LBYSO RULES & REGULATIONS

PROPOSED REVISION PENDING 3/11/2026

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1 General

These Rules and Regulations govern the activities of Long Beach Youth Soccer Organization. Where conflicts arise, LBYSO Rules and Regulations will be subordinated to the laws of the United States, the State of California, the City of Long Beach, and the Constitution and Bylaws of Long Beach Youth Soccer Organization, in that order of priority. In these Rules and Regulations, Long Beach Youth Soccer Organization will be referred to as LBYSO, the league or League, affiliate of District 4, California State Soccer Association – South (Cal South).

A. Applicable Documents

The following documents augment these Rules and Regulations, as applicable, and are incorporated into the Rules and Regulations by reference:

1. Constitution and Bylaws, Long Beach Youth Soccer Organization, Long Beach, August 2024.
2. Constitution, Bylaws, Rules and Regulations, California State Soccer Association – South (Cal South), (latest issue).
3. "Protest, Appeal, and Disciplinary Hearing Procedures", Manual of Operation, California State Soccer Association – South (Cal South), (latest issue).
4. Laws of the Game and Universal Guide for Referees, International Football Association Board

B. Publication of Rules

The Rules and Regulations of LBYSO shall be published annually, before the start of the Fall playing season. They shall be available accessible to the LBYSO Board of Directors, coaches, team managers and referees. If these Rules and Regulations are amended during the regular playing season, addenda shall be available and appended to the current year's rules.

It is the responsibility of the LBYSO Secretary to ensure publication of the Rules and Regulations and addenda.

C. Amendment of Rules

These Rules and Regulations have been adopted by the Board of Directors of LBYSO and may be amended or revised at any regularly scheduled board meeting, provided that the following requirements have been met.

1. Written Notice

Proposed changes or additions to these Rules and Regulations shall be submitted to the Board of Directors in writing at least one regularly scheduled board meeting prior to any discussion of the proposed changes or additions.

2. Voting Majority

   A two-thirds majority of the required quorum present at any regularly scheduled board meeting shall be required for the passage of any changes or additions to these Rules and Regulations.

D. Endorsements

LBYSO shall not provide endorsements of any political candidates or positions, nor allow its files or facilities to be used for such purposes. Endorsement shall be broadly defined as allowing the use of the name or the logo of the league to be affixed to materials that publicize such candidates, or positions, or any verbal implications of official support of the league. LBYSO may allow commercial enterprises to advertise in any official publications, and/or sponsor the league. These advertisements or sponsorships must be approved at any regularly scheduled Board of Directors meeting.

E. Financial Disclaimer

LBYSO specifically disclaims financial responsibility for, and shall not assume nor be held liable for, the debts or financial obligations, either express or implied, of any team, or any coach, officer, official, or member of any team, unless the Board of Directors has specifically authorized the debt or financial obligation.

F. References

Throughout the Rules and Regulations the following terms are considered equivalent in the singular or plural form.

LBYSO, the league
Parent, Guardian, Registrant
Player, child
LBYSO Board of Directors, Board of Directors, Board, league officials or officers
Director of [any Board position], [Board position] Director
Travel team, regional (play) team

2 Seasonal Year

The seasonal year for LBYSO begins on July 1 and ends on June 30 of the following year. A given Fall season and subsequent Spring season comprise the seasonal year. The activities of LBYSO during the seasonal year include, but are not limited to, the following.

A. Fall Regular Season

The league Fall recreational season begins on the first Saturday of September after Labor Day. The Fall season consists of 8 to 10 games of round-robin play between the teams in each of the divisions following a schedule prepared by the Director of Recreational Play and approved by the Board. The Board must approve exceptions to the season. Playoffs are played as noted under Season Play Format.

B. Mayor's Cup Tournament

The Mayor's Cup is open to all registered teams in the league and recreational teams from other local leagues. The tournament may commence following the end of the regular season following a schedule prepared by the Director of Recreational Play or tournament director, and approved by the LBYSO Board.

C. Annual General Meeting

An annual general meeting shall be held in January of each year, under the provisions of league Bylaws. A new Board shall be elected each year at this annual meeting.

D. Spring Playing Season

The league Spring recreational season begins on the first or second Saturday of March. The spring season consists of 8 to 10 games of round-robin play between the teams in each of the divisions. No playoffs.

3 Recreational Components

LBYSO has exclusively recreational play teams but is divided into in-house and travel play.

A. Recreational Guidelines

All LBYSO teams must adhere to LBYSO rules regarding participation and sportsmanship.

1. LBYSO is open players of all skill levels.
2. All players should play at least 50% of each game, with exceptions as noted in the Coaches section.
3. Teams should not run up the score.
4. Egregious and or persistent violations of 2 and 3 can be penalized by the Board as forfeits and points deductions.

