



Iowa Soccer League State League RULES

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SECTION 1 Introduction

1.0 Name

The name of the League is the Iowa Soccer League State League hereafter referred to as “ISL State League” or “State League.”

1.1 Purpose

Iowa Soccer is the sanctioned governing body of US Youth Soccer and US Soccer and is dedicated to serving the development of players while being supportive of and in compliance with our national organizations’ requirements and programming.

The Iowa Soccer League State League is the highest level of competition for domestic League play in our competitions pathway and is integral to player development. The ISL State League is guided by one focus – player development -- and is therefore evolving to be in full alignment with US Soccer’s Player Development Initiatives (PDI’s). Additionally, in delivering US Youth Soccer programming, such as the National Championship Series and the Presidents Cup, Iowa Soccer must ensure teams, players and coaches are in compliance with US Youth Soccer rules and policies.

1.2 League’s Association with Iowa Soccer

The League is an Iowa Soccer property, open exclusively to Iowa Soccer member teams.

1.3 Goals

The League will:

- Be developmentally appropriate
- Provide meaningful competition
- Provide improved competition formats for players to enjoy and develop
- Provide coaching education standards and resources
- Take a common sense approach to matters so as to best support a fun and developmentally appropriate playing environment

1.4 League Management and Guiding Principles

The League is managed and operated by Iowa Soccer staff with a designated League Director. The Iowa Soccer staff will collaborate with the Player Development Advisory Panel (Section 1.6) to assure maximum collaboration, teamwork and input from membership and participating clubs.

The League is guided by the following:

- **US Soccer Player Development Initiatives:** These initiatives include:
 1. Calendar alignment (i.e., set play dates)
 2. Consistent schedules (i.e., 6-10 games based upon request)
 3. Developmentally appropriate match-ups

4. Appropriate practice-to-game ratios
 5. Appropriate number of games per day and per season
- **Player Development:** The League is player-centered and focuses on what is in the best interest of long-term player development.
 - **Club Development:** Clubs are critical to the player development process. Therefore, Iowa Soccer is working to support club development and to help clubs create environments that facilitate the player development process.
 - **State, Regional and National Competition Pathways/Compliance:** ISL State League serves as a qualifying entry point into the US Youth Soccer competition pathways, which include League play (the Midwest Regional League and the National League) and tournament play (the National Championship Series Iowa State Cup and the Iowa Soccer Presidents Cup.)
 - **Tournament Participation:** The League calendar includes BYE weekends on which teams may choose to participate in existing Iowa Member Club Tournaments.
 - **Player Development Advisory Panel (PDAP):** an advisory panel consisting of qualified and licensed technical leaders from member clubs engages with League leadership and the State Director of Coaching Education and provides input.

1.5 Authority

Participating clubs will be responsible for teams entering the League and ultimately will be responsible for team (player, coach, and parent/supporter) actions.

The League is under the authority of the Iowa Soccer Association and its Board of Directors. Direct authority for management and operations of the League rests solely with the Iowa Soccer staff.

Iowa Soccer reserves the right to make certain decisions regarding the League, as it deems necessary, for the good of the game, in order to improve the game and/or to protect the participants. Such decisions shall include but are not limited to: postponement or cancellation of games; rescheduling of games; changing of fields; changing of sites; fair play and unsporting behavior.

All teams submitting an entry to compete in the League thereby agree to abide by and accept the jurisdiction of the bylaws, policies, rules and regulations of the Iowa Soccer Association, the Iowa Soccer League, US Youth Soccer, US Soccer and FIFA. No official, coach, club, referee, player, team or their representatives may invoke the aid of the Courts without first exhausting all available remedies within the appropriate affiliated soccer organizations noted above.

1.6 Player Development Advisory Panel (PDAP)

The Iowa Soccer staff will utilize an Advisory Panel for collaboration. The panel is advisory in nature and may make recommendations, but is not a decision-making body. The panelists serve to bring their perspectives to the Iowa Soccer staff and League Director and serve as ambassadors and advocates of and for League participants.



1.6.1 Eligibility to serve

- Current club DOC
- Current club staff members and/or technical leaders

1.6.2 Volunteering to serve

Iowa Soccer staff will seek volunteers in advance of the terms of service. General Service terms are 12 months beginning August 1 – July 31. This panel will be revisited each year to consider make-up as discussed in 1.6.3.

1.6.3 Panel make-up

- As possible, will seek to have an even distribution of club leaders representative of all geographical regions.
- As possible in making selections in those categories, will seek to rotate and select so as to have a variety across clubs with teams participating in the League.

1.7 Website

The League website will serve as the informational and promotional hub for participants and fans alike. It can be found on www.iowasoccer.org.

1.8 Rules changes

Rules may be updated/revised at any time. Please make it a point to review the rules prior to the opening weekend of competition for your team, and to review them regularly. A plea of ignorance to all rules and regulations governing this competition is not sufficient grounds for not following them, or to serve as the basis for a protest.

SECTION 2 Entry and eligibility criteria

2.0 Eligibility

Entry is accepted on a team basis and teams and players must be currently registered with Iowa Soccer in 11U-19U age groups.

2.0.1 Each team and participant must be a current member of and in good standing with Iowa Soccer.

2.1 Team entry procedure – Team’s “Actual Age Group” Designation

Clubs should only enter a team into the League knowing it will be able to field that team and field it in the age group selected at the time of team entry. All team entries must be completed using the



League's online entry tool. (This tool is different from software used for player registration and team formation - i.e League One).

