

Team Hand Book

2009 NorCal State Cup



U9 - U10 Girls and Boys
U11 Boys and Girls
U12 Girls and Boys
U13 Boys and Girls
U14 - U18 Girls and Boys

US Club Soccer Sanctioned Events



Hello Coaches and Managers:

On behalf of the NorCal Premier Soccer Board of Directors, I am very pleased and excited to welcome you to the 2009 NorCal State Cup(s). Our goal is to provide your players, teams and clubs an exciting 2009 NorCal State Cup(s).

NorCal Premier Soccer is sanctioned by US Club Soccer. This is an organization created by and for competitive soccer clubs. US Club Soccer provides our insurance, our player passes and they provide a Player Identification Program for US National Teams.

US Club Soccer is our organization. Each US Club Soccer sanctioned club has one vote for the US Club Soccer Board of Directors. The US Club Soccer Board of Directors is made up of club representatives from around the country - each of whom must have at least a USSF B license. Our partnership with US Club Soccer is beneficial because it allows our league and your club to operate flexibly, with player development as our focus.

We have added a Frequently Asked Questions (FAQ's) section to help clarify any issues with guest players, roster size and other issues. We hope this helps!

Our goal has been for the NorCal State Cup to be a competition between clubs, their teams and their players. We have restricted the use of guest players to encourage clubs to look within their own club for their players. We believe the guest player rule is player development friendly and the US Club Soccer 26 player roster allows a club enough flexibility to compete over a long period of time.

We wish you the best of luck!

Sincerely,

Benjamin Ziemer,

On behalf of the NorCal Premier Board of Directors

Team Action Packet

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NorCal Premier Cup - Game Day Check List

Team managers should have in their possession:

- Official NorCal Game Card – These are to be printed directly from each game page.
- US Club Soccer passes for all players and coaches
- 2009 -2010 NorCal Premier Team Action packet

Pre-game Procedures

Home Team Responsibilities:

- Post game specifics online after both teams are in agreement.
- Provide properly lined field
- Provide and pay credentialed referee's
- Provide NorCal Game Card to center referee

Instructions to print

1. From your team schedule, click on the game id for your game.
2. Click Game Card to view and print

- Provide referee US CLUB SOCCER player passes for each player and coach

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Visiting team responsibilities:

- Provide referee US CLUB SOCCER player passes for each player and coach
- Bring the NorCal Game Card specific to each game

Instructions to print

1. From your team schedule, click on the game id for your game.
2. Click Game Card to view and print

Post Game Procedures

Home team Responsibilities:

- Both coaches or managers 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 see red card procedure below – this requires immediate action from the center referee and manager
 - Home team posts score on norcalpremier.com within 24 hours
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Visiting team responsibilities:

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

Please note – Group Round Cup Games need not have a winner to advance. If games end in a draw at the end of regulation – the draw stands. When playing a single game with the teams moving to different games or groups dependent on the result the teams must play 2 five minute golden goal periods. If the game is still a draw they must take penalty kicks according to FIFA rules. **Please make sure you arrive for your game knowing if the game can end in a draw or if a winning team is required.**

All games in U9-U13 NorCal State Cup(s) group play – round 1 - must have 5

penalty kicks at the end of each game. This is not a competition between the two teams so after 5 kicks no more need be taken. The score should be reported on-line. To Report Penalty Kicks the Home Team will click on Report Penalty Kick link in on the grey bar. This will reveal the boxes to report the penalty kicks next to the score.

The total score for the 3 games will be used to break first round ties between teams in different groups where the normal NorCal tie breaking steps (e.g. there is no head to head available between groups) do not work.

Important Rule Clarifications for 2009

No transfers from another club once the team has begun Cup play: Players will not be allowed to transfer from another club once the team has played its first game in the 2009 -2010 NorCal Cup unless permission is given by the NorCal Premier State Cup Committee.

