

# RULES AND REGULATIONS OF LA LIGA DE LANSING SOCCER LEAGUE

## **A. PURPOSES AND GOVERNANCE.**

To provide a positive and competitive opportunity to Lansing area soccer players.

## **B. GENERAL RULES.**

### **B.1. La Liga Website and publications.**

LaLigaDeLansing.com / Facebook domain : La Liga De Lansing

### **B.2. Insurance**

### **B.3. Emergency Procedures**

All teams should have available the location of the nearest telephone and the phone number of the nearest Emergency Services to their home field.

In event of Emergency, contact emergency services then emergency contact number listed on player card. Incident shall be reported to Liga Director in 48hrs.

### **B.4. Sportsmanship**

All players, coaches, parents, fans, and referees will show good sportsmanship. Each team shall be responsible for the conduct of its coaches, managers, players, parents, and fans. It is the responsibility of each team to insure that its actions on or off the field do not bring disrespect upon this league.

### **B.5. Age Limits –**

### **B.6. Proof of Age**

Any Player can be called upon to prove his/her legal age to the LA LIGA De LANSING Board of Directors. A birth certificate, Passport, Adoption Certificate, or Certificate of Naturalization shall be sufficient for proof of age.

### **B.7. Tournament**

At the end of regular season, a single game elimination round will be played. Placement will be based on teams standings. All rules from regular season apply. Additions rules may be presented by at a later time by board of Directors.

### **B.8. Other Matters**

Any matters not provided for in these rules and regulations shall be determined by the Board of Directors and decisions so made shall be binding.

## **C. TEAM FORMATION.**

### **C.1. Guidelines for Player Eligibility**

LA LIGA was established to provide the maximum number of players the opportunity to play soccer in a competitive level in a community context.

### **C.2. Team Formation and Organization**

All teams must have team registration / roster on file with La Liga.

### **C.4. Conditions**

The following conditions must be met for all players for a LIGA formed team:

Players must have a players card (provided by la liga) to participate in any match.

## **D. COACHES.**

### **D.1. Code of Ethics for Coaches**

Individuals intending to coach teams sponsored by or affiliated with La Liga will be held to a Code of Ethics .If the Board of Directors determines that the behavior of the coach is inappropriate, the coach will be notified. The coach may be called before the La Liga Board of Directors or La Liga Discipline and Appeals Committee for review and will be subject to disciplinary action.

### **D.2. Maximum Number of Team Officials**

The maximum number of team officials that can be registered with each liga team is three (3). One of the three must be designated as head coach. The other two positions may be any combination of Assistant Coach and/or Manager.

## **E. TEAM AND PLAYER REGISTRATION.**

### **E.1. Team and Player Registration Forms**

The following items must be submitted to La Liga by February 15<sup>th</sup> for spring team formation:

- Team Application /
- Team roster
- 
- Team Invoices will be due March 15<sup>th</sup> for the spring season. Teams with an outstanding balance on April 1 will incur a \$100 late fee. If a team continues to have an outstanding balance, they will incur a \$50 fine per game played without their invoice being paid. If the invoice remains outstanding at the end of the season, the club will be responsible for the total invoice amount including late fine(s).

No teams from the club will be allowed to register for the following season until the balance(s) is paid.

- Individual player registration form
- 
- Late individual registrations can only be submitted through the Liga Office and will only be valid when payment is made.

### **E.2. Player Registration on a Team**

Any player registered to a team is bound to that team for the entire seasonal (Fall/Spring) year. Exceptions to this rule are: the team of original registration suspends operation; or the current team coach gives the player a release. In all cases the Board of Directors must be notified of the change.

### **E.3. Dual Registration**

### **E.4. Club Guest Card**

- All suspensions incurred by a player using the club passcard rule will be served with the team they are permanently rostered to.
- Teams will only be allowed to have a maximum of three (3) club passcard players per game.

## **F. ROSTER.**

## **G. RULES AND GAME PROCEDURES**

### **G.1. Game Report Rosters**

Official La Liga team players, coaches and team manager's pass cards are to be presented to the referees prior to the start of each game. At the completion of the game, the referee should record submit the score, sign the sheets, make any appropriate comments and mail both team's game report rosters (top white copies) to La Liga Statistician in the envelope provided by. A team official must check players before the game with the referee. Coaches are encouraged to contact the GLASRA Referee Liaison with any concerns, complaints and/or positive feedback on any referee (GLASRA's current website is [www.glasra.org](http://www.glasra.org)).