2.1.1 During team entry into the League, teams are required to enter the age group that corresponds with the age group designation assigned by League One player and team registration software.

2.2 Determination of team's "Playing Age Group"

The goal of the ISL State League is to create an environment that is player development centered. During the team entry process, a team enters a division based on its age group designation (see 2.1.1). Organizing teams by their corresponding age groups helps to serve the developmental process for the majority of teams. However, there is occasion to consider a team may need to be placed differently in order to better facilitate player development. Final determination of a team's "playing age group", also known as "divisional placement", is based upon two factors: age and ability

{We know clubs sometimes must place an "older" player or two on the only team available in the age group, and which happens to be a "younger" team, in order for the older kid(s) to have a place to play. By way of doing that, the team then must be designated as an "older" team - for example, you have a true 13U team but must place one or two true 14U players on the "younger" team's roster. This results in the team's official designation as a 14U team. (see 2.1)}

- **Age:** the first criteria in creating divisions is by age group (i.e. birth year). In 11U-14U there will likely be single year divisions. In the older age groups, 15U-19U, ages at which players are becoming more physically mature, the League will consider the number of teams within an age group and the playing level of teams within an age group and from there decide whether to have single birth year divisions or to combine multiple birth years.
- **Ability:** If a team has demonstrated that it's at a higher or lower level of development than it's age group peers, the League will consider allowing the team to play up or down as outlined below.

2.2.1 Playing "Up"

11U & 12U Divisions: Teams will be asked to play within their division unless team formation requires an exception to be made. Any exceptions for consideration otherwise will be documented during the team entry process.



13U Division: Due to not having Iowa Soccer Championship Series results, requests to play up will be reviewed by PDAP. The coach and/or technical director will have an opportunity to present their case to the PDAP but will not be involved in the final decision making process.

14U – 19U Divisions: If a team has demonstrated that they are at a higher level of development than their age group peers (i.e., #1 or #2 team in the state) the League director, in conjunction with the PDAP, will consider the opportunity for those teams to play across age groups.

2.2.2 Playing “Down”

11U & 12U Divisions: Teams will be asked to play within their division unless team formation requires an exception to be made. Any exceptions for consideration otherwise will be documented during the team entry process. Exceptions will be highlighted on final divisional placement release.

13U – 19U Divisions: Requests can be made during registration process. Teams will be asked to play within their division unless team formation requires an exception to be made. Exceptions will be highlighted on final divisional placement release.

2.2.3 Unacceptable use of this selection allowance

It is not acceptable for a team to intentionally select “play down” when the team’s developmental level supports playing in its own (or higher) playing age group. The League will monitor and track scores and address any questions or issues if they arise. Abuse of this common sense approach will not be tolerated.

2.2.4 Form of the game

It is not allowable to place a team in a division with a different form of the game (6v6, 9v9, 11v11, etc.) i.e., A 13U team may NOT play in the 12U division.

2.3 Age Groups Offered

The ISL State League offers the following age groups.

- FALL SEASON: 11U, 12U, 13U, 14U, 15U, 16U, 17U, 18U, & 19U
- SPRING SEASON: 11U, 12U, 13U, 14U & 15U



Should there not be enough teams to form a single age group division, age divisions will be combined. As necessary, small-sided divisions (7v7) will also be offered and supported in 13U-19U age groups.

2.4 Roster Sizes

Maximum Roster Sizes

- 11U, 12U (9v9) maximum of 16
- 13U, 14U, 15U, 16U, 17U, 18U, 19U (11v11) maximum of 22, 18 "game active"
- If needed, small-sided 7v7 @ 13U, 14U, 16U, 19U maximum of 14

Minimum number of players needed to play

- 11U, 12U playing 9v9 minimum of 7
- 13U-19U playing 11v11 minimum of 9
- 13U-19U playing 7v7 minimum of 6

2.5 Team Formation & Levels of Play

Both level 1 and level 2 teams are formed by a selection process. Refer to the Iowa Soccer Association Member Rules Section 1.

- Level 1: Highest level of play available in the state
 - **Further defined by these competition opportunities:**
 1. US Youth Soccer National League
 2. Midwest Regional League, Premier I, Premier II, or 1st Division (MRL)
 3. ISL State League (Premier Division)
 4. ISCS National Championship Series (State Cup)
 5. ISCS Presidents Cup Series
- Level 2: More competitive than level 3, but not strong enough to be level 1
 - **Further defined by these competition opportunities:**
 1. Midwest Regional League, Qualifying Division (MRL)
 2. ISL State League (2nd/3rd Division)
 3. ISCS Presidents Cup Series

2.6 Multiple rostering

Players may only play for one club in the ISL State League. Starting at the 11U age group, players may be registered to two Iowa Soccer sanctioned teams at any given time during the seasonal year; this is considered multiple rostering. One team must be designated as the primary team and the other team will be designated as the secondary team.

- Each team is limited to three secondary rostered players.



- Players multiple rostered to a Level 3 team and a Level 1 or 2 must have the Level 1 or 2 team designated as their primary team

2.7 Entry Fee, Collection of

The team entry fee is per team, per season. Team entry fee is not due at the time of entry; Iowa Soccer will invoice clubs for their total team entries in a playing season.

2.8 Additional Fees

- Assignor Fee
- Referee Fee
- Field Rental Fee (Only applied in the case the League has to rent playing field)

2.9 Withdrawal of team entry

Clubs should only enter a team into the League knowing it will be able to field that team and field it in the age group selected at the time of team entry.

