

Central Iowa Coed Soccer (CICS) League
RULES AND REGULATIONS

I. AFFILIATION

CICS is affiliated with Iowa Soccer Association (ISA).

II. PLAYER ADMINISTRATION AND REGISTRATION

1. **Registration.** Each player is required to pay the appropriate individual fee (as decided by the CICS Treasurer) and complete and online hold harmless/waiver form before being eligible to participate in league play.
 - a. Each team is required to have at least 15 players (with a minimum of 4 women) registered and paid by the end of the current active season. If 15 players are not on the roster, the team is fined the league fee times the roster shortage, up to 3 players.
 - b. If a team has (intentionally or otherwise) allowed either a non-registered or ineligible player on the field during game play, that player is to be immediately ejected from the game, and that player's team will be charged a \$100 fine, payable to CICS League, before the team will be allowed to play its next scheduled game after the one currently being played. In addition, the ineligible player's team forfeits that game, 2-0. The other team has the right to choose to take either the forfeit or the score of the regular game.
 - c. A team captain whose team has registered a minimum of 18 paid players by the last game of the season is eligible for reimbursement. The amount of the reimbursement shall be determined on a seasonal basis by the treasurer, and shall not exceed the regular league registration fee (excluding insurance) of one player for that season. Spring 2020
 - d. Players may only register with one team per season. Registration on multiple teams is not allowed.
 - e. There is no price break for players who register after the season has started.
 - f. A player who has registered but is not yet listed on a roster must be able to provide a printed or electronic copy of their registration receipt in order to participate in a league game.
2. **Age requirements:**
 - a. **Men:** Must be at least 22 years old PRIOR TO the first league game of the season.
 - b. **Women:** Must be at least 18 years old PRIOR TO the first league game of the season

3. **GUEST PLAY.** An officially registered CICS League player may substitute as a guest player for another team. A team may automatically field guest players in order to field a full team of eleven (11). Once a team can field a full team of eleven, additional guest players will be allowed ONLY IF BOTH TEAM CAPTAINS AGREE VERBALLY OR VIA EMAIL TO ALLOW THIS TO TAKE PLACE prior to the start of the game. The Team Captain that has requested the guest player assumes responsibility for making sure the guest player is an officially registered CICS League player, and for identifying any guest players by name and division.
4. **INELIGIBLE PLAYERS.** Any player who falsely claims to be an officially registered CICS League player or is discovered to not meet CICS League eligibility requirements will be banned from the league for the remainder of the season and will not be allowed to return to the league until all eligibility requirements have been met.
5. **I.D. REQUIRED.** All players must have a valid picture ID at all CICS League games. Any league issued player card or ID with picture and name will work.
6. **PRE-SEASON REFUNDS.** Player refunds will be given by the CICS League Treasurer for any reason if requested by a player or Team Captain **PRIOR TO** the first scheduled league game of the season. The refund will consist of the league fee plus the cost of insurance (if paid that season) minus the active.com transaction fee. No refunds of any kind will be given after the first scheduled league game, regardless of whether or not an ineligible player realized that he/she was ineligible when he/she registered.
7. **TEAM CHANGES.** If a player wishes to change teams after already having signed up via online registration, then these are the procedures which will need to take place:
 - a. Player contacts the Commissioner (preferably by email) with an indication of intent to change teams.
 - b. The Commissioner will contact both the current Team Captain and the new Team Captain by email or phone to advise them of the player's intent to change teams.
 - c. The CICS League Commissioner will advise both the individual handling online team rosters for the league and ISA by email of the needed team affiliation change.

III. RULES OF PLAY

1. Team Captains are responsible for communicating and clarifying all CICS rules to their team's players.
2. Slide tackling is NOT allowed. A slide tackle is defined as:
 - a. A feet-first slide by any player (including goalkeepers) that does not result in contact with another player is a foul (result is an indirect kick for the opposing team). If the slide occurs

in the box, it shall result in an indirect kick, not a penalty kick.

