

Three Bridges Soccer Group



U10 – U12 Regulations | Fall 2026

Revision 0: July 3, 2022

Revision 1.4: August 27, 2026

NOTE: The Three Bridges Soccer Group (TBSG) is comprised of the Fair Oaks Soccer Club (FOSC), Rancho Cordova Soccer Club (RCSC), Capital Community Athletics (CCA), Capital Valley Futbol Club (CVFC), Del Campo Youth Soccer Club (DCYSC), Orangevale Youth Soccer Club (OYSC), and El Dorado Hills Soccer Club.

Section A: Registration Procedures

1. TBSG U10-U12 Program registration requirements will be in accordance with US Club Registration Procedures and Policies.
2. The minimum number of players required to register a team with this Program is seven (7) for U9/U10 and nine (9) for U11/U12.
3. TBSG Rosters will be as follows: U9/U10 rosters may not exceed thirteen (13); U11/U12 rosters may not exceed fifteen (15).
Note: Under certain circumstances, a Club may petition TBSG Leadership for an exception to this rule. Petitions will be reviewed on a case-by-case basis and granted only by a majority vote of the TBSG leadership.
4. At the discretion of each individual club, a player may play up one (1) birth year (e.g., U8 to U9, U9 to U10) (i.e., one age group). Players may not play in a younger age group.
5. A player may not hold concurrent registration in both recreational and competitive soccer, either in a U.S. Club Soccer (US Club) affiliate or a California Youth Soccer Association (CYSA) affiliate. This rule, however, does not preclude a player from playing competitive soccer.
6. In the spirit of recreational soccer, players registered in a competitive soccer program may not participate in TBSG sponsored soccer matches.
7. TBSG does not allow a boy(s) to play on a girl team. TBSG does permit a girl(s) to play on a boy team. Total number of girls on a boy team may not exceed 25% of the total roster size.
8. *Starting with the 2026 recreational season, age group assignments will revert to the school year registration (August 1 through July 31).*

1

Section B: Field Requirements

1. Each Club shall provide one (1) field in accordance with FIFA Law 1 for registered teams as follows: one (1) field for every eight (8) registered teams in each age group (i.e., U10, U12).
2. The regulation field of play and appurtenances shall be in accordance with the USSF Player Initiatives issued in 2015. Please refer to the USSF document for field and goal sizes.
3. In addition to standardized markings for soccer fields, and in the interest of player safety, all fields will be asked to mark a spectator and coach line on each side of the field. See Part 4 of the TBSG Playing Rules for more information on the spectator line.



Section C: Player/Coach Passes/Official Rosters

1. TBSG will be using player passes or team rosters complete with player photographs. All TBSG club coaches shall present a TBSG club approved roster which includes player names and birthdate to the referee at check in, and the referee will check players in using that roster. Referee will call out the player's name for identity confirmation.
2. All TBSG U10-U12 Coaches shall have an approved TBSG Coach Pass. Each TBSG member club may create their own pass, but all passes will have coach name, team name, current playing season year and a photo of the coach. Coach passes will be presented to the referee at player check in.
3. All TBSG teams shall abide by the honor code and shall not attempt to insert an ineligible player into the game. Should an ineligible player be discovered, the team shall forfeit the game and the head coach shall be suspended for the remainder of the season. The assistant coach, a parent or administrator, will coach the team for the remainder of the season. See Section I for additional information.
4. In the event of a sendoff or dismissal, the referee shall include the name of the player or coach in the sendoff/dismissal report, as well as on the game card. The game card and report are to be forwarded to the respective club president and the TBSG PAD Committee Chairperson within twenty-four (24) hours of the game's conclusion. The disciplinary action shall be a minimum of two (2) games; the remainder of the game from which the player was ejected and the following game.

Section D: Rules of Play

1. The rules of play shall be the Laws of the Game as established by IFAB/FIFA. All contests sanctioned by this league shall abide by the Laws of the Game and the modifications published by the Three Bridges Soccer Group and US Club Soccer.
2. Rules of play have been modified by TBSG and appear in the document *Three Bridges Soccer Group U10-U12 Playing Rules* for the current season.

2

Section E: Sportsmanship Rule

The Sportsmanship Rule appears in Part 5 of the TBSG U10-U12 Playing Rules.

Note: Sportsmanship Rule defines the allowable point differential in matches played by TBSG affiliate clubs and the actions taken in event of a violation of the rule.

Section F: The TBSG PAD Committee

1. Prior to the beginning of play each season, TBSG leadership will vote on the appointment of the PAD Committee Chairperson.
2. The committee shall meet as needed, via conference call. Participating club representatives will be notified at least 72 hours in advance of the meeting.
3. Any club representative who has a sendoff or dismissal from their club up for review shall recuse him or herself from the proceedings.



Section G: Forfeiture of Game

The following violations, subject to review of the PAD Committee, are grounds for forfeiture of the game in which they were committed:

1. Any team delaying the start of a scheduled game more than fifteen (15) minutes, without sanction of the proper authority, shall forfeit the game to the opponent by the score of 1 - 0.
2. If a player plays in a game and is not properly registered, his or her team shall automatically forfeit that game. In this case, the score shall be entered as 1 - 0 against the forfeiting team.
3. All registered players who have attended practice sessions in the week prior to a match must play for an appropriate time in that match. Failure to allow a player to participate in approximately one half of said game will result in forfeiture of the game by the violating team.

In the event of conditions 2 or 3, the coaching staff for the offending team are subject to disciplinary action as described in Section C and Section I.