2.9.1 Team entry checkpoints

There will be a minimum of three checkpoints prior to the release of the final schedule that a designated club official will be asked to verify its club's entries

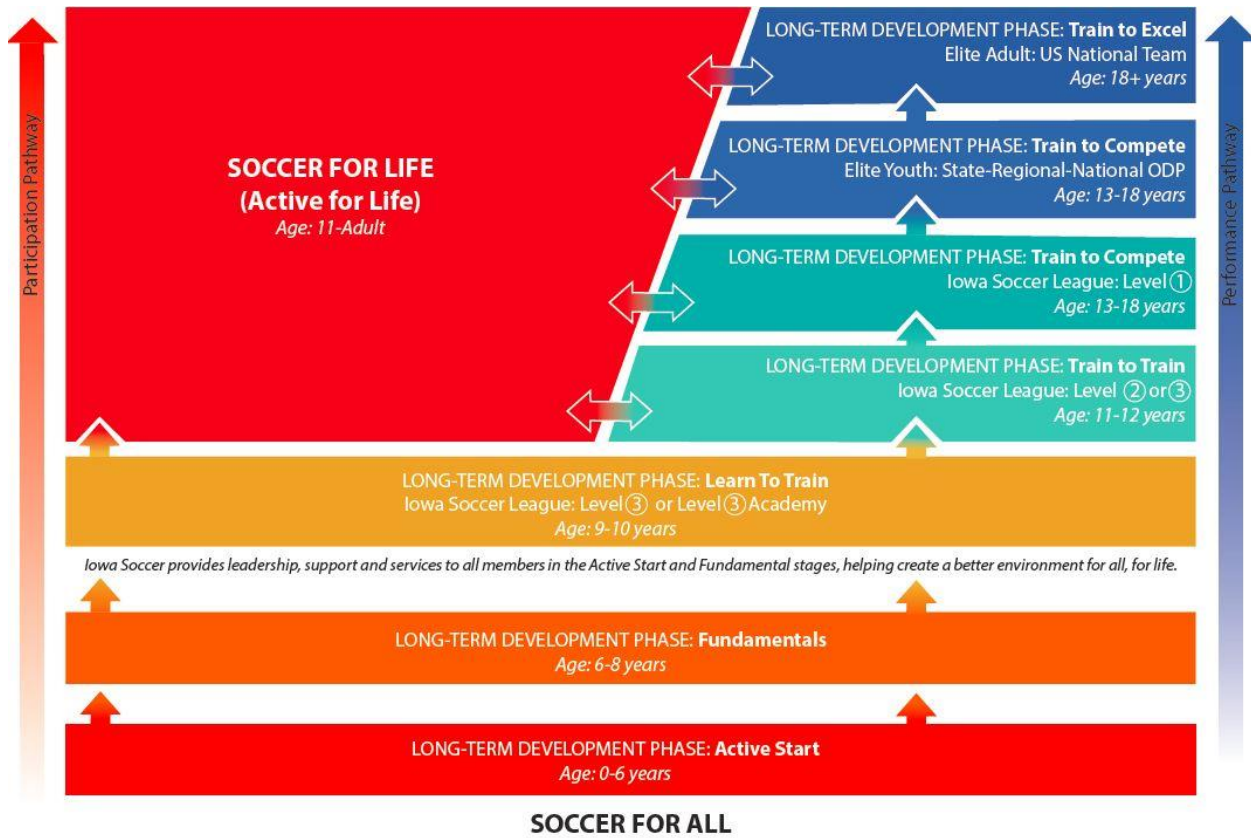
1. In the days immediately following the close of team entry
2. In the days immediately following the divisional placement process
3. In the days immediately following the import of data by our scheduling partner TeamsCompete

2.9.2 Penalty for late withdraw from the League (effective Spring 2017)

If the League Director and scheduling partner TeamsCompete have completed the process of confirming team entries with the designated club official via the checkpoints per Section 2.9.1 and a club subsequently requests to withdraw a team, the club will be charged for the League entry fee and also be subject to a fine up to \$250, and further consideration may be made as to the eligibility of that team and/or club to compete in the League in the next playing season.

Section 3 League Standards and Expectations

3.0 Programming Guided by Iowa Soccer’s Player Pathway



3.0.1 Focus, by Age Group

- 11U & 12U: Performance Pathway - Soccer for Life, Active for Life.
The primary focus for this stage of development is to train to train. From a soccer perspective, the focus should be on technical development and basic understanding of tactical principles in the 9v9 game format.
- 13U & 14U: Performance Pathway – Soccer for life, Active for Life.
The primary focus for this stage of development is to begin transition for train to compete. Introduction of a competitive playing environment where players may continue to develop, refine, and apply their technique as well as begin to understand tactical principles in the 11v11 game format.
- 15U thru 19U: Performance Pathway - Soccer for Life, Active for Life
The primary focus during this stage of development is to maintain a competitive playing environment where players can continue to develop, refine, and apply their technique as well as further develop their tactical understanding of the game. In the Performance Pathway, the goal is to train to compete.



3.1 Alliance 4 All: Practice better sportsmanship

Iowa Soccer is an Alliance 4 All-Endorsed State Association and will conduct its programming in accordance with this status.

It is the position of Iowa Soccer that the pursuits of competing and of practicing good sportsmanship are not mutually exclusive. Club officials and their technical leaders are expected to take the lead in directing their coaches, parents, spectators, players and referees to “practice better sportsmanship” as part of participation in an Iowa Soccer League competition.

3.2 Education: Coaches, Parents

Iowa Soccer is committed to creating a better environment by building its foundation on education. Coach and parent education are critical components of player development and enjoyment of the game and contribute to player retention. Through education, coaches and parents are better equipped to support players, while also creating more enjoyable experiences for themselves.