B. In-House Rec

1. Younger age groups up to U12, with exceptions for U12 Select.
2. Teams are to be rostered using best effort to minimize skill level imbalance between teams.
3. In-house teams play LBYSO teams only.
4. Games are all at LBYSO fields.
5. All regular games are scheduled for play on Saturday between 9am to 5pm.
6. Make-ups may be played midweek but are to be avoided.

C. Travel Rec and Select

1. LBYSO Travel play is still recreational, not competitive club.
2. Travel play is for older age groups U14, U16 and U12 Select.
3. Excluding Select, teams are to be rostered using best effort to minimize skill level imbalance between teams. Exceptions with Registrar approval.
4. Teams play in regional leagues sanctioned by non-LBYSO entities.
5. LBYSO Travel teams are subject to the rules of LBYSO when those rules do not conflict with those of the sanctioning league.
6. Teams play LBYSO teams and teams from other leagues.
7. Home games are at LBYSO fields
8. Away games are at the home team's fields.
9. Formation of U12 Select teams is optional and at the discretion of the Board.

4 Age Divisions

Teams are grouped into Divisions.

A. Age Divisions

Age divisions are based on a player's age on December 31 of the seasonal year.

Division	Age (on 12/31)	Game Duration *	Ball size	Game Fields
U16	14 or 15	80	5	Heartwell Park and travel
U14	12 or 13	70	5	Heartwell Park and travel
U12	10 or 11	60	4	Molina Park **
U10	8 or 9	50	4	Heartwell Park
U8	6 or 7	40	3	Heartwell Park
U6	5	32	3	Heartwell Park
U5	3 or 4	32	3	Heartwell Park

* Regular season (10-minute extra time applies for playoff games only)
** U12 In-house Rec at Molina Park only; U12 Select teams are at Molina and travel

B. Playing Outside of Birth Age Group

1. Players cannot play "down" in a group younger than the table indicates.
2. Players may play "up" one year older than their age dictates without requiring league approval.
3. Playing "up" more than one year must be approved by the President and Registrar as well as the sanctioning body for the age group in which the player will participate.

C. Boys and Girls

1. There are separate divisions for boys and girls in each age group.
2. EXCEPTION: The Board may allow the U5 and U6 divisions be co-educational if player registration counts necessitate such action.

5 Registration of Players and Coaches

The registration of players will be open to boys and girls residing in the greater Long Beach area who have not reached their sixteenth birthday before December 31 of the current seasonal year.

Registration of volunteer coaches is open to anyone 18 years or older and 16 and 17 year olds under the supervision of a risk-approved adult.

A. Responsibility for Player Registration

1. The Registrar shall oversee the registration process. The registrar may designate other league members as assistant registrars.
2. Players shall be registered electronically within the LBYSO registration system by a parent, legal guardian or other adult acting with the consent of the player's parent or legal guardian.

B. Resolution of Conflicts

1. Any conflicts or special circumstances that require a decision that is beyond the Registrar's area of responsibility shall be resolved by the President of LBYSO or his/her designee. The President's decision on these matters shall be final.

C. Registration Dates

1. Regular registration for the Fall league season should open between April 1 to May 1 and close no later than June 15.
2. Regular registration for the Spring league season should open between October 15 to November 1 and close no later than January 10.

D. Fees

1. Registration fees for each season are set during the seasonal budgeting process and approved by the Board prior to registration.
2. Fees are posted to the league website and shared with members in various forms of communication from the league.

E. Registration Caps

1. Registration caps for each division will be established prior to registration opening by the Board using projections based on enrollment counts from previous seasons.
2. Once a division is filled, additional players may be waitlisted.
3. After the close of registration, waitlist players may be added to form additional teams or replace registered players who have dropped.

F. Player Pairing Requests and Hold Limits

1. Players in U5 and U6 have no pairing limits.
2. In age groups U8 and older:
    1. Registrants may request pairing with a specific coach within the player registration, and;
    2. The coach must also request the player within the coach's registration to make the match, subject to player hold limits.
3. No matches are guaranteed except a coach and their child.
4. Siblings of the same gender and age group will be paired whenever possible.
5. Siblings of different genders may only be paired in boy's divisions.
6. For additional details on pairing and hold limits, refer to restrictions noted in Section 5.

G. Requirements for Registration

1. All registrations are subject to review by the Registrar prior to acceptance.
2. A complete registration shall require all items below.
    a. Submission of registration entry by a parent or guardian of the player.
    b. Receipt of all applicable fees.
    c. Submission of a birth certificate for all players new to LBYSO.
    d. Validation of these materials by the Registrar.