### **G.2. Pass Cards**

The Registrar shall issue a valid registration pass card to all eligible players and team personnel. A team official shall affix a 1" X 1" picture of the player or team official, obtain the player's or team official's signature, and laminate the pass card (as to render it tamper proof). All player and team personnel pass cards shall be surrendered to the referee before the start of each league game. All pass cards are to be returned to the coach at the conclusion of team check-in. Hard copies of pass cards may be requested by contacting the CASL Office. Pass card reprints will incur a \$10 fee per card.

### **G.3. Player not in Possession of Pass Card**

If a player is not in possession of a pass card, the player or the player's coach shall notify the referee prior to the start of the game. If a club pass card player is not in possession of his player pass card at the start of a game, he shall not be allowed to play until he or she is in possession of his player pass card.

### **G.4. Team Bench**

Teams shall occupy opposite touchlines (sidelines). No person is allowed to occupy the area behind either goal line. All players, coaches and spectators must maintain at least a one (1) yard setback from each touchline during game play. Subject to the setback requirement, coaches may freely move along their respective touchline between the top of each goal area. The home team shall have the choice of preferred touchlines.

### **G.5. Rules of Play**

Rules of play shall be the laws of the game as published by FIFA. All contests sanctioned by this league abide by the "Laws of the Game" and the modifications as published by LA LIGA in these RULES and GUIDELINES.

The number of field players, length of games, ball size, circumference and weight:

Number of Field Players, Game Length, and Ball Size.  
11 v 11, Two 45 min. Halves, Size #5

**G.6. Grace Period**

A fifteen (15) minute grace period will be allowed for all games before start. Any team not ready to play after the grace period has expired shall forfeit the game.

**G.7. Official Game**

Two halves of play shall constitute an official game unless otherwise mutually agreed upon by the team coaches. In the event a game must be suspended because of conditions, which make it impossible to continue play, the game shall be declared an official game if one complete half or more of the game has been played. If less than one half of the game has been played, the game must be rescheduled and played in its entirety. (See Rescheduling guideline). At LEAST ONE certified USSF referee MUST be present for a game to be deemed official. "Club Linesman" can be used in case of shortages of referees.

**G.8. Coaching from the Sidelines**

A team's coach and up to two (2) other team officials MUST be able to present signed, pictured and laminated team pass cards to the referee prior to each game. Coaches/assistants and managers/trainers are permitted to give their own team points of strategy and position. No team personnel may use voice amplifying devices or noisemakers of any kind.

**G.9. Player Substitutions**

Substitutions of players during the game, from the centerline of the field, may be with the consent of the referee at the following times:

- a. Prior to a throw-in that team's favor.
- b. Prior to a goal kick by either team.
- c. After a goal by either team, when play has been stopped.
- d. At half time.
- e. After an injury, a bench player may be substituted for the injured player. The other team may substitute like number of player(s). Substitution can occur only after the referee stops the play and acknowledges the injury.
- f. After a caution (yellow card) has been administered, the cautioned player may be replaced by a bench player if the request to substitute is brought to the attention of the referee before the game has been restarted. If the player is substituted for, the other team may substitute one player.

**G.10. Referee payment:** All Referee payments will be handle by LA LIGA.

## **H. DISCIPLINE.**

### **H.1. Disciplinary Authority Concerning Persons**

The Board of Directors has authority to bar completely, suspend, or otherwise discipline, any player, coach, team manager, team assistant, member of the Board of Directors, Committee member, Liga team, Recreational Program team sponsored by, affiliated with or representing La Liga for unacceptable behavior or conduct either in carrying out the duties of their position or while holding the aforementioned offices and/or positions. The Board of Directors has the ultimate authority to determine if any discipline needs to be issued on any or all issues concerning players, team officials or referees affiliated with La Liga de Lansing.

### **H.2. Coaches Responsibility**

Each coach is responsible for the conduct of his assistants, players, parents, and fans, and shall ensure that they abide by all applicable rules, including tournament and inter-league rules, as well as La Liga de Lansing rules.