- b. A feet-first slide by any player (including goalkeepers) that results in contact with another player is a foul (result is a yellow card and a direct kick for the opposing team). If the tackle occurs in the box, it shall result in a penalty kick.
 - c. Notwithstanding sections 2(a) and 2(b), Goalkeepers may slide with their feet out to the side or headfirst without incurring a foul.
3. At least FOUR players of each gender must be on the field per team during play or the non-compliant team must play short-handed (e.g., seven total players if no women). If the gender composition of the short-sided team changes after the start of the game, late arrival or early departure, adjustments will be made at quarter breaks or other long stoppages of play.
 4. Prior to the start of each game, the center referee will check to make sure each player's name, including any guest players, is on their team's roster. Team captains shall be responsible for certifying to the referee that their roster is accurate and complete. If a player's name is not on their team's roster, that player will not be allowed to play (see rule #II(1)(b)).
 5. Substitutions can be made by either team at any dead-ball opportunity. Players should be ready to enter the field of play at the time the substitution is requested. Substitutions should be made as quickly as possible to allow the game to resume.
 6. Anyone found discovered to have an open container of alcohol on the CICS occupied fields, parking lot, or premises shall be immediately expelled from the league by the Commissioner.
- 7. CARDS.**
- a. Yellow Cards:
 - i. Any player who receives a yellow card is required to leave the game at that time (with a substitution allowed for that player) and may return at the next legal substitution.
 - ii. If a player accumulates three yellow cards during a season, that player will be suspended from playing in his/her team's next scheduled game.
 - b. Red Cards
 - i. If a player receives a red card, that player will be immediately ejected from the current game and suspended from playing in his/her team's next scheduled game.
 - ii. If the next scheduled game is a tournament date, that player will be prohibited from playing for any team for the entire day of the tournament.

- iii. If a player receives a red card during a tournament, that player is done for the rest of the tournament as well as the player's next league game date. This carries over to the following season, if applicable.
 - iv. If a player receives a red card before accumulating three yellow cards, then the number of accumulated yellows is reset to zero.
 - v. The team of the player receiving a red card is required to play down one player for the remainder of the game for each red card received. The maximum number of the carded-player's gender will be reduced by one for the remainder of the game (e.g., if a male player is red carded, the team must play with a maximum of six male players).
 - vi. Red cards may be appealed to the Commissioner by the team captain of the affected player. The Commissioner shall confer with the opposing team captain, the referee and/or review the referee's game report, and conduct any further inquiry that he or she deems appropriate prior to making a determination of whether to uphold or reverse the post-game penalty. The Commissioner's decision shall be final.
 - c. If any player participates in a game in which he/she was supposed to sit out due to being receiving three cumulative yellow cards or one red card in the player's prior game, that player will be required to sit out of their team's next two games (original suspension plus one game penalty for failure to comply with league rules). In addition, the opposing team has the right to choose to take either a forfeit (scored 2-0) or the score of the completed game.
8. Each team shall have ONE player wear a captain's armband at each league game. This person should be the Team Captain. In the event that the Team Captain cannot be at a game, the Team Captain should appoint another player on their team to serve as the Team Representative for that game. This player shall be the **SOLE POINT OF CONTACT** between their team, the game officials, and the opposing Team Captain/Representative, especially when it comes to disputed calls.
9. If a team does not have at least seven of its own rostered players on the playing field within 10 minutes of the scheduled game time, the referee shall declare a forfeit and record a score of 1-0.
- a. Team representatives may elect to proceed with a fair numerical division of players and play an unofficial game with a center FIFA-certified referee.