Official Roster: Create your US Club Roster online. Post it online on the NorCal Premier Site. For ages U9-13, once the event begins – August 15th, 2009 – you can only use players off this 26 man roster. For ages U14 – 18 rosters must be submitted by September 23, 2009 however there will be a transfer window from February 1st, 2010 to March 1st, 2010 to allow adjustments to the team's rosters. Players may only be added with the permission of the NorCal Premier League office. Player's names may not be hand written onto the game sheet. Rosters must be created online through US Club Soccer.

Only 18 of 26 players US Club Roster (14 of 26 players for the U9,U10 and U11 age groups) may be used for matches. The 18 or 14 players must be on the official game roster given to the match official and opposing team before the start of the game. All players must be registered with USClub under the same club and no guest players are allowed to be handwritten on the roster. Any players not being played must have a line through their name on the roster.

Rule 210: Eligibility - All players must present their US Club Player Identification Card to the referee prior to the match. If the individual's picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match. Players must be named on a US Club roster presented to the referee at beginning of each game.

Rule 210 B: Guest Players - No Guest Players will be allowed. Only players who are registered with the club the team is registered through may compete on behalf of the club in the NorCal State Cup. A player may not be registered for two US Club Soccer Clubs during the NorCal Cup.

Rule 210 C: Compete for one team within an age group – “Cup Tied”
Players may only compete for one club in the NorCal State Cup. A club may place players on more than one 26 player team roster however players may not play on two different teams in the same age group. For example, they may not play for a first team in the Gold Division and the second team in the Silver Division. A player may play up in an older age group while competing in their true age group.

Rule 211 D: Transfers - For U9-U13 teams there will be no transfers allowed from one club to another club after August 15th, 2009 for the purpose of competing in the 2009 NorCal State Cup unless permission is given by the NorCal State Cup Committee. For U14-U18 team transfers may be made between February 1st, 2010 and March 1st, 2010. Please note that players may only play for one club in Norcal Cup unless approved by Norcal.

Rosters

Rosters for the U14-U18 Norcal State Cups must be submitted to Norcal before your team's first game or by September 23rd, 2009. Teams must have roster approved and printed on the official game card prior to each game. Please make sure you have your roster on file with admin@norcalpremier.com. If you have not submitted a roster, please send a US Club roster in PDF format to admin@norcalpremier.com. More information is on page 6 of the Norcal Cup Team Handbook.

There will be a transfer window between February 1, 2010 and March 1, 2010. Please note - Players may only play for one club in the Norcal Cup unless approved by Norcal.

All questions regarding U14-U18 Norcal State Cup rosters may be addressed to jason@norcalpremier.com or admin@norcalpremier.com.

Rule 602:

Game Cards: The Game Card shall be printed from the NPL web site by the home team of each game. Host teams shall keep Game Card signed by referees and each teams coach at the end of each game, until the end of each season. If required by the league office home teams must provide the official game sheet to the league office within three days of request.

Frequently asked Questions:

Question: May I use a player from another club in the NorCal Cup if that club is not competing in the NorCal Cup?

Answer: You may only use players who are registered with your club. If the player is transferred into your club before the roster deadline they may compete with your club's team. However, you may not list the player as a guest player for this competition, they must be a player for your club.

Question: We have a class three team and a class one team. We would like to have some of the class three players on our NorCal Cup roster even though they play on a different team. May we do this?

Answer: As long as the players are registered with US Club Soccer in your club, they are on your approved 26 player roster, and they are not playing with their team in your age group, you may allow them to compete with your team.

Question: We have a player who plays up on the U11 team but the club would like her to play in her own age group as well. Is this allowed?

Answer: As long as the player is registered in your club, is the proper age and is on the teams 26 player roster, they may play with your team.

Question: Can an U12 player play for their team as well as for a U13 team?

Answer: Yes, a player may play in their own age group as well as an age group up. This is different from last year where a player was not allowed to play on a different team within the same cup.

Question: We have a player who plays for a rival club but would like to play for us in the NorCal Cup. He is attending a US Club tournament in October. His club does not want to release him to our club. May we put him on our roster?