H. Proof of Age

1. A presumption of age may be made for all returning players who played in LBYSO in previous seasons, provided that the Registrar still has a record of the player's age.
2. All new players and those without a current birth date record with LBYSO must submit suitable proof of age in the player registration, e.g., birth certificate, passport, or legal record.
3. The Registrar may request further review of the documentation. Submission of falsified proof of age documentation may result in expulsion from the league.
4. If a participant is assigned to a wrong division and this situation was caused by error by a league official, no penalty shall be imposed. Remediation will occur as follows: If over half of the season has been played, then the youth will remain on the same team. If less than half of the season has been completed, effort shall be made to place the youth in the proper division. The league will bear any expenses for uniforms for the youth placed in the wrong division.

I. Withdrawals

2. If a player is registered and then withdraws their registration, that player may not re-register for the same season without the approval of the Registrar.

    a. Acknowledged withdrawal is when notification is given to the coach and/or Registrar.
    b. Absentee withdrawal is assumed if the coach and/or Registrar 1) prior to the season, has no response from a parent/guardian after 10 days or 2) starting with the first game week, the player has unexcused absence from all practices and games in the same week.

3. Parent responsibilities

    a. Parents/guardians of a player withdrawing are to notify the coach and Registrar of the player dropping. Reimbursement, if any, and the amount reimbursed will depend on the date of the notification per the cutoff dates noted within the registration.

4. Coach responsibilities

    a. For acknowledged withdrawal, the coach shall notify the Registrar by a verifiable method within 3 days of learning a player has dropped from the team and provide any known information on why the player dropped.
    b. For absentee withdrawal, the coach shall notify the Registrar per guidelines above.

5. Verification

    a. For any withdrawal, the Registrar must contact a parent of the player dropping to confirm withdrawal. Parents or guardians who are contacted for withdrawal verification must respond to the Registrar within 72 hours or the withdrawal will be considered verified.

6. Replacement

    a. Upon verification of a player dropping, a replacement from the waiting list should be selected.
    b. This selection will take into consideration: date player was waitlisted, team opening priority, age and skill rating matching. If no player is available on the waitlist, the coach may conduct outreach to locate a new player.

7. Refunds

    When a player is unable or unwilling to be placed on a team or withdraws, the league may refund all or part of the player's registration fee, according to the following guidelines.

The parent or guardian of the player must notify the Registrar by a verifiable method, preferably email to registrar@lbyso.org.

a. A full refund will be given for players the league cannot place on a team.
b. Prior to uniform ordering (typically 5 weeks prior to the first game), a refund of a registration fee, minus $10 to cover registration platform processing fees.
c. No refunds will be given after uniforms have been ordered. *Special circumstances may result in a partial refund under the discretion of the Board.

8. Player Transfer

The transfer of a player to another team in the league, shall be allowed only under special circumstances.

a. Requirements for player transfer. All must be met.

    i. Approval of the player's parents
    ii. Approval of the coaches of both teams involved
    iii. The action requested does not bypass player hold or rating limits.
    iv. Review and approval by the Registrar and Director of Recreational Play
    v. Any other reason deemed by the Board to be of a non-sporting nature.

b. Players transfers are not permitted after the playing season begins.

9. Coach Registration

a. Coaches are required to register and complete all required certification requirements mandated by LBYSO and the league's sanctioning bodies.
b. A coach shall not receive a roster prior to completion of certification requirements.
c. Coaches under 18 require supervision of a designated adult who has completed a background check and SafeSport certification.
d. Coaches are assigned teams on a first come, first served basis provided certifications are completed.

6 Team Formation

The teams for each playing season are formed prior to the season from the pool of players registered. Players are rated and 'drafted' to teams in a fashion that, theoretically, yields reasonably balanced teams based on the average rating of all players on a given team.

A. Player Holds
   1. Player holds allow coaches and players to pair up.
   2. Both the coach and player must request each other within their registration.
   3. Holds are limited according to the table below.

B. The average rating of the players requested cannot be higher than 7.5 (out of 10).

Maximum Holds (maximum average of 7.5)

Division	Maximum # Coach Holds
U16	6
U14	6
U12	5
U10	4
U8	3
U6	No limit
U5	No limit

* Hold limits and rating average include the coach's child

C. Player Ratings
   1. All players are assigned a rating from 1-10, 10 being highest.
   2. The rating is based on their prior season through in-season evaluations by their coach, who is to submit their own player's ratings, and the Board can also conduct ratings for comparison. The ratings are then reviewed before finalizing ratings.
   3. Players without a rating are invited to attend pre-draft evaluations.
   4. Unrated players who cannot be evaluated before the draft are assigned a rating of 5 and drafted last.
   5. Unrated players cannot be reserved under player holds unless the player is the child of the coach.

D. Draft Committee
   1. The draft committee - the Registrar, who shall be the Committee chair, and two other Board members designated by the President - conducts the draft.

2. The committee can resolve all draft-related concerns except those involving a child of one of the committee members. In such a case, the President may confer with the other committee members to resolve these matters.

E. Siblings

Siblings playing in the same age/gender group will be placed on the same team. All other players are placed per the draft sequence.

