



2009/2010 SUMMARY OF KEY RULES

All coaches are responsible for knowing all League rules. Listed below are several key Vikings League Rules. We hope that all players and teams have a fun experience playing in the League. The purpose of these rules is to try to make it fun for everyone. If you are uncertain about a rule please ask us. The complete version of our League Rules is available on our web site at <http://home.pacbell.net/sfviking/pages/rules.htm>.

1. Manner of Determining Players. The Vikings League is a recreational league. Accordingly players may not be selected based on ability and teams may not try out players. In addition, teams may not "invite" strong players to join their team or solicit players from other teams. We recognize that for a variety of reasons some teams are substantially stronger or weaker than other teams and for this reason we use the Team Census and other information to place teams in appropriate divisions.

2. F License. All coaches and assistant coaches must hold at least an F level coaching license issued by CYSA. Teams must have an F licensed coach at each game.

3. Only Players on Roster May Play; Player Passes and Game Cards. All players must be on the team's roster and have player passes presented at each and every game. Any player without a pass at a game will not be allowed to play in that game. If a team puts a player on the field that is not officially on the team's roster, the entire team will be ejected from the League for the remainder of the season and the coach will be banned from the League for one calendar year. The home team is to provide the game card (the visiting team should have a sticker ready to place on their side of the game card). Both coaches must sign the card. The game card and the player passes must be ready for the referee at least 10 minutes prior to game time so that the game can start on time.

4. Equipment. Players may not play with casts, splints or jewelry of any kind, including earrings. Players must have shin guards. Players may play with sneakers but may NOT play with baseball shoes (cleat in front of toe). Players must have matching jerseys. Jerseys must have numbers on the back which are different from numbers on teammates' jerseys. The goalie must wear something to distinguish the goalie from the other players on either team.

5. Minimum Number of Players. In order to start playing a game, a team must have present at least 7 players for U12 and above and at least 5 players for U11 and below. If a team does not meet this minimum within 10 minutes of the scheduled start time of the game, the \$100 forfeit fine applies and a win will be awarded to the other team. In the event of a delay for any reason, the referee will reduce game time by the amount of the delay proportionately from each half.

6. Scheduling Requests and Problems; \$100 Fine for Forfeit. Scheduling requests are due to the League via online form by July 14, 2009. If you have a request for a portion of the season that has not yet been scheduled, you must go to www.sfvikings.com and click on Registration and then Scheduling Requests and submit your requests immediately. We will try to accommodate reasonable requests. Once the schedule has been posted it is final and cannot be changed. If you will not make a scheduled game you must complete the following by the Monday prior to the game: (1) Notify the Vikings League Office by emailing us at sfviking@pacbell.net; (2) Notify your age group commissioner; (3) Notify opposing team; (4) Pay a \$100 penalty prior to the team's next scheduled game. If you do not pay the fine, your team will be expelled from the League for the balance of the season. If you do not provide the notices described above, the team will be subject to additional penalties.

7. Absence of Referee. If no referee is present at the start of the game, the teams' coaches will either find a competent referee or the coaches will each referee one half of the game and the game will be official if played. The home team will referee the first half and the away team the second half. A coach who is acting as a referee may not coach his team while he or she is acting as referee.

8. Location of Spectators. For all games at the Polo Fields and Garfield spectators must observe match from outside fence boundaries. At other locations, spectators are to be on one side of the field and both coaches and their players on the other (unless there is no free side in which case, the coach and spectators from each team will share one half of the pitch). No one may stand behind the goal line. All spectators must stand back at least 3 feet from the sideline. The coaches shall be responsible for ensuring that spectators follow this rule. No food, gum, or beverages (other than water) allowed on turf fields such as Garfield, Silver Terrace, and South Sunset or Crocker Amazon.

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9. Minimum Playing Time. The coach shall play each player present at the start of the game for at least one half of the total game time. The only exception is if the player has failed to attend practices without a valid excuse (see Rules.)

10. No Running Up the Score. Teams and coaches are strongly encouraged not to run up the score in any game. If one team is stronger than the other, the League encourages the coach of the stronger team to take steps like substituting for stronger players, playing weaker players in forward positions, etc. to even the competition. If a team gets a four-goal advantage, it must reduce the number of players on the field by one. For each additional goal by the leading team (increase in the lead), the leading team must reduce the number of players on the field by one additional player. For each additional goal by the trailing team (decrease in the lead), the leading team may increase the number of players on the field by one. At no time will either team have more than the maximum or less than the minimum number of players on the field according to their age group rules.

11. Permitted Coaching. Coaching from the sidelines, giving directions to one's own team on points of strategy and position, is permitted provided:

A. It is only given by a licensed coach or assistant coach from within the team's technical area.

B. No mechanical devices are used.

C. The tone of voice is informative and not a harangue. (Loud and/or constant sideline coaching is not in and of itself a violation of this section; provided however that sideline coaching must be toned down, reduced or stopped in the discretion of the referee, when in the opinion of the referee, loud and/or constant coaching is intimidating, disruptive, confusing or otherwise unfair or unsporting to the other team.)

D. No derogatory, insulting, abusive or offensive remarks or profanity are used.

12. Coaching Only By Coaches. Coaching instructions are to come from properly licensed coaches or assistant coaches only, not from parents or spectators, and may only be given from within the coach's technical area (10 yards on either side of the mid field line). No team may have more than 2 coaches during a game. One coach for each team must wear a red baseball-style hat throughout the game to designate who is responsible for the teams on the field.

13. No Offensive Remarks to Players, Referees or Others. No coach, team parent, player, substitute player or spectator is to use profanity or make any derogatory, insulting, abusive or offensive remarks or gestures to the referees, their own or other players, substitutes or spectators.

14. Disagreeing With or Criticizing a Referee is Prohibited. Any person disputing (in any manner), criticizing, questioning or refusing to comply with any decision of the referee, or guilty of abusive language or conduct to a referee before, during or after a game, shall be subject to suspension or ejection from the game, and, along with the team that such person is associated with, further discipline from the League, which may include, probation, further suspensions and/or being banned from League games. The one exception is if a coach feels that a game has become dangerous to the players. In that case, the head coach may approach the referee and confer with the referee and the other coach. If after this discussion, the complaining coach is still not satisfied that the game is not dangerous, his only recourse is to abandon the game and accept a loss.

15. Referee's Decision Final. Referees do make mistakes but their decisions are final. You may not indicate in any way your displeasure or disagreement with the actions of the referee (whether it is the direction of a throw in, the award of a penalty kick, or otherwise). If you feel after the game that the referee was not competent, you should submit a written report to the League. There is a space to provide comments on the referee when you report scores through the Vikings' website at www.sfvikings.com. The League keeps a record of such reports on referees.

16. Referee May Submit Report to Office. If a referee sees a coach or team violating any of the above rules, the referee may submit a report to the office (without announcing it at the game) and the office will take appropriate actions including suspending or expelling the coach or the entire team, or other action.

17. Reporting Scores. All teams must submit their scores no later than Sunday evening whether they win, lose or tie. Teams must also indicate whether a referee was present and may provide feedback on the referee and the game in general. Teams may also indicate whether they think the game was a good match. To report scores please go online to www.sfvikings.com and click on the Report Scores link. Team managers/coaches without computer access should go to the public library or ask the parents of the team to assist in getting the scores and comments reported a timely manner.

18. Check the Web Site. Please check the web site at www.sfvikings.com by Wednesday of each week for any important updates. Make sure to hit refresh or reload on your browser.