Answer: No, the player must be registered under US Club Soccer with only one club. We recommend the player attends the tournament as a guest player.

NorCal Cup Rules and Regulations

Rule 203: Finals: For a one game final, the team with the most goals after regulation time will be awarded Champion. If the match is tied after regulation, two 5 minute Golden Goal periods will be played. Teams will have a 5 minute break before the first overtime. After 5 minutes teams will change sides, with no break, and play the remaining 5 minutes. The team to score first will be declared the champion. If the game is still tied after the two overtime periods, then penalty kicks per FIFA will determine the Champion.

Rule 203 A: NorCal Cup Preliminary Round, Qualifying Round Tie procedure: If a Norcal Group Round game is tied after regulation. the tie stands and will be posted as a tie. If the Under 14 through Under 18 NorCal Cup Preliminary Round or Qualifying Round (non group game) match is tied after regulation, two 10 minute Golden Goal periods will be played. Teams will have a 5 minute break before the first overtime. After the first overtime period teams will change sides, with no break, and play the remaining overtime period. The team to score first will win the match. If the game is still tied after the two overtime periods, then penalty kicks per FIFA (five per team) will determine the winning team. If a tie exists after five kicks the penalties become sudden death – each team take a kick until one teams scores and the other misses.

Rule 204: Group Play - Point System: For three or four team groups a point system will be used to determine placement. Three points will be awarded for a win, one point for a tie and no points for a loss.

In case of a tie in the standings within a group: “head to head” shall be the tiebreaker, followed in order by goal differential (up to 4), goals for (up to 4), goals against (up to 4), and then penalty kicks per FIFA. If more than two teams are tied the tie-breaking process will be used until a winner is determined. The tie-breaking procedure does not revert back to previous criteria if one team is eliminated.

All games in only the U13 and below group play must have 5 penalty kicks at the end of each game of the first round. The score for those kicks should be reported along with the game scores, but they will only be used to break ties in standings between groups. This will be excellent practice for the players in the later games when penalty kicks are required to break ties and determine a winning team.

Rule 205: Cup Schedule: The NorCal Cup schedule is the responsibility of the league office. However once initial schedule is issued the teams may make changes to the schedule provided all affected teams agree to the change. Every effort must be made to play all games. If teams are unable to reach agreement for a makeup game the league office may re-schedule the game. Teams un-willing or unable to attend game will forfeit points from the game and may be liable for sanctions.

Rule 206: Cup Standings: Official standings of teams, the keeping of which is the responsibility of the league office, are tabulated on a regular bases and displayed on the NorCal Premier Soccer web site. The reporting of scores is the responsibility of the home team of each game. The web site will keep posted the standings of the cup.

Rule 208 Game lengths

U9 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8
Field size: Length: min. 50 yds / max.of 90 yds long - min. of 35 yds/max.of 60 yds wide – 14 player game day roster - two referees allowed

U10 play - 2x25 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8 |
Field size: Length: min. 50 yds / max.of 90 yds long - Width - min. of 35 yds/max.of 60 yds wide -14 player game day roster - two referees allowed

U11 play - 2x30 minutes | 10-min. halftime | size 4 ball | Numbers of players- 8v8
Field size: Length: min. 60 yds / max.of 90 yds long - Width - min. of 40 yds/max.of 60 yds wide -Preferred U10 goals however will allow regulation goals provided both are the same size - 14 player game day roster - two referee's

U12 play 2x35 minutes | 10-min. halftime | size 4 ball | Numbers of players - 11v11 |
Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U13 play 2x35 minutes | 10-min. halftime | size 5 ball | Numbers of players - 11v11 |
Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds),max.90 m (100 yds). Regulation goals - 8'h X 24w - 18 player game day roster - three referee's

U14 play 2x35 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |
Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

U15-U16 play 2x40 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |
Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

U17-U18 play 2x45 minutes | 10-min. halftime | size 5 ball | Number of players 11v11 |
Field size: Length: min. 90 (100 yds), max.120 m (130 yds) Width: min. 45 m (50 yds), max.90 m(100 yds). Regulation Goals - 8'h X 24w - 18 player game day roster - three referee's

Rule 208: Substitutions: A team may have no more than 18, or 14 if U9-U11, players eligible for each game. Players must be named on a US Club roster that is

printed on the game card and is presented to the referee at beginning of each game. Substitutions are at the referee's discretion. A substitution can take place for either team prior to a kick-off, a goal kick, or after the referee stops play for an injury. A substitution on a throw-in can be made only for a team with possession of the ball. Unlimited substitutions are allowed.