3.2.1 Coach Education Minimum Standards

Coaches in the ISL State League are expected to familiarize and conduct themselves in a manner that is consistent with Iowa Soccer’s Long-term Player development philosophy. Coaches play a critical role in player development and staying with the sport. In an effort to support player development, coaches are encouraged to complete one of the Iowa Soccer coach education courses. Iowa Soccer will also utilize the League structure to deliver a range of coach education materials and opportunities.

- 11U & 12U Coaches: Required USSF “E” License
- 13U & 14U Coaches: Required USSF “E” License / Recommended USSF “D” License
- 15U – 19U Coaches: Required USSF “E” License / Recommended USSF “D” License

3.2.2 Parent Education

Expectations of parent behavior begin with the foundation laid by the “Alliance 4 All: Practice Better Sportsmanship” program. Iowa Soccer will roll out additional parent education materials and resources during each season.

3.3 Club Standards

Club administration – to be eligible to participate in ISL State League, clubs/teams must have standardized administrative procedures in place at the club.

- Club must be up to date on all League fees and invoices based on ISA collections policy
- Club must provide a League rep to communicate with League director
- If hosting home games at the club’s facility, must provide one field coordinator to communicate with the League on all issues regarding fields



3.4 League Committee

All clubs who have 4 or more teams registered for the League will have 1 representative on the League committee. This membership will be updated yearly based on fall registrations.

3.5 Meetings

The League committee will meet once a year.

- No later than the end of the calendar year. This meeting will review the fall season and set dates for the spring season and tryouts.
- At any time deemed necessary by the League director to resolve issues. A minimum one-week notice by confirmed communication is required. This meeting may take place by webinar.

SECTION 4 Scheduling

4.0 Seasons

The ISL State League will offer a fall and a spring playing season for 11U, 12U, 13U, 14U, 15U and a fall playing season for 16U, 17U, 18U, & 19U divisions.

4.1 Number of games

The average number of League games will be 7-8 games, (minimum of 7 unless noted otherwise), played over a 9 or 10 week season determined by the calendar. Club officials may request a light or heavy schedule, although these requests can't be guaranteed.

4.1.1 Light Schedule (5-6 Matches)

4.1.2 Heavy Schedule (9-11 Matches)

4.1.3 Teams who request a heavy schedule & receive 9 or more matches will pay an additional admin fee of \$30 per match.

4.2 Play dates & 1 game per day model

League games will be scheduled on Saturdays and Sundays with games starting at 11:00am, 1:00pm, 3:00pm or 5:00pm. Times may vary slightly based on daylight.

4.2.1 Play dates will be highlighted prior to opening League registration. Teams must be available to play on all play dates.

4.2.2 The League provides teams with "opt-in" or "opt-out" weekends in the case they would like to participate in other events such as tournaments.

4.2.3 The League works from a 1 game per day model with an exception in the 11U – 14U age groups.



4.3 Divisional Placement/Group Formation

Teams will be placed/assembled in “playing age groups” (as per Section 2.5) and by division. The Premier division in each age group shall be made up of level 1 teams. Additional tiers may be formed to support lower level teams.

4.3.1 Immediately after Groups have been formed there will be a short time period of review by a designated club official to confirm or request a change to their team’s group placement.

4.4 Travel distances

Amount of travel will vary based on group makeup. As mentioned in 4.3.1 the first division will be geared towards creating the most competitive matches for our level 1 teams therefore may be asked to travel a bit more.

4.4.1 The use of neutral sites will be considered in the event that a game match-up involves a significant travel distance.

4.4.2 While the League is working towards a 1 game per day model there has been an exception in the 11U-14U age groups. The League will attempt to provide a second match if a team is travelling 90 miles or more.

4.5 Scheduling Blocked Teams

4.5.1 Teams sharing coaches – The League will coordinate schedules for a head coach of (two teams) to the best of our ability, beyond that we cannot guarantee game coordination.

4.5.2 Teams sharing players – The League will coordinate schedules for two teams sharing players to the best of our ability, beyond that we cannot guarantee game coordination.

4.5.3 Player blocks will be given priority over coach’s blocks

4.6 Published Schedule

Once the schedule is published in Tourney Machine all matches are to be played as scheduled. Teams not playing a scheduled match are subject to a \$400 forfeit fine and possible suspension from the ISL State League. Failure to adhere to this policy will render the offending team responsible for all referee fees and match expenses for the game.

4.6.1 In the event of weather, field closures, or an “Act of God” the League Director will work with clubs and verify the dates, locations, and matches that will be cancelled.

4.6.2 Only matches cancelled due to an “Act of God”, field closures, or weather may be rescheduled with no additional penalties at the League and Club officials’ discretion as per the following procedure.

- Team Coaches or Coordinators must contact each other and agree upon a date and time
- The agreed-upon date and time must be presented to the League Director via our League reschedule form (available on League website)



- Required 4 day minimum notice on all weather related reschedules
 - The League Director will confirm if fields and referees are available for the agreed-upon time and if so, the rescheduled match will be entered into the ISL schedule
 - In the event matches cannot be rescheduled, those matches will be posted as not played
- 4.6.3 Mutual Agreed Reschedule Requests after final schedule has been published
- Mutual agreed upon reschedule with more than a 7 day notice will result in a \$25 Admin Fee to the team requesting the schedule change.
 - Mutual agreed upon reschedule with less than a 7 day notice will result in a \$40 Admin Fee to the team requesting the schedule change.
 - Reschedule requests that are not mutually approved will not be entertained
 - Rescheduled matches will not be considered if less than a 3 day notice.