- b. All CICS rules except those regarding the makeup of teams shall remain in effect.
 - c. If a game starts late, each quarter shall be shortened by the time necessary to end the game 10 minutes before the next scheduled game (if there is one)--otherwise, the center referee has final discretion.
10. Each player is required to wear shin guards while on the field of play.
11. Jewelry is not permitted including fitbit, apple watches, etc. while on the field of play unless the item is appropriately taped to prevent injury.
12. OFFICIATING
- a. CICS League will use a diagonal, three-person officiating system for Spring and Fall season games whenever possible.
 - i. One referee will be identified as the center referee. The center referee MUST be a licensed FIFA referee (otherwise any player-sustained game injuries aren't covered by insurance).
 - ii. If assistant referees are not available, each team will supply an individual to act as an assistant.
 - b. Referees have final decisions regarding infractions.
13. INDOOR Field Addendum
- a. If the ball hits the ceiling the opposing team earns an indirect free kick.

IV. SEASONS AND GAMES

1. CICS seasons shall be determined by the league's officers and team representatives.
2. Regular season games may be played on any day of the week. Traditional days and times are as follows:
 - a. Saturdays at 10:00am, 12:00pm, 2:00pm, and 4:00pm
 - b. Tuesdays at 6:30pm and 8:30pm
 - c. Wednesdays at 6:30pm and 8:30pm
 - d. Thursdays at 6:30pm and 8:30pm
3. Each regular season game will normally consist of four 22-minute quarters.
4. Post-Season: The league will do their best to incorporate post-season play (i.e., placement game or tournament) into each season, as long as there is team interest and field availability. This is voted upon at each pre-season league meeting by team representatives.
5. Scheduling:
 - a. Scheduling is defined by playing season and is applicable to all teams from the time the schedule is published to the end of the final game of the season.

- b. All league games shall be played on the day and time scheduled unless the league postpones and/or reschedules the games due to adverse weather or poor field conditions.
- c. For alternate game times, both Team Captains must mutually agree on the day and time and receive permission from the Commissioner.
- d. Make-up games are subject to field availability, referee availability, and Commissioner approval, and shall be rescheduled to best accommodate the schedules of all teams involved.
- e. Only games on the league schedule will count toward league standings. Non-sanctioned games may not be used for league standings and will not be provided a referee.
- f. Scrimmages or practices among CICS teams may be sanctioned by the Commissioner and provided with ISA insurance coverage. Captains must get explicit approval from the Commissioner prior to the activity and all participants must be currently registered CICS players. All rules and regulations of Section II apply.

V. DIVISIONS AND TEAMS

1. Divisions.

- a. The league's officers and Team Captains will determine the divisions for each season.
- b. A division should consist of at least six teams.
- c. Current divisional breakdown and descriptions:
 - i. Division I: The fastest-paced division is for the highest skilled players (i.e., formerly Upper Division).
 - ii. Division II: This division, while still competitive, is a little more casual in play than Division I and is intended for players that are still very competitive and skilled (i.e., formerly the Middle Division).
 - iii. Division III: This is a new division that expands the former Middle Division. This division is a little more casual in play than Division II, so as not to intimidate or discourage players with less experience.
 - iv. Division IV: This division welcomes a wide variety of ages, geared to attract players that are looking to participate at a recreational level (i.e., formerly Lower Division).

2. Teams.

- a. There is no maximum number of players on a team's roster.
- b. **New Teams.**
 - i. At the end of each season, the league's officers and Team Captains will designate a deadline for new teams

to enter the league in the following season. This deadline will be made available to the public on the CICS website.

