

SECJSA Competition Rules

Approved: 8/27/2026

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Being Human:

The home coach and/or a member of the home team will read this to the spectators just before the start of play before the 1st and 4th week match. The visiting team will stand with the home team when this is read. It should be read from the center line so that both the home and visiting spectators can hear the message.

There is a Zero Tolerance Policy toward the referees. Need to respect the referee their decision will stand.

The CJSA Southeast District League expects all participants to be on their best behavior, this includes players, coaches, referees, and spectators.

All spectators are there to watch not coach. Let the players play, let the coaches coach.

This is not the World Cup.

Cheering for your team is always encouraged yelling is not!

----- **END OF WHAT IS TO BE READ** -----

There is a Zero Tolerance Policy toward the referees.

A forfeit will be given to the offending team in the event of a violation of these guidelines.

If a coach violates these guidelines they are suspended for two next match.

Volunteers:

All Adult volunteers must complete the CJSA background check and complete the State of Connecticut mandated Safesport course.

Scheduling Rules:

The first team listed on schedule is the HOME team and must supply three match officials for each home match. Center Referee must be a USSF Certified Grade 8 or higher. Assistant referees are allowed to be club linesmen. (Exception: only one official is required for U9 & U10.)

If you are scheduled to play a team on a weekend when you are also playing in a tournament (e.g., Columbus Day Weekend), you must figure out a time to play the game. It is your responsibility to play the game, particularly if the team you are playing is not playing in a tournament. Everyone has entered this league in reliance upon opposing teams playing the games as scheduled.

Games may be played on any day of the week. Night games under the lights are available in some towns, e.g., Colchester, East Lyme, Waterford, and Ledyard.

It is mandatory that all teams be represented by a coach or representative of that team at scheduling meeting held each season. This will give all teams the opportunity to schedule all the games prior to the season. If you cannot finish at the meeting it is the responsibility of the home team coach to call or email the opposing teams coach to schedule games. It is suggested that the games be set up as soon as possible to make life easier on everyone involved (re: referees, field coordinators, parents). It is recommended that each team be represented by someone not representing another team during the same meeting.

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The scheduling meeting is further used to get a briefing on the SECJSA rules of competition, the coach's code of conduct and any other information pertinent to the coaching community for that playing season.

Scheduled games must be canceled 72 hours prior to the game for any reason other than weather related cancellations. Both teams must make a reasonable effort to accommodate a date and time that both teams can make up any canceled game. Both teams must have an acceptable number of players but having certain players unavailable is not an acceptable reason to not use that makeup arrangement. For example, "My premier player cannot make that makeup" is not an acceptable excuse if you have enough players to play.

If the two coaches cannot agree on a date and time the League will setup the game and the home team will be required to pay for the referees. This game maybe setup at a neutral site but the home team will be required to pay for the referees .

* Any missed game at the end of the season is subject to a forfeiture of \$100 of the club's performance bond and payment for the scheduled referees.

Team Rules:

All clubs should submit a classic team to either the Gold or Silver league before submitting teams into Bronze.

Bronze teams should be divided up across numbers to make the correct number of teams. You shouldn't be shorting the teams just to pull classic players from Silver or Gold team just to win games. This league is for Recreational Teams only.

You CANNOT play players across divisions within the league except for Bronze. If you have two U10 Bronze teams, you can borrow up to 4 Bronze players from one team to fill in for the other team (i.e. U10 Bronze team 1 uses 4 players from U10 Bronze team 2.) This is a temporary use of players and not permanent. Rosters must be for a full team not one team divided into two teams just to get more games.

Borrowing of a player should always be done borrowing up a division, never down a division, meaning no gold players should be borrowed to a silver or bronze team.

Age Group Specific, you should be keeping your players in their appropriate age group. Playing up should be reserved for the very best player that may enhance their playing ability at the higher age group.

U14 age group is officially changed to U14/15 because we allow players in the 8th grade who are U15 to play in our league. No player in high school at the U15 age group can play even if they are not playing soccer for their high school. A U14 player in high school can play unless they are playing for their high school team. This is still a U14 division and all U14 division rules apply regardless of the inclusion of U15 players.

Rosters

Rosters must match the CJSA Rule 501-4 Eligibility for CT Cup play.

- 501-4 Eligibility. The competitions shall be open to any team composed of properly registered and rostered youth players and registered coaches. This is provided such team is in good standing with CJSA and each player on the team:

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1. is a resident of the town in which the team's home field is located; OR
2. is a resident of the district in which the team's home field is located and is a resident of a town in which NO CJSA CLASSIC competition team exists in the player's recognized age division in the current playing season; OR
3. is one of not more than 2 players, not provided for by subsections 1 or 2.

Approved Rosters are required from the CJSA System:.