### **H.3. Minimum Punishments**

All rules and minimum punishments stated below will be followed :

- a. ANY player guilty of FIGHTING before, during or after games shall receive a two (2) game suspension.
- b. ANY player guilty of USING PROFANITY, offensive, insulting, or abusive language, either by word or sign, against other players, coaches, spectators, referees, or any league official shall receive a two (2) game suspension.
- c. ANY player guilty of (ejected for) VIOLENT CONDUCT or SERIOUS FOUL PLAY shall receive a two (2) game suspension.
- d. ANY player guilty of (ejected for) a Foul that denies obvious goal scoring opportunity shall receive a two (2) game suspension.
- e. ANY player guilty of (ejected for) a second cautionable offense shall receive a one (1) game suspension.
- f. ANY player guilty of making THREATENING GESTURES against other players, coaches, spectators, referees, or any league official shall receive a one (1) game suspension.
- g. ANY player guilty of PUSHING OR STRIKING any coach, referee, or official shall receive a one (1) year suspension.
- h. Coaches or team officials who make threatening gestures or use threatening language to other players, coaches league officials or referees shall be disciplined according to the following: First time - two (2) game suspension; Second time - four(4) game suspension and the offender shall appear before a review committee appointed by the director ; Third time - Life suspension from La Liga de Lansing.
- i. Coaches or team officials who fight at any time (prior to a game start, during a game or after the game has concluded) shall be disciplined according to the following: First time offense- minimum one (1) year suspension; second offense – life suspension from La Liga de Lansing.
- j. Players or coaches who receive three (3) yellow cards during a season will receive a one (1) game suspension. This suspension is to be served in the game immediately following the issuance of the third yellow card. Failure of the coach to follow this procedure will result in an additional game suspension.
- k. Any team that has a player or a coach ejected from a game (including 2 cautions) will be required to pay a \$25.00 fine to La Liga for the first offense and a \$50.00 fine for each subsequent ejection. The fine must be paid before the player or coaches pass card is returned. Any player or coach who participates in a game without a valid pass card under this rule shall cause his/her team to forfeit each game that he/she participates in and be subject to disciplinary procedures deemed by the Board of Directors.
- l. Any team that has accumulated 5 ejections (red cards) for players or team officials in one season MUST appear before the Board of Directors and are subject to discipline as determined by the Board of Directors. Upon getting a 5<sup>th</sup> ejection, coaches must contact the La Liga de Lansing President within 48 hours to schedule a team appearance to the Board of Directors. Failure to contact the President shall result in forfeiture of games and/or affiliation with La Liga as determined by the Board of Directors.

### H.3. Minimum Punishments

- m. Suspension received at the end of a season will carry over and be served at the beginning of the following season.
- n. ANY coach, team manager, team official or player who knowingly alters any team roster, player pass card, or causes any team roster or player pass card issued by La Liga to be altered or affixes or causes to be affixed to any Liga issued pass card a photograph of any person other than the person named on the pass card can receive up to a SEVEN (7) YEAR suspension from La Liga de Lansing as determined by the Board of Directors.
- o. ANY coach, player or team official who knowingly changes teams within a given seasonal obligation or quits a team to join another team without following proper procedure, is considered to be poaching or participating in poaching activity. The Board of Directors will determine this activity and discipline will be sanctioned under the determination of the Board of Directors.
- p. ANY player who does not pay his/her financial obligations for any Liga affiliated team, that player will not be allowed to continue to play for any other Liga affiliated team; discipline for that player will be determined by the Board of Directors.
- q. All suspensions shall be in addition to the game during which the infraction occurs. If the infraction occurs prior to the start of the game, the suspension shall be in addition to that game. Any player or team official who has been ejected from the game shall remain on the bench but not able to participate in the actions of the entire game. It is recommended that the player remove his/her jersey as not to be confused with substituted players for the remaining portions of the game.
- r. In the event of serious or consistent inappropriate behavior on the part of any team, the Board of Directors, or disciplinary committee thereof, reserves the right to take disciplinary action, up to and including suspension of the offending team from La Liga.
- s. ANY team that forfeits a game already played because of any infraction to the La Liga Rules will be required to pay a **\$20.00** fine to La Liga. All fines are the responsibility of the club. If a club fails to submit payment of the fine(s) prior to the end of the season, the fine(s) will be doubled and that club will not be allowed to register any team for the next season until the fine(s) is/are paid.
- t. ANY team that chooses to forfeit a game and contacts the Scheduler at least four hours before the match in question will be required to pay a **\$30.00** fine to La Liga. All fines are the responsibility of the club. If a club fails to submit payment of the fine(s) prior to the end of the season, the fine(s) will be doubled and that club will not be allowed to register any team for the next season until the fine(s) is/are paid.
- u. ANY team that chooses to forfeit a game and fails to contact the Scheduler at least four hours before the match in question will be required to pay a **\$30.00** fine to La Liga. All fines are the responsibility of the club. If a club fails to submit payment of the referee fee(s) and the fine(s) prior to the end of the season, the fine(s) will be doubled and that club will not be allowed to register any team for the next season until the fine(s) and referee fee(s) are paid.