F. The Draft

1. Players whose parent/guardian is coaching that player's team are rostered.
2. Players with matching player/coach hold requests will be placed with the selected coach up to the player hold and rating limits noted in Section 6.C.
3. Rated players are 'drafted' by the Registrar where only birthdate, gender and rating are considered.
4. Sequencing shall begin with the lowest team # to highest team #, then reverse from the highest to lowest team # and repeat until all rated players are rostered.
5. Players aged in the second year (older) of the age group are assigned by ranking in descending order.
6. Players aged in the first year (younger) of the age group are assigned by ranking in descending order.
7. Unrated players are drafted by second year in the Age Group, then first year.
8. Placement of players registered after the draft who have no prior rating history, are given lowest placement priority. In all divisions, the registrar will make all reasonable efforts to place these applicants.

7 Teams

Teams consist of the players, a coach, the parents and other optional members. All are subject the rules of the league.

A. Staffing

1. Each team is directed by a volunteer coach.
2. The coach may recruit an assistant coach and/or a team manager to help with the administration of the team.
3. Coaches and assistant coaches must be fully certified by the Risk Management Director.
4. Team managers must have certified in SafeSport and pass a background check.

B. Number of Players

The ideal and maximum number of players per team for each division is established by vote of the full board. It can be reviewed and updated on a seasonal basis and be approved prior to rostering.

Target and Maximum Players per Team

Division	Target	Maximum
U5/U6	8	9
U8	9	10
U10	10	12
U12	12	14
U14/U16	16	18

C. Team Names and Name Registration

1. Team names must conform to reasonable standards of good taste as determined by the Board and shall avoid reference to any religious, national, political, ethnic or other group that may reasonably provoke or denigrate others.

2. There shall be no more than one team in each division with the same name.

3. Team names shall be registered with the Registrar on a first-come, first-served, basis.

4. Player names on the back of uniforms can be first or last name only.

D. Team Administration

1. The coach is the ultimate administrator of each team but can delegate specific tasks to others team members. Specific responsibilities of coaches are outlined in the Coaches section.
2. An assistant coach may be enlisted. The assistant may stand in for the head coach for all team activities.
3. A team manager is highly recommended to oversee non-sporting needs. When the coach and assistant are absent for a game, the team manager may stand-in as coach of record for in-house games. Travel/regional league games are subject to the sanctioning league rules which may not allow this option unless the team manager also has coaching credentials.

E. Player Medical Releases

Medical release forms for all players are to be available at all practices and games in electronic or printed form in case of injury.

F. Friendly Matches

To adhere to liability restrictions, practice or friendly games are permitted only with teams affiliated with either LBYSO, US Club Soccer (in-house play) or Cal South (travel play). LBYSO teams cannot participate with teams that are not a member of one of the 3 organizations listed.

G. Practices

In-house teams shall maintain at least one and no more than two practices per week with the accumulated practice time not to exceed 3 hours. Regional play and Select teams may opt for a third practice and not exceed 4.5 hours cumulative. Coaches should use reasonable practice lengths for younger age groups with progressively shorter sessions for players U10 and younger.

H. Practice Participants and Attendance

Only registered players are permitted to participate in team practices. Coaches can be liable for a non-registered participant.

I. Attendance

Players are expected to attend weekly practices and games. Unexcused or excessive absence and/or recurring disruptive behavior may result in reduced playing time and suspension from play in the league as detailed in the Player Discipline section.

8 Season Play Format

The season format applies to all in-house divisions. Travel play season formats will be similar but are overseen by the travel league sanctioning body.

A. Team Divisions

1. There must be at least four teams in a division.
2. Divisions of 8 or more can be split into groups.
3. Registration caps will be set at an even number of teams.
4. An odd number of teams in a division may occur but should be avoided.

B. Division Commissioners

1. Division Commissioners act as a liaison for the coaches of a division to report concerns and feedback to the Board.
2. Division Commissioners are not mandatory positions but desired.
3. The League Coordinator appoints the Commissioners for each division.

C. Schedules

1. Games are scheduled in a round robin format.
2. Divisions split into groups may play round robin within the group and have additional games against the opposite group to complete their schedule.
3. Teams in divisions with an odd number of teams can play 1 game more or less than other teams and will be subject to byes.

D. Game Results

1. U5 and U6 games are not scored.
2. Game cards are required from both teams and must be presented to the referee prior to kickoff.
3. At games end, game cards are to be signed by the referee and coaches.
4. A game shortened for any non-disciplinary reason is considered complete if 75% of the game time has been played.
5. Coaches should retain their game cards for validation of posted scores.
6. Teams must report game results in the LBYSO scoring application by the end of day Sunday after each week's game.
7. Final score conflicts are reported to the Recreational Play Director.