Certified Roster published from the CJSA registration system this should include shirt number, can be printed, or provided electronically

Game Results and Standings:

Scoring: 3 match pts for a win, 1 match pt for a tie, 0 match pts for a loss

Standings: Teams with the most Points (Pts) are ranked higher in the standings. The tiebreakers for determining league standing position at the end of the season are: (1) Head to Head. If more than two teams are tied in points proceed to next level. (2) best adjusted goal differential (up to 3 per match); (3) least goals allowed; (4) most goals scored; (5) if still tied for first then co-champs will be declared, if not for first then coinflip by league commissioner will decide.

Home coach must enter the score within 24 hours of the game being played online at in the Playmetrics app or website. Failure to submit the score the team will receive a 1-point deduction in their overall standings.

Forfeiture of Matches: Any match forfeited will result in a win (3 pts) for the team that was scheduled to play, appeared at the field and had at least seven (7) players on the field at the designated playing time plus fifteen (15) minutes. Forfeitures of matches result in a \$100 penalty to the offending club and a 1-point deduction in the team's overall standings.

Game Rules:

Remember that the game is for the kids. Parents should exercise restraint when the urge to yell at a referee arises. Referees are doing the best job they can. They are not perfect. They will make mistakes. However, the players also make mistakes. The coaches make mistakes. And even parents can make mistakes. Try to limit the number of mistakes by not yelling at referees. **Let's have good sportsmanship at all games this season.**

Heading Restriction for U11 and Below

- Heading the ball is not allowed for players U11 and younger. If any player on either team is U11 or younger, heading is prohibited for all players during that match.
- This rule typically applies to U12 matches, but also extends to older age groups (e.g., U13) if a U11 player is participating.
- An infraction will result in an indirect free kick.

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Slide Tackle Rule for U11 and Below

- **Prohibited for U11 and Below:** Slide tackles are not allowed in matches involving players in the U11 age group or younger.
- **Mixed Age Teams:** If either team has one or more U11 (or younger) players on the field, slide tackles are not permitted for either team, regardless of the opponent's age group.
- **Allowed for Older Age Groups:** Slide tackles are permitted only when all players on the field are above the U11 age group.
- An infraction will result in an indirect free kick.

Coaches:

No more than 3 coaches are allowed on the sidelines during the match. Coaches **MUST** be listed on the roster, but any coach with a pass from their club can coach the team if a coach is missing. **All coaches on the sideline are required to wear their coaches pass on a lanyard.**

Injured player:

If a player is injured, the referee should determine immediately whether the coach should be called onto the field. Coaches should remain on the sidelines **until they are called**. If the coach comes onto the field, the player must leave the field until it is ascertained by the coach or other match official that the player is capable of continuing. The player may not re-enter the field until the referee signals him or her on.

Playing time:

Bronze and U10 and younger players are guaranteed at least 50% playing time during all games. The only exception to this would be for injury.

Goal size:

	U8	U9	U10	U11	U12	U13 and up
Min-Max Goal Size (feet)	4x6	6.5x12 6.5 x 18.5	6.5x12 6.5 x 18.5	6.5x18.5 7x21	6.5x18.5 7x21	8 x 24

U9 & U10: Build out lines should be equidistant between the penalty area line and halfway line. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so by accepting the positioning of the opponents and the consequences of how play resumes. Offsides is at the buildout line.

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Fields:

Dogs at the fields:

Dogs are not allowed at or near the fields during a soccer match. Because there are so many different rules and city ordinances about dogs at School, Recreational Parks and Fields the Southeast District (SECJSA) recommends you leave your dogs at home. Referees are instructed not to let play begin until the dogs are removed from the fields. NOTE: this does not apply to service dogs that are permitted based on the ADA requirements.

Weather

Inclement Weather Cancelations

- Game has not started – game is to be played from the start
- Game is less than 15 minutes into the first half – game is played from the start
- Game is more than 15 minutes into the first half or at half time or less than 15 minutes into the second half – game is to be restarted from half time
- Game is more than 15 minutes into the second half – game ends with the current score

Protests:

Any person may submit a grievance for any incidents concerning rules, games and conduct. Grievances must be submitted in writing accompanied by the application protest fee of \$100.00. For details, see the League Protest Form under the Forms section of the SECJSA.org website.

IFBA Modifications:

All age groups and levels follow IFBA Laws of the Game.

<https://www.theifab.com/>

LAW 1: The Field of Play

	U8	U9	U10	U11	U12	U13 and up
Min - Max field size (LxW yards)	25x15 35x25	55x35 65x45	55x35 65x45	70x45 80x55	70x45 80x55	100x50 120x75

LAW 2: The Ball

U8: Size 3 Ball

U09, U10, U11, U12: Size 4 Ball

U13, U14/U15: Size 5 Ball

LAW 3: The Number of Players

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U8: A match is played by two teams consisting of 4 players, without a goalkeeper. Roster is required, but Player passes are not needed.