#### **H.4. Poaching**

Any person or any club or team which, through its responsible officers or representatives:

### **I. PROTESTS, APPEALS AND DISCIPLINARY PROCEDURES.**

#### **I.1. Protests**

Should any person or team want to protest or appeal any decision, the line of communication shall be as follows:

1. La Liga President.
2. The Complaint Director.

a. In the determination of any discipline or protest, MSYSA rules will take precedence over La Liga rules and regulations if, and only if, so required by MSYSA.

b. Only violations of the La Liga Bylaws, La Liga rules and regulations, and misapplication of the law(s) shall be proper subjects for protest.

c. The referee's judgment related to the conduct of the game and prerogatives granted to him by the "Laws of the Game" published by F.I.F.A. -- SHALL NOT BE CHALLENGED.

d. Protests and appeals are to be written and sent to the President and complaint Director within five (5) calendar days following the date of the match or league disciplinary problem being protested. The protest or appeal shall be accompanied with a \$25.00 fee. If the decision by the person protesting or appealing is not upheld, the fee will be turned over to the Treasurer.

e. The President and Complaints Director will then meet to determine the appropriate action.

f. The Complaints Director can, with or without pre-investigation, according to the severity of the complaint, call for a hearing on the complaint or appeal as determined by the Board of Directors.

g. The Discipline and Appeals Committee appointed by the President shall follow the policies and procedures of La Liga; the concepts of due process; and provide a fair, swift, and just hearing to all protests, appeals or disciplinary procedures, and find just resolution.

h. Suspensions, all disciplinary actions and recommendations, or dismissal of charges will take effect following the ruling of the Discipline and Appeals Committee. Affected parties are to be notified by the Complaints Director within a 48-hour period of said hearing and/or decision.

i. Pleas of ignorance to these rules and regulations are not sufficient, and violators may expect appropriate action by the Board of Directors. The Board of Directors will determine ANY matters not provided for in these rules and the decision will stand final.



## **J. UNIFORMS AND EQUIPMENT.**

### **J.1. Uniforms**

A minimum uniform consists of a shirt with a clearly visible distinct number and matching team color. Team colors should include matching shirt, short, and sock. Both socks shall be the same color with a single predominant color, but not necessarily the color of the shirt, and must cover the shin guards. Additional clothing may be worn under the official uniform as designated by FIFA. Goalies must wear jerseys of a color clearly different from either team color and referee jersey. When the colors worn by teams are similar, the HOME team must effect a change of colors, which will be distinct from those of the opponent. All uniforms must possess La Liga Patch on right side sleeve.

### **J.2. Equipment**

SHIN GUARDS ARE MANDATORY FOR ALL PLAYERS. Regulation soccer shoes (cleats), gym shoes or sneakers are permissible in all Liga competition. Referees will check cleats to be sure no metal parts are exposed. Jewelry worn is permissible upon the discretion of the referee only. The player may be required to remove jewelry or tape it according to the referee instructions. Players with any type of HARD cast (large or small, padded or unpadded) will not be allowed to play. Players with SOFT splints (air) may play at the discretion of the referee. Approval to play must be given by the referee prior to the start of the match. Subject to the approval of the referee, braces may be worn if the hinges are covered and all exposed hard plastic or metal parts do not have any sharp or protruding edges; it is recommended that a padded cover be worn over any brace.