- ii. New teams are required to submit a deposit prior to the season's designated deadline. This deposit shall be refunded at the end of the season if the team complies with section II(1)(a).
 - iii. Representatives from new teams will work with the league commissioner to determine an appropriate division for the team's first season.
- c. **Returning Teams.**
- i. **Voluntary Division Changes.**
 - a. Teams may request to change divisions after the spring and fall seasons. Requests should be made within two weeks of the end of season tournament or final scheduled league game – whichever is later.
 - b. Requests should be made via email to the Commissioner.
 - i. The Commissioner will in good faith consider past team performance to determine if the team in question is at the appropriate competitive level to enter the requested division.
 - ii. Denial of division change requests may occur on the basis of competitive parity and the maintenance of at least six teams in a division.
 - c. The decision of the Commissioner may be appealed by the Team Representative at the next planned board meeting and overturned by a simple majority of those present.
 - ii. **Promotion/Relegation.**
 - a. Using existing procedures for determining ranking points, teams will be ranked in each division at the end of each season.
 - b. The purpose of team promotion and relegation is to promote parity among teams in a division and increase the likelihood that players will compete at their desired level of intensity and competitiveness.
 - c. For the purpose of this system the most competitive division will be called Division I, the second most, Division II, etc.
 - d. The top ranked team from Divisions II, III, IV, etc. shall be subject to mandatory promotion.

- e. The lowest ranked team from Division I, II, III, etc. shall be subject to mandatory relegation.
- f. Mandatory promotion/relegation may be appealed to the Commissioner for good cause.
 - i. Appeals should be made within two weeks of the end of season tournament or final scheduled league game – whichever is later.
 - ii. Appeals should be made via email to the Commissioner.
 - 1. The Commissioner will in good faith consider past team performance to determine if the team in question should be allowed to remain in their current division.
 - 2. Denial of appeals may occur on the basis of competitive parity and the maintenance of at least six teams in a division.
 - iii. The decision of the Commissioner may be appealed by the Team Representative at the next planned board meeting and overturned by a simple majority of those present.

VI. DISCIPLINARY COMMITTEE

1. The CICS Disciplinary Committee will be responsible for player eligibility review in the event of severe physical or verbal incidents. Incidents are reported to the Commissioner, who is responsible for notifying the CICS Disciplinary Committee.
2. The CICS Disciplinary Committee will consist of no less than two Team Captains from each division in addition to the Commissioner. Committee members shall be selected at the beginning of the calendar year and will serve a one-year renewable term.
3. The Commissioner will select a panel of at least two committee members to consider any matter brought before the Disciplinary Committee. The selected committee members must be from divisions other than those involved in the dispute.
4. The involved parties/Team Captains are responsible for submitting written evidence prior to the review hearing.
5. The CICS League Disciplinary Committee is responsible for gathering evidence, which may include but is not limited to the following: game reports, referee testimony, and witness testimony.

6. The committee will review the evidence and provide a verdict, which may or may not include disciplinary action.
7. Disciplinary action may include but is not limited to the following: game suspensions, season suspensions, or league expulsion.
8. The results of a Disciplinary Committee meeting will be sent to all Team Captains and ISA via email immediately following the hearing.
9. **Appeals**
 - a. If the verdict of the Disciplinary Committee results in a multiple game suspension or expulsion from the league, then the player may request an appeal by contacting the Commissioner within one week of the committee's decision.
 - b. An appeals committee will consist of five team reps who are not from the suspended player's own division, if possible, and not from the original disciplinary committee group involved in the player's suspension.
 - c. The appeals committee will review the details surrounding the incident which led to the suspension including, but not limited to, referee reports, Team Captain emails, and written correspondence from the involved parties.
 - d. The appeals committee only assesses appropriateness of the punishment handed down by the Disciplinary Committee.
 - e. A simple majority vote will be required to overturn a decision.
 - f. The result of the appeal will be sent to all Team Captains and ISA via email immediately following the hearing.
 - g. In order to prevent abuse of the appeals process, there will be a limit of one appeal per player/team suspension.

VII. INDEMNITY

Each player understands that no other person or organization assumes liability for any mishap or injury that occurs directly or indirectly as a result of CICS play. Each player assumes total liability and responsibility for himself/herself during CICS play and/or in connection with any CICS-occupied premises.

VIII. OTHER

1. Unless otherwise specified in this document, the Greater Des Moines Junior Soccer League rules apply at all times.
2. Any league official (including head of referees, active.com coordinator, web site coordinator, etc.) may be relieved of their duties if there is a petition signed by two-thirds of the team reps in the league requesting that this be done.