All U9, U10: A match is played by two teams each consisting of 7 players, one of whom is the goalkeeper

U11 and U12: A match is played by two teams each consisting of 9 players, one of whom is the goalkeeper

U13, U14/U15: A match is played by two teams each consisting of 11 players, one of whom is the goalkeeper.

Substitution Procedures

U8, U10, U11, U12, U13, and U14/U15: Unlimited re-entry is allowed

NOTE: Substitutions can be made at any stoppage.

U11, U12, U13 and U14/U15: Follow the exact substitution procedure as outlined by IFAB.

Law 4: The Player's Equipment

No jewelry allowed, taping of earrings is not allowed they must be removed.

Law 5: The Referee

U8: No Certified Referee is required. It can be a Referee, a coach or a parent. Both coaches need to agree.

U9, U10, U11, U12, U13, U14/U15: Center Referee must be a USSF Certified Grade 8 Official or Higher. **High School certification is not an acceptable certification for district play.**

Law 6: The Assistant Referees

U8, U9, U10 Assistant Referees are not required.

If an Assistant Referees does not show for a match you are allowed to use a noncertified "Club Linesmen" but they must follow the USSF outlined procedures.

Clubs should be providing three referees for any match U11 and above.

Law 7: The Duration of the Match

	U8	U9	U10	U11	U12	U13 and up
Playing times (minutes)	4x10	2x25	2x25	2x30	2x30	2x35
Break Times (minutes)	5	10	10	10	10	15

Law 8: The Start and Restart of Play NO MODIFICATIONS

Law 9: The Ball In and Out of Play NO MODIFICATIONS

Law 10: The Method of Scoring NO MODIFICATIONS

Law 11: Offside

U8: No offside rule. **Both** coaches cannot agree to apply the offside rule.

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U9, U10 Offsides start at the buildout line.

U11, U12, U13, U14: Offside rule is in affect as outlined with No Modifications.

Law 12: Fouls and Misconduct NO MODIFICATIONS

Law 13: Free Kicks

U9, U10: Position of Opponents During Free Kick – No closer than 8 yards

Law 14: The Penalty Kick NO MODIFICATIONS

U8: No Penalty Kicks will be used

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Law 15: The Throw In

U8, U9, U10: Second chances on throw-in are permitted if **both** coaches **and** referee agree.

Law 16: The Goal Kick NO MODIFICATIONS

Law 17: The Corner Kick NO MODIFICATIONS

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Support for Referees – Zero Tolerance Policy

A. PERSONS RESPONSIBLE FOR A TEAM

Defined as any rostered volunteer that is on coaches side of the field during the game.

With the exception of responding to a communication initiated by a referee, making a substitution, or pointing out an emergency safety issue during the play of a match, the persons responsible for a team should not say anything to a referee. Nor should they do anything that conveys in any way any criticism of the referee. Coaches may ask questions before the start of play or ask what a call was, but may not approach the referee at halftime or at the end of the match for further clarification or questioning. **Coaches who have concerns about a referee's officiating may express those concerns verbally or in writing to the District Referee Administrator (DRA). They may not express those concerns to the Referee.**

SECJSA recommends that the referee deal with infractions of this rule in the following manner:

1. Instances of infrequent and reasonably low-key dissent can be ignored.
2. The first instance of persistent dissent is to be acknowledged with a yellow card. The second instance will result a red card, the coach is dismissed and must immediately leave the match and surrounding area. Failure to comply will result in the match being forfeited. The referee will file the necessary reports and send them to the DRA, and League Commissioner.
3. Player dissent is to be dealt with according to IFAB law.

B. SPECTATORS

Defined as any non-rostered individual in the vicinity of the field directly before, during or directly after the game. With the exception of responding to a communication initiated by a referee, or pointing out an emergency safety issue, spectators will not say anything to a referee. Nor will they do anything that in any way conveys criticism of the referee. SECJSA recommends that the referee deal with infractions in the following manner:

1. Infrequent or reasonably low-key dissent can be ignored.
2. At the instance of the first infraction of persistent dissent, the referee will stop the match and ask the person responsible for the team to quiet the offending spectator.
3. At the instance of the second infraction, the referee will stop the match and inform the person(s) responsible for the team that the spectator must immediately leave the match and surrounding area. Failure to comply will result in the match being abandoned. The referee will file the necessary reports and send them to the DRA, who in turn will forward them to the League Commissioner.
4. Due to the age and experience of some officials, they may need the assistance of responsible people to help if the spectator is not affiliated with either team.

C. UNBECOMING CONDUCT

If a member or members of a team, any persons responsible for a team, or a team's spectators engage in unbecoming conduct before, during, or after a match, they will be subject to discipline by the SECJSA Discipline Committee.

This discipline can include suspension of the entire team from their next scheduled match.

D. POLICY EXECUTION

Clubs are directed to notify all club participants of this policy prior to play. We recommend adding this policy to the registration process.

Have a great season!