**SECTION 5 Specifications & Requirements: rosters, games, fields/equipment, offside**

5.0 Comprehensive Chart of Standards and Requirements

	11 & Under	12 & Under	13-14 & Under	15-16 & Under	17-19 & Under
Field: Length Range	70-80	70-80	100-120	100-120	100-120
Field: Width Range	45-55	45-55	55-80	55-80	55-80
Number of Players	9v9	9v9	11v11	11v11	11v11
Maximum Roster Size	16	16	22 max 18 "game active"	22 max 18 "game active"	22 max 18 "game active"
GK	Yes	Yes	Yes	Yes	Yes
Playing Time (Minutes)	2x30	2x30	2x35	2x40	2x45
Break Time (Minutes)	10	10	10	10	10
Ball Size	4	4	5	5	5
Goal Size (Feet)	6.5x18.5	6.5x18.5	8x24	8x24	8x24
Offside	Yes	Yes	Yes	Yes	Yes



5.1 Field inventory

In order to provide requisite numbers of fields for League play, each club will submit one available field for every up to four of its team entries in an age group. For each age group in which the club has a team entered, it must provide a field of the corresponding size. If a club enters more than four teams in a single age group, it must provide a second field for League play.

5.1.1 Field inventory submission requirements, timeline

Club officials will be asked to complete a field inventory form as provided by the League Director. The deadline for field inventory collection will coincide with the deadline date for team entry confirmation.

5.2 Team benches and spectator sideline

Players and team officials will be positioned on one sideline that is opposite the spectator sideline. It is not permissible for spectators to be positioned behind the team benches.

SECTION 6 Referees

6.0 System for assigning

The League Head Referee Assignor will ensure that all referees assigned for ISL State League are certified as required by the IRC and USSF.

6.1 Certified referees required

Only certified referees will be assigned by registered League assignors and will use the diagonal system of control (3 person crew).

- A two-person system is not allowed.
- If there is a referee no-show at the game, non-certified volunteers may be used so the game may be played.
- Referees will officiate all matches in accordance with the FIFA Laws of the game unless noted otherwise.

Number of referees assigned to a match, by age group/form of the game

- 11U, 12U (playing 9v9) three referees
- 13U, 14U, 16U, 19U (playing 11v11) three referees
- 13U, 14U, 16U, 19U (playing 7v7) one referee

6.2 Pay scale

Iowa Soccer, in conjunction with the Iowa Referee Committee, will determine the fees to be paid to referees each seasonal year.

6.3 Method of payment

The referees will be paid after the match report has been completed. ISA will process referee payments as per ISA accounting procedures, at the end of each month.



6.4 Referee No-shows

The expectation of referees is that they honor their game assignment. If a referee(s) does not show at the game, it will be noted in the match report. Teams will be refunded at the end of the season for missing assignments & referee No-shows.

- If the crew is missing a referee, volunteers may be used so the game may be played.
- If the entire crew does not show, the coaches may discuss and if agreed, play the game as a friendly match.

6.6 Participant obligation to referees

Participants in a match - coaches/team officials, players and parents/spectators - should read and be familiar with the rules governing the League. Following from that, the expectations of being a participant in an Iowa Soccer competition are high and begin with treating the match and the referees with respect, and to the Alliance 4 All initiative to “practice better sportsmanship” at all times. While there are many “gamesmanship” actions that are accepted as part of the soccer culture, all participants must keep at the forefront the understanding that this is a youth sport and that the adults in particular should be modeling respectful treatment of referees.

6.7 Referee obligation to participants

Referees should know which rules are to be applied to an ISL State League match. We recognize most referees officiate games outside of this League, many of which are governed by different rules. No matter, the first obligation referees have to ISL State League participants is to ensure he/she has prepared for the match by reviewing these rules. As one of four participants in a match, and in accordance with Alliance 4 All, referees are expected to set the tone of the game by “practicing better sportsmanship”. Manage the match in a calm, confident manner, model good sportsmanship and from there set the expectations for the players, coaches and parents/spectators.

6.8 A Referee’s reporting requirements

Send-offs, Forfeit, Abandoned game

- In the event of any of the above, the Referee must submit a report to the League Director by 10pm on the Sunday of the weekend of the game. *Report available via Arbiter Account*

SECTION 7 Required Game Credentials

7.0 Player and Coach Passes

All players, coaches, and team personnel must have a US Youth Soccer member pass or Iowa Soccer-League Club Pass-issued soft pass. Prior to each match the Referee will conduct the pre-game check in with the players and coaches. Coaches must present to the Referee a pass for every individual who will be on the sideline with the team including but not limited to coaches, managers, trainers, and players.

7.0.1 US Youth Soccer member pass or Iowa Soccer League Club Pass-issued soft passes must be presented, laminated with photos, for each player or team official prior to the beginning of the match. In the event the coach cannot provide the player passes at pregame check-in or by the scheduled kick-off time, the Referee should adhere to the following

- Instruct the coach that if he/she can produce the player passes by the end of the match, the game will kick off as scheduled and will be played.
 - If the player passes are not produced by the end of the game, the game will be recorded as a forfeit
 - If the coach can produce most, but not all, player passes, the game will be recorded as a forfeit. All passes for the players participating in the game must be produced.
 - The Referee must report the forfeit to the League Director by 10pm on the Sunday of the weekend of the game. The Referee report should include the reason given by the coach that he/she indicated passes would be produced by the end of the game, but were not.
- If the coach indicates during the pregame check-in that the player passes cannot be produced the game shall be reported as a forfeit. The referee crew is not obligated at this point to officiate the game. The coaches may discuss and if agreed, play the game as a friendly match.
 - The Referee must report the forfeit to the League Director by 10pm on the Sunday of the weekend of the game. The Referee report should include the reason given by the coach that the player passes could not be produced.

