game, the bylaws, rules and regulations of the association or any misconduct detrimental to the game, shall be subject to appropriate penalty as determined by the Disciplinary Committee.
- C. The HEARTLAND SOCCER ASSOCIATION Disciplinary Committee shall consist of the league commissioner, the association Executive Director and a committee of four (4) people. The league commissioner shall be entitled to vote only in case of a tie.
- D. The league Commissioner shall notify the player/coach of any penalty or suspension determined by the Disciplinary Committee.
- E. The decision of the HEARTLAND SOCCER ASSOCIATION Disciplinary Committee shall be promptly sent via U.S. Mail. Verbal notification may supplement but shall not supplant this responsibility.
- F. Any, club, team, or individual not wholly satisfied with any decisions made by HEARTLAND SOCCER ASSOCIATION has the right to appeal to the KSYSA District I Appeals and Protests Committee. This appeal must be in writing and must be received by the District I Commissioner within ten (10) days of the decision handed down by the League. The appeal must be accompanied by a fee of \$75.00.