Rule 209: Eligibility: All players and coaches must present their US Club Player Identification Card to the referee prior to the match. If the individual's picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match. Players must be named on a US Club roster that appears on the game card that is presented to the referee at beginning of each game. **Players may not compete for multiple clubs or two teams in the same age group during the event.**

Rule 210: League discipline: A send off (red card) will result in a minimum of a one (1) game suspension. A send off as a result of two cautions will result in the player being suspended for the next match. All suspensions shall commence immediately. If a second game is to be played that day, the suspended player is not eligible and it should be noted, by the referee, on the game card. The home team is responsible for informing the league office that a red card infraction has occurred, and the league will inform all parties affected the length of suspension. Referees will return all player passes to the teams. They will list on the Game Card any send-offs with player name and US Soccer Club number, and infraction. Referee will need to fill out a send off report and send it to NorCal. The Center Referee that had issued a Send/Off (Coach or Player) should fill out the MS Word version of the **NorCal Referee Send-Off Report** which can be found on the norcalpremier.com under Referee Information and E-mail that directly to admin@norcalpremiersoccer.com

Rule 212: Incomplete games: In the event a game cannot be completed, the game counts if one-half the game was completed. If there is no result and the match is suspended prior to the expiration of one half, the game shall be repeated at a time agreed upon by the competing teams in consultation with the league office.

Rule 213: No- shows and forfeits: A no-show occurs when a team willfully does not show up at a game agreed to by the teams. Penalties for no-shows are as follows:

- A forfeit to the opposing team and additional loss of three points.
- One no show may result in a team being terminated at the discretion of the NorCal League Board of Directors.
- The accumulation of two no-shows in a season shall result in the team's termination from the Cup(s) and being ineligible for further NorCal events.
- A forfeit will result in a 3-0 win to the team not at fault.

A team unable to attend a scheduled game because of an accident, weather or act of god should immediately notify the opponent and the league office. Each situation shall be reviewed by the league office, which shall render a decision.

Game Officials

Rule 300: Match officials: Match officials must be licensed referees with uniforms and badge! The match officials shall consist of the referee and assistant referees (AR1,AR2) for U12-U18, two referees for U11 and one referee for U9-U10. No match officials may have family members in the game they are working.

Rule 301: Assignment of match officials: Match officials shall be assigned by the hosting team. In group play, each listed home team will be responsible for the officials pay.

Disciplinary regulations

Rule 401: Violation of NorCal League Rules: The league office shall have the authority to suspend, fine or disqualify players, team officials or competing clubs for violating league rules, or for any action or conduct not in the best interest of soccer or NorCal Premier.

Rule 402: Disciplinary Panel: A panel of individuals from the league office shall conduct the review of disciplinary issues. Such panels will consist of at least three officials.

Minimum Standards

Rule 501: Team management requirements: Each team must have a team manager that handles the following responsibilities: Scheduling, referee payments, travel cooperation, reporting of scores and communication with appropriate league officials.

All teams must have access to email and the NorCal Premier Soccer web site. All team managers must have an email address checked on a regular daily basis.

Rule 502: Playing venues : The playing field used by each team must be sized and lined according to FIFA standards with goals, nets and flags. Players and parents from the same team will be located on the same sideline designated by the Host team.

The goals of each club shall be to provide an enjoyable experience for the fans, players, officials and everyone involved with the staging of a soccer game.

Rule 503: Personnel on the bench: A maximum of 3 non-playing personnel is allowed on each team bench.