7.0.2 Coach hard passes

Each coach must present his/her "hard pass" (plastic) to the Referee during pregame check-in. After it is presented, the coach should wear the pass on the Iowa Soccer-branded lanyard during the game so that it is visible or can be pulled out from under outerwear and quickly displayed upon request. This is a risk-management issue and compliance is expected.

- If the coach indicates during pregame check-in that he/she cannot produce his/her coach pass, the Referee should adhere to the following
 - A coaches "soft pass" will be an accepted credential in the case they don't have their hard pass.



- Assuming the coach has a valid “soft pass” the game will kick off as scheduled and will be played. If the coach is unable to provide either a hard pass or a soft pass, the game shall be reported as a forfeit.
- The Referee must report the name of the coach to the League Director by 10pm on the Sunday of the weekend of the game (should be included in the match report via Arbiter). The Director will follow-up with the coach and club registrar to verify the coach’s status and eligibility to be on the sideline with the team.
- If it is found a coach knowingly told a Referee that he/she has a coach pass but in actuality does not, the coach will be subject to immediate and severe penalty.
 - This is a risk-management issue and Iowa Soccer has zero tolerance for abuse of this requirement.

SECTION 8 Playing Rules

8.0 FIFA Laws of the Game except as noted herein

8.1 Game length (Refer to standards chart in Section 5.0)

8.2 Overtime

Overtime is not played if the game is tied at the end of regulation time, and the result of the game is recorded as a tie.

8.3 Small-sided forms of the game

- 11U and 12U age groups will play 9v9 (8 field players plus a goalkeeper) on a modified-sized field with modified goals. (Refer to standards chart in Section 5.0)
- Small-sided age groups will be supported in 13U, 14U, 16U and 19U as needed and will feature 7v7 (6 field players plus a goalkeeper) on a modified-sized field. (Refer to standards chart in Section 5.0)

8.4 Forfeits

9.4.1 Failure to show

A minimum of number of players constitutes a team (see Section 2.4); a team with the minimum number of players present must start the game at the scheduled time. If the minimum number of players are not available, a 15-minute grace period will be extended beyond the scheduled kick-off time. If at the end of the 15-minute grace period the team does not have the minimum number of players, the Referee will suspend the game and report it as a forfeit to the League Director. For the purposes of score reporting, the match will be recorded as a 1-0 (forfeit). (See 4.6, all forfeited matches will result in a \$400 fine)



8.4.2 Ineligible player, coach or team official

If it is determined that an ineligible player or coach participates in an ISL State League match, the match will be forfeited. Any team, coach and/or team official found guilty of knowingly using an ineligible player or having an ineligible coach on the sideline will be subject to strict disciplinary action that could include additional sanctions for the club.

8.5 Completed game

Any game that has started the second half of play is considered a completed game, so if suspended for any reason it will stand as such and not be rescheduled. If the game is suspended prior to the start of the second half, it may be rescheduled (See section 4.6.2)

8.6 Substitutions

Substitutions may occur for either team at any stoppage of play, at the direction of the referee.

8.6.1 11U & 12U Divisions: Unlimited substitutions shall be made with consent of referee

8.6.2 13U – Above Divisions: Unlimited substitutions shall be made with consent of referee, maximum of four times per half.

- Injured players may re-enter at the discretion of the referee
- In the case of a head injury, a team may sub a player out even if it exceeds four times per half.

8.7 Game ball

Each team should have a properly inflated game ball provided to the Referee prior to the start of the match. The Referee will decide which ball to put into play.

8.8 Game Credentials

During pregame of the match, the Referee will conduct the team check-in at which time the credentials must be presented. (See section 7 regarding game credentials)

8.9 Team Uniforms and Player Equipment

Each player of a team is required to wear “like” uniforms within a team (jerseys and socks especially).

8.9.1 Uniforms

Each uniform should have a visible number that is different from the number of every other player on the team. Goalkeepers must wear colors that distinguish them from any other players and game officials; numbers for GK jerseys are optional. The home team (listed on top of schedule) shall wear their light colored uniform kit and the away team shall wear their dark colored uniform kit. The Referee will be the final authority on uniform colors. Should a change of jerseys be directed, the team failing to adhere to the above policy should change. If an issue still presents itself the home team shall change.



8.9.2 Equipment

Wearing age- and size-appropriate shin guards will be enforced by referees, and goalkeepers are encouraged to wear gloves to help ensure their safety. Casts are allowed if properly padded, keeping in mind the safety not only of the player wearing the cast, but of the other players. Referees will be the final authority of properly-sized guards and properly-padded casts. If a Referee points out non-compliance, the player will be given the opportunity to comply before any final decision is made regarding his/her ineligibility to play in the game.

8.10 Heading Restrictions and Limitations

As per the Iowa Soccer Concussion Management Policy

8.10.1 11U age groups

Heading is not allowed -- at practices or in games

8.10.2 12U, 13U, 14U age groups

Heading is allowed in games. Heading is limited at practices to 15-20 headers per player, per week

8.10.2.1 Younger players "playing up"

If a 10 year old player is playing up in an older age group (i.e. 10 year old playing on a 12U team), the player should not be heading the ball even if playing in an age group that permits heading.