## **L. SCHEDULES AND CANCELLATIONS.**

### **L.1. Scheduling**

Coaches must submit a list of possible schedule conflict dates on the team registration form as part of the team registration process before the season. The Scheduler then drafts and compiles tentative schedules for league competition. The tentative schedules are then delivered to all registered coaches at the seasonal coaches meeting. The Coaches have up to 5 (five) days following the coaches meeting to check their schedule and make any requests for adjustments at the discretion of the Scheduler before the schedules are turned over to the GLASRA Referee Scheduler. All schedule adjustments must be agreed to by both coaches and finalized by the end of the 5 (five) day grace period.

### **L.2. Rescheduling**

Once the respective fall or spring season starts, no rescheduling is allowed unless the Scheduler determines that he or she has made a scheduling error that must be corrected or that a reschedule is necessary due to an unforeseen emergency or tragedy.

#### **The Coach who initiates the rescheduling of a game is responsible to:**

- Contact the opposing team's coach to see if they are willing to reschedule and arrive at a tentative alternate date, time and/or field.
- Contact the Scheduler and inform the Scheduler of the requested change.
- Re-contact the opposing coach once the Scheduler has confirmed the game rescheduling.
- Forward a \$50 rescheduling fee made payable to La Liga De Lansing to the Scheduler if the reschedule is completed after the 5 (five) day grace period.

#### **It is the responsibility of the Scheduler to:**

- Contact the Referee Scheduler and ask that the referees be rescheduled.
- Confirm to both teams that the rescheduled game can or will be rescheduled.
- Notify both teams if a scheduling error has been made and needs to be corrected and work with both teams to identify a mutually agreeable game reschedule.

### **L.3. Minimum Number of Players**

For 11 v 11 divisions a minimum of seven (7) players constitutes a team for play. A game cannot begin or continue if one or both teams cannot field seven eligible players

### **L.4. Games-Cancellations-Postponements**

Soccer games are seldom canceled. Each team must report to the field scheduled unless notified by the Scheduler that the game has been canceled prior to the game start time. Upon arrival at the field, the game may be called only by the referee. A game must be called under following conditions: danger to players (such as lightning hail etc.) or poor field/game conditions (excessive water on the field, improperly anchored goal posts, strong winds, darkness). Any time a weather siren is sounded the game is to be suspended immediately, and the referee must instruct coaches and players to seek shelter. Likewise, any time the referee sees lightning or hears thunder, the game is to be suspended immediately, and the referee must instruct coaches and players to seek shelter. The game is not to be restarted until a period of 30 minutes has passed without lightning or thunder. A game may be suspended for a maximum of 45 minutes. At such time the game will be called. The only reason a field coordinator may cancel a game is for the protection of a home field. Upon cancellation of a game due to weather or field related conditions, the home team must contact the away team within 7 (seven) days of the originally scheduled game to identify a mutually agreeable reschedule date. The home team must notify the Scheduler of the agreed upon reschedule date or the failure to reach agreement with the away team within 10 days of the originally scheduled game. If the Scheduler determines that one or both teams is not making a good faith effort to reschedule the game, he or she may recommend to the Board that one or both team forfeit the game.

## **M. STANDINGS AND SCORE REPORTING.**

### **M.1. League Standings**

Standings will be computed at the end of the regular season play on the following points basis: Win – 3 points; Tie - 1 point; Loss - 0 points; Forfeit – (-1) point. No play-off games will be scheduled. Any team with a forfeit game will not be allowed to WIN the division championship. In case of ties in point standings the following criteria, in the order listed below, will be used to determine the division winner:

- a. Winner of head to head competition; provided, that if two teams are tied and they did not play each other during the regular season, they will be declared co-champions.
- b. Team with most wins.
- c. Highest goal difference goals for minus goals against, up to a maximum of a 4-goal difference per game.
- d. Least number of goals scored against actual goal count.
- e. Penalty point- Deduct 2 points for each red card received during regular season play.

### **M.2. Score Reporting**

The Coach of the winning team or in case of a tie, the home team Coach, shall submit the result. In the event of a forfeit, the team that is not forfeiting shall report the result as a 1-0 win and shall indicate that it is a win by forfeit. The score and standings will be posted to the CASL Web site. Refer to the CASL Web site for instructions on score reporting.