Section H: Send Off and Dismissal Procedures

1. If a player is sent off, then the referee shall email the player's name to the PAD Committee Chairperson within twenty-four (24) hours, along with the Referee's game report. That player is ineligible to play until notified by the Committee.
2. If a coach is dismissed, the referee shall terminate the game unless another official coach is available to continue coaching the game. See Playing Rules for details. The PAD committee will decide if the game is to be replayed.
3. A dismissed coach or spectator must depart the playing area and must do so immediately. The dismissed person must move far enough away from the field so that they cannot see or hear anything to do with the game. Failure to do so in a timely manner (as in one request from the referee) will result in the game being abandoned.
4. The Referee's Game Report card must identify offending persons sufficiently for the PAD Committee to maintain a record of individual reasons for sendoff or dismissal. A Referee's written report of matters not requiring disciplinary action (i.e., field conditions and equipment not available) should be sent to the Club Manager responsible, with a copy to the PAD Chairperson.
5. The referee shall sign the Referee's Game Report card and any written report with his/her credentials.
6. Sendoffs and dismissals cannot be protested. The PAD Committee will determine the penalty based on the report filed by the officiating referee of the game and any reports filed on behalf of any concerned party. However, no coach or player will be allowed to appear before the Committee for this purpose unless agreed to by the working quorum present at that proceeding.
7. Coaches under suspension may not attend games even as a spectator.

3

Section I: Probation and Suspension

1. The PAD Committee may place on probation any referee, coach, or player for violation of any of the rules of US Club or this program.
2. Coaches, and/or players may be suspended from regularly scheduled TBSG games for the following violations:
 - a) Failing to play all registered players who have attended and participated in practice sessions the week prior to the game, except for disciplinary purposes, illness, or injury, if notice is given to the opposing coach and referee.



- b) For playing a player who is not registered with a TBSG Club or Team.
- c) For playing a player who does not appear on the game card.
- d) For playing a player who is registered in competitive soccer.
- e) For playing a player who is over age for the division on which the team is registered.
- f) For committing, while on probation, the same or similar violations.

Section J: Protest Procedures

1. Protests or official complaints of program rules violations during league or tournament games must be filed with the Chairperson of the PAD Committee.
2. All protests must comply with the following rules:
 - a. The coach of the opposing team must be notified by the protester before leaving the field of play. If a referee's ruling is being protested, the referee must be so notified at the end of the game.
 - b. Referee decisions that are purely judgment calls shall not be protested.
 - c. All protests must be telephoned within forty-eight (48) hours to the PAD Committee Chairperson and written notification emailed within the same period.
 - d. The PAD Committee shall schedule meetings (phone or in person) as necessary.
 - e. The PAD Committee shall hear or consider every matter submitted at the next called meeting.
3. The PAD Committee shall maintain complete records (e.g., game cards, letters of protest, minutes of hearing and any correspondence) of each protest.

Section K: Appeal Procedures

4

An appeal of any PAD Committee decision shall be handled using the following procedures:

1. An appeal shall be submitted in writing and emailed to the PAD Chairperson within two (2) calendar days following the PAD hearing.
2. An appeal will be heard by the TBSG Leadership within seventy-two (72) hours.

Section L: Weather – Rain Outs and Smoke

1. In the event of inclement weather, TBSG shall determine if games shall be held as scheduled. TBSG leadership shall make the decision regarding play by 7:00 pm the Friday before. Please note that this may not always be possible. Conditions at the host club fields shall dictate game cancellations.
2. Games may be cancelled in the event of smoke. The TBSG shall cancel matches at an AQI index of 150. TBSG members shall use a real-time reporting system (e.g., Purple Air) to determine the air quality in the vicinity of the game fields. The AQI shall be as determined by US Environmental Protection Agency methodologies.
3. Every effort will be made to have all teams play in at least 10 games during the season. However, make up games can be a huge logistical challenge to schedule and may not be offered during the regular season. As such, a 10-game season is not guaranteed.

Section M: Alcoholic Beverage Prohibition

1. The use and/or consumption of any alcoholic beverages, immediately before, during or immediately after the playing of any youth soccer game is expressly prohibited.



2. Any player, team official, league official or any member of TBSG who violates this prohibition shall be subject to disciplinary action and/or suspension by the PAD Committee.

Section N: Insurance

1. All injuries to be claimed against the medical insurance shall be completed on the proper form.
2. All reports of injury must be submitted to the appropriate club manager and US Club within thirty (30) days of the injury.

Section O: Code of Conduct

1. TBSG participants are committed to ensure a fun, safe and respectful soccer environment for its membership. As such, TBSG has a zero tolerance for violent, threatening, or abusive behaviors by any players, coach, parent, spectator or official. Any level of abusive or threatening behavior by any of the above-named persons may be penalized by suspension or expulsion from TBSG.
2. By registering their child to play in any participating TBSG club, parents/guardians fully acknowledge and will adhere to their respective club's Code of Conduct, be familiar with TBSG regulations and playing rules, and fully accept any sanctions or punishment from TBSG.



REVISION HISTORY	SUMMARY
R0: 2022-07-03	Rules established.
R1.1: 2023-03-28	Minor revisions to text (clarifications)
R1.2: 2024-07-11	Coordination with Playing Rules (no text changes to Rules and Regs)
R1.3: 2025-03-02	Published with addition of Orangevale Youth Soccer Club
R1.4: 2026-08-27	Removed Folsom Surf; added El Dorado Hills Soccer Club. Added note regarding girl players playing on boy teams.