- Parents are responsible for educating their child that they are not yet old enough to head the ball, and to communicate with the child's coach that he/she will not be heading the ball in practices or games. Coaches must adhere to the rules restricting 10 year olds from heading the ball, so will need to be aware of who those kids are on their roster, if any.

8.10.3 15U and older age groups

There are no limitations or restrictions at practices or in games.

8.11 Concussions, possible head injuries and returning to play

Refer to the Iowa Soccer Concussion Management Policy for requirements on returning to play

8.12 Cautions, send-offs

Players who are sent off should remain on the team bench under the supervision of the coach. If the player continues to act up or is deemed to be a distraction he/she will be requested to leave the field and the match. He/she must leave it in a timely manner, and must be out of sight and out of sound of the match. He/she may receive additional suspension or sanctioning if he/she does not comply or is found to have returned within sight and/or sound of the match.



Coaches/team officials who are sent off must immediately leave the field and the match. He/she may not remain at the match, must leave it in a timely manner, and must be out of sight and out of sound of the match. He/she may receive additional suspension or sanctioning if he/she does not comply or is found to have returned within sight and/or sound of the match.

A referee's decision regarding a send-off is final and may not be protested.

8.12.1 A team may not substitute for a player who is sent off, and the team will play down a player for the remainder of that match.

8.12.2 As per FIFA Laws of the Game, when a coach is sent off from the match, the referee does not display a red card. Therefore if the coach is instructed by the Referee to leave the match, it is considered that the coach has been sent off.

8.12.3 Teams and coaches will take one side of the field and parents/spectators will be on the opposite side of the field. Any other individuals who may be reasonably construed as being associated with a team -- such as relatives and spectators -- will also be subject to the jurisdiction and authority of the Iowa Soccer League State League rules, associated Iowa Soccer rules and policies, and to the authority of League officials and game referees. Any coach or team official will be responsible for the actions of any individual(s) at any match that in the opinion of League officials or game referees is a supporter of that team.

8.12.3.1 Coaches or team officials who are sent off for the action(s) of any such individual(s) at a match are subject to the same penalties as detailed in these rules.

8.12.4 A send-off in a match carries with it the ineligibility for the player or coach/team official to participate in the next immediately-following League match with that team

8.12.4.1 The one game suspension follows the team within League play, therefore if the player or coach/team official plays or coaches with a different team in the League, the suspension is not in effect for that other team, nor does it follow if the next scheduled match for the team with which the send-off was issued is outside the League schedule (a tournament, for example).

8.12.4.2 If the send-off occurs in the last game of the League season, the suspension will follow the player or coach/team official to the immediately following season's first League match.

8.12.5 At the discretion of the League Director, the suspension may be increased and a player or coach/team official may receive a more than one game suspension.



8.12.6 The Referee must submit a report, including the name of the player or coach/team official that was sent off, to the League Director by 10pm on the Sunday following the game.

8.13 Referee Authority

From the time the Referee enters the playing field or its vicinity and until such time as the Referee leave the playing field or the next game begins, the Referee will have the authority to caution or send off any player, coach/team official or spectator. This authority extends to before, during and after game play, and the entire vicinity of the game field, including the entire location of the field, the Entire Park, facility or complex, and parking lots. The Referee is further given the authority to order off the field or its entire vicinity and parking areas any player, coach/team official or spectator who, in the Referee's judgment, is acting in a manner that is detrimental to the game.

SECTION 9 Scores and standings

9.0 Reporting

- Team Manager or Coach of first team listed (Home team) will report score after completion of match through the Tourney Machine schedule.
 - Open up the schedule, "Public Results"
 - Locate your division
 - Locate your match
 - Click on the "green" icon to post score
- Scores will be collected and posted publicly.

SECTION 10 Conduct and Discipline

10.0 Sportsmanship expectations

Iowa Soccer is an Alliance 4 All-Endorsed State Association and will conduct its programs in accordance with this standard. Expectations of players, coaches, referees and parents/supporters are high and reflected throughout these rules as "practicing better sportsmanship". Developing the culture of good sportsmanship is a vital part of the League.

10.1 Send-offs

Refer to Section 8.12

10.2 Disciplinary Committee

Any player or coach/team official found to violate any League, Iowa Soccer Association, US Youth Soccer, or US Soccer Bylaws, Rules or Policies, or the FIFA Laws of the Game, may be subject to a hearing in front of a disciplinary committee.



If necessary, the League director will convene a disciplinary committee comprised of the following members:

- The League Director will serve as the mediator (will not vote)
- Three members designated by the League Director from the Player Development Advisory Panel and or League committee; designees may not have any affiliation with those brought before the panel.

10.3 Disciplinary Committee procedures

- The committee may call any witness to document the case
- The alleged violated may call any witness document the case
- After hearing all evidence presented, the disciplinary committee will make a determination of the discipline to be handed out.
- Unless the violated rules have a specific punishment the disciplinary committee will determine the punishment, which may be any of the following:
 - Verbal/Written Warning
 - Suspension
 - Removal from the League

SECTION 11 Protests and Appeals

11.0 Investigation

It is the responsibility of the League Director to investigate a properly-lodged protest within the timetable as laid out herein. Failure of the parties involved to cooperate with such investigation will result in disciplinary action up to and including suspension.

11.1 Decision

All questions relating to the qualifications of competitors, to interpretation of the rules, or any dispute or protest concerning an Iowa Soccer League game will be referred to the League Director. Decisions will be made by the League Director and will be binding on all parties.