E. Forfeits

The minimum number of players required constituting a team for LBYSO play in a game is:

Division	Minimum
U8	4
U10	5
U12	6
U14/U16	7

1. If either side fails to have a team on the field, ready to play with the minimum player count, within 15 minutes after the scheduled game start time or at any point after the game has started due to injury or other player attrition, the referee shall declare the match invalid.
2. The referee does not declare a winner of the game. The referee is to indicate on the game card that one team had the minimum players required and the other did not. The outcome of the match will be determined by the league.

F. Terminations

1. Terminate of a game due to grave disorder.
   a. The referee must send a report of the circumstances with as much detail as possible to justify the grounds for termination to the league within 48 hours.
   b. The referee does not decide the result of games terminated early unless at least 75% of the game is completed. Otherwise, the Board Competition Committee will review the report and decide the result.
   c. The Board may still override game results for any game terminated for behavioral factors.

2. Termination of a game prior to start or in play for safety due to force majeure.

   The referee shall consult with the Fields Director (if unavailable the President or another board member), prior to terminating a game for the safety of the participants for any of the following conditions below. Should the Fields Director or another board member be unavailable and conditions are grave or extreme, the referee shall have immediate and full control over the decision to terminate.

   a. Unsafe field or equipment.
   b. Lightning visible from the playing field.

c. Limited visibility.
d. Any other circumstance or condition that results in a reasonably dangerous playing situation.

G. Standings

1. In the regular season standings, teams are awarded 3 points for a win, 1 point for a tie, and 0 for a loss.

2. The result of a game or points awarded for a game may be altered by the Board for any of the following:
   a. Playing unrostered players.
   b. Red card or excessive yellow cards issued to a team, including its coaches and spectators, by the game referee.
   c. Action by a team, its players, coaches or spectators resulting in the cancellation or suspension of a game.
   d. Blatantly running up the score
   e. Egregious violation of player play time rules
   f. Any other action deemed to be severely unsporting in nature

H. Tiebreaker

If two or more teams are tied on total points, ties will be broken using the following tiebreakers, in order:

1. Head-to-head competition (most points in games involving the tied teams)
2. Goals allowed
3. Goal differential (maximum of 5 goals difference for a single game)
4. Coin toss

I. Rainout policy

Significant forecast rain, active rain or any other conditions that can impact player safety are reviewed by the Fields Director prior and the day of games. Input from other board members should be considered but the Fields Director will have the final decision. Note that the decision may be influenced by the policies and actions of other leagues as well as the Long Beach Department of Parks, Recreation and Marine. Field closures can also be applied on a field-by-field basis as conditions can vary by surface type and pre-existing field status.

1. If an entire round of the schedule is not played due to inclement weather or other force majeure, the games may be made up if the season calendar allows.
2. If a round is partially rained out, only games with a potential effect on playoff participation will be attempted to be rescheduled.

3. Rescheduling of games will be arranged by the Recreational Play Director.

J. Playoffs

1. LBYSO in-house Fall season playoffs will be played at the conclusion of the Fall regular season in ages U8 and up to determine division champions and runner ups for awards.
2. Spring will have no playoffs. Spring champions will be the team with the highest total points within each division.
3. LBYSO travel teams will adhere to the playoff format of the non-LBYSO sanctioning organization.

K. Playoff format (In-house only)

1. The playoff format shall be decided upon by the Board before the start of the regular Fall season. The decision will take into account, available game dates, number of teams and groups within a division and historical precedence from recent LBYSO seasons.

2. Group Play Divisions

   a. For divisions subdivided into group play, playoff participation will be decided by standing within each bracket and after applying the playoff format selected proper to the season as noted in Rule 8.G.1.

L. Season Awards

1. All players in LBYSO receive participation awards on fall and spring.

2. Teams that finish first and second in their Fall season division playoffs shall receive distinctive awards for such honors, and the coach from these teams receives first and second place awards.

3. U5 and U6 does not have playoffs and players shall receive a participation award.

4. There are no playoffs or distinction awards presentations for spring.

9 Fields and Game Equipment

The Fields Director will provide details on field use for practices and games to coaches on a seasonal basis. The general rules here always apply. The Equipment Manager maintains oversight of all field equipment.

A. Game Equipment
   1. Coaches are to refer to the day's game schedule for their specific field to determine if they are the first or last game AND Home or Away team.

   2. Home team supplies 3 balls for the game.

   3. Both teams playing the first game of the day share responsibility for setup of goals, nets and flags where applicable. The coach or team manager should get parents to assist.

   4. Both teams playing the last game of the day share responsibility for removing the nets and return of goals, nets and flags and securing them at the designated storage location.