Rule 504: Score reports: Each team shall report scores within twenty-four hours of game time.

Game Procedures

Rule 601: Exchange of Game Card: Teams must give opposing team and referee a game card 20 minutes prior to the beginning of each game. Managers will check in opposing team with referee's.

Rule 602: Referee Game Sheet: The Game Card shall be printed from the NPL web site by the home team of each game. Host teams shall keep Game Card signed by referees and each teams coach at the end of each game, until the end of each season. If required by the league office home teams must provide the official game sheet to the league office within three days of request.

Registration

Rule 701: Master Rosters: The US Club roster, which may contain up to 26 players for a team is the official player roster of the club. Only 18 of 26 players may be used for matches in the U12-U18 age groups. Only 14 of 26 players may be used for matches in the U9-U11 age groups. The 18, or 14 if U9-U11, players must be on printed game card given to the match official and opposing teams before the start of the game

702: Illegal players: Any player that does not appear on the master roster shall be considered an illegal player. Any club using an illegal player shall forfeit three points for each game to the opposing team against whom the illegal player was used. In addition the guilty team shall forfeit and additional three points in the standings.

703: Player registrations: Players shall be registered and competed according to US Club rules.

Code of Conduct

Do not tarnish the game of soccer, the NorCal Premier Soccer League, US Club Soccer, USSF, your club, your team, your self or your family. Behave reasonably, respectfully and flexibly.

2009 – 2010 Red Card Procedure

To Center Referees and Managers,

Some documents must be filled out and sent to the PAD Chairperson Alan Ramos via email padchairperson@norcalpremier.com. **All Send-Offs/Ejections must be sent to me ASAP (along with a completed Send-Off Report - to be filled out by the Center Referees). Please ensure the game number is on every red card report – without this the report will be considered incomplete.**

Important Notes: The Center Referee that had issued a Send/Off (Coach or Player) should fill out the MS Word version of the [NorCal Referee Send-Off Report](#) which can be found on the norcalpremier.com under Referee Information.

By doing this we would save a lot of time in determining who the Send-Off Player/Coach is and what their game suspension is going to be. We need to do this quickly so the suspension information will be available to the affected teams and coaches ASAP.

Also, please do not retain the Coach's or the Player's Pass (that were Sent-Off) but return the passes to them after the completion of the game. All Send-Offs/Ejections and Suspensions will be tracked on the NorCal website and that other teams in the same division/group will be notified of the infraction and the pending suspension.

Referee Coordinators - Please request that all your referees read the "[NorCal Premier Soccer League Regulations](#) " and the "[NorCal Rules Updates for Referees](#)". This should reduce the amount of confusions and misunderstandings between the Coaches and the Referees on NorCal Game Rules.

Thank you,

Alan Ramos

2009 – 2010 Red Card Procedure:

Teams' Responsibility: It is the team's responsibility to ensure their Red Carded player(s)/coach(s) serve the game suspensions. Referee must be sent in within 48 hours of red being issued. The teams must send in the verification form (below) confirming that suspensions have been served.

Referee's responsibility: All Club referees must provide Red Card report to the home team manager and NorCal Premier Soccer. It is important that the **NorCal Game ID#** number is included to PAD Chair: Alan Ramos

Automatic Suspensions:

Red Cards: All Straight Red Carded Player/Coach are automatically suspended for 2 games with the PAD committee reviewing and considering additional suspensions. This suspension is effective immediately.

Please note: The card carries over into other NorCal Premier Age Groups and Games. For example, if Coach A receives a card for his/her U12 Girl's game and Coach A has a game with his/her U15 Boy's team – Coach A is unable to coach this match.

Double Yellows: All double yellow carded players/coaches are automatically suspended for 1 games with the card being reviewed by the pad committee for further suspensions. For instance a second card for dissent, especially involving swearing will most often result in additional games suspensions.

Please note: The card carries over into other NorCal Premier Age Groups and Games. For example, if Coach A receives a card for his/her U12 Girl's game and Coach A has a game with his/her U15 Boy's team – Coach A is unable to coach this match.