11.1.1 A plea of ignorance to all rules and regulations governing this League is not sufficient grounds for a protest.

11.1.2 A referee's judgment will not be a basis for protests and a referee's decision will be final. This includes, but is not limited to, cautions or send-offs for players, coaches/team officials or parents/spectators.

11.1.3 Misapplication of the Laws of the Game (LOTG) may be a valid basis for a protest. Misapplication of the LOTG is different from a referee's judgment call.

11.1.4 To be valid and eligible for consideration



- A protest relating to grounds, goal posts or bars, or other appurtenances of the game will be entertained only if a written objection has been lodged with the Referee and with the opposing coach prior to the start of the game by a coach/team official listed on the team's Iowa Soccer-approved roster from the involved game.
- In any other instances, a protest must be verbally lodged by a coach/team official listed on the team's Iowa Soccer-approved roster from the involved game with the Referee and with the opposing coach at the game site before entering the field of play, or before leaving the game site at the conclusion of the match.

11.2 Filing a protest

- The League Director must be notified, in writing or verbally, of the intent to lodge a protest by 10 pm on the date of the match.
- Protest may be filed only by a coach/team official listed on the team's Iowa Soccer-approved roster
- The protest must be filed with the League Director within 24 hours after the completion of the game being protested and include:
 - A fee in the amount of \$250.00
 - A written protest which must clearly articulate the disputed matter and include the grounds on which the protest is lodged
 - A written copy of any information to be presented by witnesses.
- After having received a properly lodged protest, the League Director will notify the team/party against which such protest is made, who will have the right to defend its case. A copy of the written protest will be provided to the other involved team/party.
- A lawyer will not represent a team/party at a hearing unless he or she is a bona fide member of one of the teams/parties concerned.

SECTION 12 Recruiting & Tryouts

12.0 ISL Recruiting Policy

Recruiting: Defined as any action initiated by a club member (coach, assistant coach, team manager, coordinator, trainer, parent, or any person representing a team or club) who seeks to enlist the services of a player.

Recruiting Violation: Defined as any action initiated by a club member (coach, assistant coach, team manager, coordinator, trainer, parent, or any person representing a team or club) who directly contacts a player who is registered to another ISL State League participating club at any time throughout the seasonal year (August 1 – July 31). There must be documentation of the direct contact in order to allege a recruiting violation has occurred.

12.0.1 Permitted Contact: Contact with a player for limited purpose of participating as a guest player with prior documented approval from the player's current club director.



12.0.2 Social Media and Texting: Clicking on a social media post is permissible (i.e., retweeting or likes) and thus is not considered a recruiting violation. If, however, a club member contacts a player directly via one of those social media platforms or by SMS text message then this is considered a violation.

12.0.3 Camps and Clinics: A player is eligible to attend a camp or clinic from another soccer organization should they choose to do so by their own accord. However, a soccer organization cannot directly contact a player from another organization and invite them to participate in a soccer program as this would violate the recruiting rule.

12.1 Club Promotion

There is a difference between club marketing/promoting and recruiting. Clubs may generally promote their programs and try-outs publicly in the following places.

- Club Websites
- Public Media
- Social Media
- Schools
- Libraries
- Sports Stores
- Public Bulletin Boards
- Club Newsletters (Electronic / Mailed)

12.1.1 Contacts Database

Clubs may only use contacts database for that seasonal year, and the year prior.

12.1.2 Public Events

Prior to distributing any promotional material at another clubs event, you must have written permission from that club/organization.

12.2 Tryouts

All tryouts for team formation must be unrestricted. Restricted tryouts are reserved for released on non ISL State League member club players who may tryout at any time.

12.2.1 Unrestricted Tryouts

- The tryout calendar will be posted on ISL State League website.
- Registered or unregistered players may participate in unrestricted tryouts.
- Any currently registered player who accepts a spot on a team of a different club for the next seasonal year may not train or participate with their new club until the next seasonal year begins (August 1), or the player receives a written release by the current registered club's Coaching Director or designated team official.



12.2.2 Restricted Tryouts

- Restricted tryouts are only for a clubs membership.
- Restricted tryouts are permitted any time during the seasonal year.
- Any tryout solicitation, advertisement or invitation must clearly state that only current club members may participate.

12.3 Invitation to join a club

Invites to join a club may only be sent once during a 12 hour window on a date published on the ISL State League Webpage. Invites may be sent using email and one of the following methods.

- Phone Call
- Official Letter
- Web Publication

12.3.1 Player Response

A player and his/her family has 12 hours to respond to invite/offer. Iowa Soccer will provide helpful information to families to prepare for this exciting opportunity.

12.3.2 Becoming a member

A player is considered registered to a club the moment the player, parent or guardian personally or electronically signs club's form.

12.4 Guest Players

Before approaching a player(s) who is registered with another club, and/or the player's parents, regarding an opportunity to guest play or dual participate, the Director of Coaching or designated club official from that club must be asked permission to contact the player and/or parents. The Club Director has the right to refuse permission.

12.5 Recruiting Violations

Allegations of recruiting violations must be based on fact. A written report detailing the alleged violation, including the rules or policies violated and all documents and witnesses supporting the allegation must be submitted to the League director for review and determination. If the allegation proves to be true the following sanctions will be applied.

- Violation 1: Automatic \$500 fine plus any further action by the disciplinary committee
- Violation 2: Automatic \$1000 fine plus any further action by the disciplinary committee
- Violation 3: The club will be suspended from the League for a minimum of one year, and is subject to additional sanctions as determined by the disciplinary committee.