B. Field Layout

   1. LBYSO field layouts will generally align with US Soccer specifications for each age group with exceptions as noted.

   2. Build out line only used in U5/U6.

   3. U5 and U6 – 30 x 20 yards, halfway line used as build out line for goal kicks

   4. U8 – 42 x 28 yards, no build out line

   5. U10 – 60 x 40 yards, no build out line

   6. U12 (Molina Park) – 90 x 60 yards

   7. U14/16 – 100 x 70 yards

C. Game Field Care
   1. The Fields Director assembles a lining crew for the season.
   2. Fields should be lined weekly 1-2 days before all games by the field lining crew.
   3. If a field does not appear to be lined or is lined poorly, a parent volunteer should be engaged to make best effort to line the field as needed.

4. Teams are responsible for field cleanup following their games. Teams must take care of playing fields and adjacent facilities, and make a reasonable effort to remove litter left by their players and spectators.

D. Practice Locations

1. Teams in U5 and U6 do not receive reserved locations but are asked to practice either around the perimeter of the main fields or in other areas between Bellflower Blvd. and Woodruff Ave.
2. Permitted and reserved practice locations are available to teams in U8 and above at Heartwell Park. Space is assigned by the Fields Director.
3. LBYSO reserved space permits only apply at Heartwell Park. In-house teams may practice at other parks as liability remains covered by US Club Soccer for teams not practicing at Heartwell Park.

E. Field Permits

1. It is highly recommended that coaches carry a copy of the permit and their assigned schedule should conflicts arise. Non-LBYSO entities and individuals should be informed of the permit that applies asked to move respectfully. Do not escalate interactions. Report any failure to vacate to the Fields Director.
2. Available practice fields are scheduled by the LBYSO Fields Director to allow each team reserved space.
3. The Fields Director will make a reasonable attempt to accommodate coach day/time requests. However, requests are not guaranteed.
4. Coaches shall not infringe upon reserved space of other teams. Reserved space of a team that is not present may be used by other teams.

10 Coaches

LBYSO coaches are unpaid volunteers. They are expected to practice positive coaching that instructs and encourages players during games and practices. Coaches have a wide degree of soccer knowledge and experience – some very knowledgeable and others completely new to the game. Coaches should train and coach their teams to the best of their abilities, and encourage clean competition and good sportsmanship.

Coaches are expected to adhere to the LBYSO Coaches Code of Conduct which is signed during the coach registration process.

A. Registration

1. All prospective coaches must register with LBYSO prior to every season.
2. Spots are given to qualifying coaches on a first come, first served basis.
3. Returning coaches are given priority if there's an excess of coaches in a particular division.
4. No coaching experience is required but it is preferred that coaches in older age groups have some prior experience, whether as a volunteer or paid.

B. Age Requirement

1. Coaches must be 18 or older.
2. 16 and 17 year olds can coach up to U10 with parental approval and an adult supervisor. The adult supervisor does not have to be the parent pr guardian.

C. Training and Certification

1. Coaches must complete required online training and certifications including:
   a. US Soccer license (at a minimum, Grassroots coaching certificate)
   b. Concussion and SafeSport training (federal requirement). SafeSport requires an annual refresher.
   c. Background check through US Club Soccer (in-house) or Cal South (regional play)
   d. Pass US Club Soccer Adverse Eligibility Review (in-house)
   e. Coaches will not be provided a team roster until all requirements are met.

D. Player Supervision

1. A vetted LBSYO member is required at all practices and games.
2. If a coach is aware that they will not be present, another certified coach or team manager must be present or the practice must be cancelled.
3. Coaches or team managers from other teams and Board members may fulfill the requirement if desired, including a combined practice with another team.

E. Game Parameters and Interaction Referee/Officials

1. Each coach in U8 and up in-house LBYSO Rec shall present an LBYSO game card to the referee. For travel teams, coaches should present the card by the regional league group that oversees play for older players.
2. Coaches shall defer to referees regarding the touchline seating arrangements of the team's parents and other supporters.
3. For In-house games, teams shall meet at midfield and lineup opposite each other prior to kick off for pregame introduction and mutual instruction.
4. Coaches shall remain within 10 yards of field center line.
5. When perceived issues occur with a referee that require immediate attention, the coach can contact the on-site LBSRA coordinator to bring the matter to their attention. If available and deemed necessary, the coordinator will come to the field to address the situation.

F. Playing Time Requirements

1. All recreational players – whether in-house or regional play – are to play a minimum of 50% of each game.
2. The time does not have to be contiguous/continuous and precise timing is not required. Honest, best judgment is satisfactory.
3. Late arrival or unwillingness to participate can be considered as part of the time requirement.
4. Late arrival and unwillingness to participate should be discussed with the parent/guardian to clarify why a player did not receive expected playing time.
5. Skill level or game dynamics such as a close game or highly skilled opposing team is NOT a consideration.

