

NorCal Premier Soccer League

Super Rec Rule Modifications



A US Club Soccer Sanctioned League



Super Rec Rule Modifications

Section 1: Administration/ Management

1.1 – League Registration

Each NorCal Super Rec club will submit a file to the League Office with a list of the team age groups, gender, team name, coach/manager name and email. The League Office can create the teams in GotSport for the clubs. Clubs may also enter the teams on their own if they prefer at the following link

1.2 – Scheduling

Each club will provide a list of fields with dates and times available along with the age groups or teams using the fields. Once the information is submitted the League Office will schedule all matches with date, time and location.

Section 2: Game Officials

2.1 - Match Officials

Match officials must be current year USSF licensed referees. All matches must have a minimum of one referee.

Section 3: Competition Rules

3.1 - Playing Rules

All games under league jurisdiction shall be played according to the rules and regulations recognized by the NorCal Premier League which shall be the same rules set by FIFA/ U.S. Soccer (USFS) except for those exceptions authorized by FIFA or USFS.

3.2 - Point System

All NorCal Premier Leagues shall operate under a point system. The point system shall award three points for a win, one point for a tie and no points for a loss.

3.3 - Tie Breakers

In case of a tie on points in the standings within a league, the following will be used as tiebreakers:

1. “Head to head” points (win/lose/draw) between teams
2. Overall Goal Differential (up to 4)
3. Goals for (up to 4)
4. Goals against (up to 4)
5. Most points against the highest non-tied team in the group
6. Best goal differential against the highest non-tied team in the group
7. Most shutouts
8. Fewest red cards
9. Coin toss

In a situation where a season can not be completed due to exceptional circumstances, and

teams have played an unequal number of games, NorCal may use Points Per Game (PPG) to decide league standings.

3.4 - Game Details

	U14	U16	U19
Field Size (yds)	100/120 L 50/80 W	100/120 L 50/80 W	100/120 L 50/80 W
Number of Referees	1	1	1
Number of Players	11v11	11v11	11v11
Minimum # of Players	7	7	7
Goalkeeper	Yes	Yes	Yes
Playing Time	2x35	2x40	2x45
Ball Size	5	5	5
Goal Mouth Size (feet)	8x24	8x24	8x24
Offside	Yes	Yes	Yes
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage
Fouls (type of kick)	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks

Free Kick clearance	10 yd	10 yd	10 yd
Throw-in	Normal	Normal	Normal
Penalty Kicks	Yes (mark at 12 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	18 x 44	18 x 44	18 x 44
Goal Area (yards)	6 x 20	6 x 20	6 x 20
Heading	per Laws/Rules	per Laws/Rules	per Laws/Rules
Half-Time Break	10 mins	10 mins	10 mins

3.5 – Healthcare Professional

A healthcare professional is defined as “a licensed healthcare professional such as an athletic trainer certified (ATC), or a physician (MD/DO), with a skill set in emergency care and sports medicine injuries and with knowledge and experience related to concussion evaluation and management.” It will be up to each club to decide whether they will provide a healthcare professional at their matches and to ensure that this individual has the correct certification to be evaluating players for head trauma. If a club plans to use a healthcare professional to evaluate suspected head injuries during a NorCal match, the healthcare professional must be presented to the referee prior to the start of the match. Referees will not allow the re-entry of players removed from the field of play for suspected head injuries unless they are informed of the presence of, and meet with, a healthcare professional prior to the start of the match.

3.6 - Substitutions

As per FIFA guidelines, unlimited substitutions are allowed in all ages groups. However, teams may substitute only with the referee’s permission. Substitutes must wait on the sideline (off of the field of play) until the field player has left the field of play and/or the referee has indicated the substitute may enter the field of play.

Substitutions by either team are allowed at any stoppage of play with the permission of the referee. Referees will be instructed not to allow substitutions that are deemed “excessive” or of a “time wasting” nature. Please be respectful of the integrity of the game and do not use the free substitution rules as a means to disrupt the match.

3.7 - Playing Time

Each player is required to play a minimum of 33% of each match.

3.8 - Excessive Goal Differential

Teams may win by no more than a six goal differential. Any teams winning by excessive margins will result in the following sanctions:

1. Warning and no standings points awarded for the match
2. Coach suspended
3. Team removed from League and Club reviewed for future participation

Section 4: Rosters

4.1 - Player Registration

Players shall be registered using Super Rec passes according to [US Club Soccer](#) rules.

4.2 - US Club Soccer Player Pass

All players and coaches must present their US Club Soccer Super Rec pass to the referee prior to the match. If the individual picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match.

4.3 - Game Day Roster Limit

Twenty-two players may dress and participate in each match.

4.4 - Competitive Players

Players with a US Club Competitive player pass are ineligible to participate in Super Rec competitions.

4.5 - Emergency Player Rule

Teams that drop below 12 players for a scheduled match, may get approval from the League Office to add Super Rec players that are registered with their Club, but are not on their team roster. This rule may also be used to add a goalkeeper. Players with a competitive pass are not eligible to participate.

Section 5: Game Day Procedures

5.1 - Pre-Game Procedures

Home Club/Team Responsibilities

- Provide League Office with field availability for league scheduling
- Provide properly lined field
- Provide and pay current year licensed USSF referees

- Provide [NorCal Game Card](#) (with both team rosters) to the center referee
- Provide referee with current year US Club Soccer Super Rec player passes for each player and team official.

Visiting team responsibilities:

- Provide referee US Club Soccer Super Rec player passes for each player and team official
- Have a copy of official NorCal Game Card if needed by the center referee

5.2 - Game Day Procedures

Each manager should have the following at every game

- [NorCal Game Card](#)
- US Club Medical Release forms
- US Club Soccer Super Rec passes for its players and team officials

5.3 - Post-Game Procedure

Home team Responsibilities:

- Coach or manager sign the Game Card following the game
- If no red card is given, the home team holds onto the Game Card until the end of the season
- If a red card is given, this requires immediate action from the center referee to report to PAD
- [Post score within 24 hours](#) (away team may also report score)

Visiting team responsibilities:

- Coach or manager must sign the Game Card following the game

5.4 – Jersey Conflict

If there is a conflict in jersey colors, it is the home team’s responsibility to change colors or wear pinnies. NorCal encourages home teams to wear their dark colors, while away teams wear light colors.

5.5 – Team Benches and Spectators

The home team will have their bench and spectators on one side while the away team and spectators will be on the opposite side. The League Office may grant approval for modifications to this policy if a venue does not have space for this format. If this approval is granted it will be communicated to all the clubs and teams that may be affected.