When do suspension take affect?: The carded Player/Coach must begin their suspension immediately in the next game(s). Even if the official suspension has not been awarded the one or two game suspension is effective immediately. It is the team's and club's responsibility to ensure this is followed. If the player sits out a match they should fill out the form below for verification of the player or coach serving the suspension. Failure to provide verification, could result in a forfeit.

Verification procedure: Teams must have signed verification form (see below). The form must be signed by the Center Referee and coaches of both teams, verifying that Player or Coach did not participate in game.

Please copy and or scanned the referee report or game suspension form to: Alan Ramos at alannorcal@sbcglobal.net or faxed to Attn: Alan Ramos at 415-593-7697

2009-2010 Verification of Suspension Served

Date _____

Name Player / Coach: serving suspension

US Club Registration
Number _____

Jersey Number _____

Referee
Name _____

Signature _____

Game ID# _____

Home
Team Name _____

Coach
Signature _____

Coaches
Name _____

Away Team
Name _____

**Coach
Signature**

**Coaches
Name**

The NorCal Premier Core Values

The primary focus of a successful soccer program will be the individual player and their families.

We believe:

- A primary focus of soccer coaches, teams and clubs will be the development of children as people first and players second.
- Individual player development will be a clubs primary focus and team success a secondary but important goal.
- The players, parents, coaches and clubs who are the exception to the previously mentioned principles will benefit from involvement in a league, which promotes and expects this behavior from its participants.
- NorCal Premier Soccer offers programs supporting the players, parents, coaches and clubs in this endeavor.

Simple administration

We believe a league should be governed by simple administrative procedures which provide players, teams and clubs flexibility in the player development process.

High-level competition with multiple divisions of play, promotion and relegation

We believe:

- players, teams and clubs seeking high-level statewide competition should have a place to play.
- a league and cup should have promotion and relegation to insure players and teams are, as much as possible, playing against appropriate levels of competition.

Club player passes

We believe:

- Clubs should have the ability to move players up and down within their club using a club player pass.
- Clubs should have the ability to make changes game to game due to illness, injury, vacation, changing ability, practice attendance, commitment or because a player has dedicated his/her summer to practicing on their own.
- Having a flexible roster is not only healthy for players, teams, clubs and families but also reflects a realistic understanding of the changes occurring in players, families, teams and clubs over a 12 month period

Year round league play

We believe:

- The soccer world has shown weekly competition combined with weekly practices and appropriate breaks provides players, teams and clubs with the best opportunity for player development.
- It is beneficial, less costly, more enjoyable, more family friendly and better for player development to have players, teams and clubs competing in a year round league.
- Playing games each weekend in a league against opponents of similar strength will allow players, teams and clubs to limit costly tournament participation which requires staggering sums of money to be spent on food, lodging and travel.
- Playing two competitive games in a day is not ideal but sometimes necessary given the size of the NorCal Premier playing league.

Supporting the pursuit of a high level activity

We believe:

- The pursuit of a high level activity should be encouraged and soccer is a healthy choice.
- The studies revealing the pursuit of high level athletics helps teenagers excel in school, stay fit, avoid drugs and alcohol and builds self esteem.
- Encouraging a fuller, more intense involvement with the sport actually increases the likelihood a young person will remain in the sport for the rest of their life.

Choices and common sense

We believe:

- In the common sense of parents who are best suited to choose their children's level and location of participation in any activity including soccer and most often, will make the best choice for the children.
- Children placed, by parental choice, under the guidance of professional soccer coaches and an unbelievable number of volunteers, are, most often, benefiting immensely from the lessons offered by participation in a high level soccer learning environment.
- An organization, which supports the clubs who believe this concept of player development, is necessary, ethical and good for children.

Fun

We believe soccer is a kick in the grass, a blast, loads of fun, the cats meow, the bee's knees, and the world's favorite pastime and should be played, watched, enjoyed and read about daily.