G. Coach Conduct

1. Coaches are expected to provide good example for the players under their supervision.
2. Coaches are subject to yellow caution or red ejection from games for misconduct or unsporting behavior.
3. A coach ejected from a game must leave the playing area and remain 50 yards or greater from the perimeter of the field for the remainder of the game.
4. Ejection includes a minimum one game suspension served the following game.
5. Teams in divisions with official results may be penalized points in games where a coach is disciplined, including
6. Per section 12.1 (Referees) LBYSO and LBSRA adhere to US Soccer, US Club Soccer and Cal South policy of zero-tolerance for abuse of officials – verbally or physically.

H. Quitting Players

1. Coaches shall not attempt to influence players to quit. The penalty for such action may include suspension and the termination of the coaching assignment.
2. When a player has repeated unexcused absences, the coach must make reasonable effort to contact the parents of the player to determine the reason for the attendance problem.
3. Subject to Board review, 3 or more consecutive unexcused absences may be considered grounds for removing a player.
4. If a player quits, the coach must report the player loss to the league within 72 hours under the provisions Registration of Players and Coaches – Withdrawals in Section 5.

I. Player Discipline and Behavior

Any player who is disruptive at practices can be held out from drills and activities temporarily at the coach's discretion and the behavior should be reported to the parents. A player who repeatedly misses or is excessively late to practices or games without a reasonable excuse or is excessively disruptive at practices or games may also be subjected to reduced playing time – including less than the 50% minimum per game rule – by complying with the following procedure.

1. Discussion. Verbally discuss with the parent/guardian the issue to determine if there is corrective action that can be taken to resolve the problem.
2. Notice. If discussion does not resolve the problem, the coach must send verifiable written notice (email, chat, text) to the parent/guardian of the player playing time reduction is warranted.
3. Board Informed. The coach shall send a copy of the communication to their Division Commissioner (if one is assigned) and the League Coordinator or Rec Play Director.
4. Disciplinary Action. Disciplinary benching or playing time reduction cannot take place unless 48 hours have passed since the written notice to the parents/guardians. This gives the parents/guardians time to provide a justification.
5. Recurrence of the behavior that resulted in the discipline can be reviewed by the League Coordinator who can bring the issue before the LBYSO Grievance Committee. The committee can issue further guidance up to and including revocation of league membership.

11 Injuries

Only vetted team administrators or injured players' parent may attend to an injured player.

A. A coach or team parent may enter the field to care for an injured player once directed to do so by the referee. While extenuating circumstances such as a clear and obvious significant injury may occur, for general minor incidents, entry prior to being directed to do so by the referee can result in a card being issued.

1. Authorized Field Entry

   Coaches or team parents are permitted to enter the field to provide care for an injured player, but only after receiving explicit direction from the referee. This protocol ensures that the game remains orderly and respects the referee's authority over play.

2. Exceptions for Significant Injuries

   There may be extenuating circumstances, such as when a player experiences a clear and obvious significant injury, in these cases a coach or team parent may be allowed to enter the field more promptly. However, these exceptions are limited and do not apply to minor incidents.

3. Consequences for Unauthorized Entry

   For general minor incidents, entering the field before the referee has granted permission can result in disciplinary action, such as the issuance of a card. It is essential for coaches and team parents to wait for the referee's signal to avoid penalties.

B. Guidelines for injuries at any LBYSO event including all games, practices and special events.

P.R.I.C.E for Extremity injuries

- **P**rotect the injury (only take shoes and shin guards off if you are sure it will not further injure the affected part).
- **R**est the injured part.
- **I**ce the injury for the first 72 hours (no heat on acute injuries) Ice should not be applied directly to skin and should be applied for 15-20 minutes twice per hour.
- **C**ompress the area to decrease swelling.
- **E**levate the injury above your heart.
- Leg injuries: player may not be allowed to resume play until she/he can walk without pain.

Bloody Injuries

- Disposable gloves must be worn when providing first aid for any bloody injury.

- Player who is bleeding or has blood on their uniform must leave the field.
- A uniform with blood on it must be changed.
- Blood on equipment must be disinfected (using a disinfecting solution, such as a 10:1 water-to-bleach solution) before it can be used again.
- After the bleeding is stopped and the wound is covered, the player may return to the Game when signaled onto the field by the referee.

C. Aggravated injuries or conditions that might require emergency medical response should be treated as such and emergency personnel summoned without delay.

D. After appropriate care is given, a player should be assessed before being allowed to return to play.

E. Minor momentary injuries need not preclude a player's return.

F. Any head injury/concussion must be assessed per US Soccer Concussion Protocols.

G. Coaches must report a significant or serious injury or head trauma to the Risk Management Director.

H. Players removed from a game or practice due to serious injury or head trauma are to be approved for return to play by a licensed medical professional.

12 Referees

Referees are the final arbiter of all game decisions immediately prior to, during and immediately after a game. A Board member, if present, may address specific issues at a game with the referee if deemed appropriate by the Board member.

1. LBYSO and LBSRA adhere to US Soccer, US Club Soccer and Cal South policy of zero-tolerance for abuse of officials – verbally or physically. Penalties may include, yellow caution, red card and ejection (minimum 50 yards from the field), game suspension, forfeit, game points deductions and expulsion from the league. This applies to all games officiated by paid referees.

2. U5 and U6 games are refereed by the coaches of both teams.

3. Referees are contracted through Long Beach Soccer Referees Association (LBSRA) for all age groups U8 and up.

4. Referees are appointed officials of LBYSO in matters regarding the conduct of the game. From the moment the referee enters the field of play, his/her decisions on questions of fact connected with the playing of a match shall be final, so far as the result of the game is concerned.

5. Referees are to request a game card from both coaches prior to the start of a game.

6. The game cards should have a final score completed and any notes the referee wishes to add and then signed by the referee and then returned to the coaches.

7. The referee may capture a copy of the game card for his/her own recordkeeping or dissemination to LBSRA staff for review.

8. In addition to disciplining players and coaches, the referee can caution behavior of spectators by:

    a. Warning the coach.
    b. Yellow card to the team's coach.
    c. Red card to the team's coach for failure to attempt to control a supporting spectator's persistent or egregious misbehavior; and/or ejection of the spectator only or both spectator and coach
    d. Should further disruption remain, the referee is empowered to suspend the game until order can be restored, and to terminate the game in the event of excessive disorder.

13 Game Rules

LBYSO utilizes IFAB Laws and Cal South/US Youth Soccer Rules which are modified, as needed, for LBYSO-specific league and age division circumstances.

A. Rules application, ranked:

1. In-house
   a. LBYSO-specific rules modifications
   b. Cal South/US Youth Soccer Rules
   c. IFAB Laws of the Game

2. Travel/regional play recreational
   a. Rules of the regional league apply
   b. LBYSO rules regarding 50% play time as noted in the Coaches Section apply to LBYSO teams

B. LBYSO rules modifications and seasonal variances

Prior to the start of each season, the Fields Director, Recreational Play Director and the League Coordinator, in consultation with other board members, will set guidelines for game day activities not explicitly covered by a specific rule or make minor alterations to existing rules for the upcoming season. Those seasonal variances, as noted in a coaches guide distributed to coaches prior to the season, will take precedence over any rule or operational policy documented within the LBYSO Rules and Regulations.

C. Player equipment

1. Matching team uniform (exceptions allowed at the referees discretion). If there is color conflict, the home team makes accommodation to resolve it.
2. Molded soccer cleats with non-metal studs.
3. Shinguards
4. Socks must cover shinguards.
5. No earrings, necklaces or loose adornments.
6. Glasses must have secure straps
7. No hats except for goalkeepers
8. No casts of any design, orthopedic casts or hard brace devices

D. Game Cards

Coaches shall have a game card, listing the team name and colors, the coaches' names, the division, the names and numbers of all players, the date, and the scheduled time and field for the game, ready to present to the referee ten minutes prior to scheduled game time.

E. Coaching "box"

1. Coaches are to remain on the touchline within 10 yards of either side of midfield for U12 and above.
2. Coaches are to remain between the build-out lines in U8 and U10.
3. This does not apply to U5 and U6.
4. A goalkeeper coach is allowed behind the goal only in U8 and only for the first 3 games.

F. Player substitution

Players may be substituted freely during ball out of play situations with the referee's approval.

G. Hydration, water breaks

H. Hydration breaks are standard for U8, regardless of weather conditions.
I. Hydration breaks are not mandatory and must be discussed with the referee and opposing coach prior to the start of the game.
J. For age groups U10 and up, hydration breaks may be allowed at the referee's discretion.
K. Coaches should consult with the referee prior to the game to confirm if the breaks will be allowed.
L. Hydration breaks are 1 minute duration. The game clock does not stop running for these breaks.

M. Conduct of coach, players and supporters

1. Coaches are responsible for their own conduct, and the conduct of their players, assistant coaches, staff, and fans, before, during, and after games.
2. Coaches may be cautioned or ejected for the behavior of others on their sideline.

N. Participants

Participants at LBYSO-sponsored youth soccer games are encouraged to behave in a positive and supportive manner. Unless otherwise specified, the word participant is used here to include coaches, trainers, staff, players, substitutes, parents, fans, and casual on-lookers.

O. Spectators Locations

1. Spectators and all accessory items must remain 5 feet outside the touchlines of the field.
2. Spectators are to be to the left of the bench on both sides of the field for U8 and above or alternate seating arrangements may be prescribed at the referee's discretion.
3. No spectators are permitted behind the goal lines.

P. When circumstances related to rules not expressly addressed within this document arise, referee discretion prevails. If a Board member is present, the referee may consult with the Board member for additional guidance.

14 Protests, Appeals and Disciplinary Procedures

SECTION UNDER REVIEW