



PREMIER LEAGUE RULES

Revised March 3,
2016



HEARTLAND PREMIER LEAGUE

INDEX

SECTION I: INTRODUCTION

- 1.01 Name of the league
- 1.02 Mission
- 1.03 Management of the league
- 1.04 Affiliation
- 1.05 Contact information and communication
- 1.06 League Office
- 1.07 League Website
- 1.08 Matters Not provided for

SECTION II: TEAM APPLICATION & ADMISSION

- 2.01 Team and Coach eligibility
- 2.02 Registering players & teams with US Soccer
- 2.02 League Structure
- 2.03 Good Standing
- 2.04 Application deadlines
- 2.05 Application Process
- 2.06 Acceptance & Placement of teams
- 2.07 Seeding meetings
- 2.08 Acceptance of the Champions League Rules
- 2.09 League Fees
- 2.10 Returned checks

SECTION III: TEAM ROSTER & FORMATS

- 3.01 Team roster
- 3.02 Roster Size
- 3.03 Player eligibility
- 3.04 Guest players, Multiple roster players & Club passes

- 3.05 Player & coaches passes
- 3.06 Age Divisions
- 3.07 Playing on multiple teams
- 3.08 Player transfers
- 3.09 Formats
- 3.10 Promotion/relegation

SECTION IV: OPERATIONAL PROCEDURES

- 4.01 Reporting of scores
- 4.02 Game day line up cards
- 4.03 Weather Hotline
- 4.04 Schedule requests
- 4.05 Rescheduling Policy
- 4.06 Forfeits
- 4.07 Rain-outs

SECTION V: Rules of Play

- 5.01 The Ball
- 5.02 Player Equipment
- 5.03 Duration of the Game
- 5.04 Substitution
- 5.05 Point system
- 5.06 Tie-breakers
- 5.07 Delay of kick off
- 5.08 Players and Spectators
- 5.09 Heading Restrictions at U10

SECTION VI: Rules of play for 6v6

- 6.01 Field dimensions
- 6.02 Off-side
- 6.03 Fouls

SECTION VI: DISCIPLINE & CODE OF CONDUCT

- 7.01 Responsible parties
- 7.02 Profanity
- 7.03 Compensation
- 7.04 Smoking & Alcohol
- 7.05 Referee authority
- 7.06 Park rules
- 7.07 Red Cards & Suspensions

SECTION VII: PROTESTS

- 8.01 Definition
- 8.02 Who can file a protest?
- 8.03 Filing Procedure

HEARTLAND PREMIER LEAGUE

SECTION I: INTRODUCTION

1.01 Name of the League

The league shall be named The Heartland Premier League. Every premier team from the Heartland Soccer Association will participate in the Heartland premier League. Recreational teams will participate in the Heartland Soccer League.

1.02 Mission

To ensure the best possible competitive play between the equally matched teams to aid in the development of the Kansas City area premier soccer teams.

1.03 Management of the League

The League shall be managed and operated by the staff of Heartland Soccer Association.

1.04 Affiliation

The Heartland Premier League is affiliated with the Member clubs of Heartland Soccer Association, a member of the Kansas State Soccer Association

1.05 Contact Information and Communication

All members of the Heartland Premier League shall have contact information on file with the Heartland Soccer Association. Contact information must include team administration and coach information. The information must include valid e-mail addresses for each party.

1.06 League office

The league office is located at 9161 W 133rd St. Overland Park KS 66213
Phone: 913.888.8768

1.07 League Website

The league website can be found at www.heartlandsoccer.net

1.08 Matters Not provided for

The HSA staff and board shall have the final authority in all matters not specifically provided for by these rules and policies.

THE HEARTLAND PREMIER LEAGUE SECTION

II: TEAM APPLICATION & ADMISSION

2.01 Team and Coach eligibility

All teams affiliated with US Youth Soccer are eligible to apply for registration into the Heartland Premier League. All player and team registration shall be in accordance with the current US Soccer and KSYSA regulations unless otherwise specified.

HSA reserves the right to refuse admittance or acceptance into any HSA event, including the Heartland league, tournament and/or any other event upon notice of bad standing and/or suspension from all US Soccer youth sanctioning bodies: USYSA, US Club Soccer, AYSO, USSSA and SAY soccer

All premier and recreational coaches must have a minimum of a USSF 'F' license to coach teams in the heartland league. All coaches must pass a background check prior to being eligible to coach in the heartland League.

2.02 Registering Players and teams with US Soccer

Each club or team is responsible for registering their teams with US Soccer and for obtaining the US Soccer Registration Forms from their designated Registrar or from the Heartland Premier League or KSYSA websites.

2.02 League Structure

The Heartland Premier League will offer competition for Boys and Girls teams from U8s through U19s. High School aged girls teams will play in the fall season and high school aged boys teams will play in the spring season.

2.03 Good Standing

Each participating team must be in "good standing" with the league and with US Soccer.

2.04 Application deadlines

All applications to participate in the Heartland Premier League must be received along with full payment on or before the registration deadlines established by the Heartland Premier League and the Heartland member clubs.

2.05 Application Process

All teams must register directly by submitting an on-line registration form on the heartland website.

2.06 Acceptance & Placement of teams

Decisions concerning a team's admittance into the Heartland premier League will be as objective as possible. The decision will be based on facts such as previous league records, state cup records and tournament records. If all else is equal then a subjective point of view will be considered.

2.07 Seeding Procedure

The Heartland Premier League Seeding Committee will pre-seed all teams and provide up to 1 week for coaches challenges to the seeding presented. Once the final seeding is posted, there will be no changes.

2.08 Acceptance of the Heartland Premier League Rules

All teams applying to participate in the Heartland Premier League agrees to accept and abide to the Heartland premier League rules and policies and any decisions made by the league administrators. Lack of knowledge of these Heartland Premier League rules will not relieve any coach, team official, parent or player of a team participating in the league or seeking entry into the league, from the responsibilities and possible penalties herein. All clubs, team officials, parents and players by participating in the Heartland Premier League agree that they are bound by these rules.

2.09 League fees

All league fees will be due by the announced due date for all divisions. If fees are not paid by the announced due date, the offending team/club may not be eligible to play in the league and may forfeit all games until all fees are paid in full, unless arrangements have been made and approved by the Heartland Premier League.

Once accepted the application fee is non-refundable.

Any team dropping out of the league will not be reimbursed for games missed nor will they be allowed back the following season.

2.10 Returned Checks

The Heartland Premier League shall charge a \$100 service fee for all returned checks

THE HEARTLAND PREMIER LEAGUE

SECTION III: TEAM ROSTER & FORMATS

3.01 Team roster

An official State roster must be sent to the league office prior to the team's first game of the season. Failure to provide the roster prior to the first game will result in an automatic forfeit of the matches until the roster has been completed, unless the delay was caused or has been excused by the League. Any time a roster is changed during the season a new State Roster must be submitted to the league office. Failure to do so may result in a forfeit.

3.02 Roster Size & Game Day Roster

The roster size is determined by the team's home state. Each team must submit a "gameday roster" to the referee prior to each game. The League will adhere to the following maximum "game-day" roster limits:

6v6 – 14 players

8v8 – 16 players

11v11 – 18 players

The purpose of this rule is to allow teams to have the ability to have the same amount of players on game days. (For example, Missouri Youth Soccer currently allows 16 players on their official State roster for U11s and U12s while Kansas only allows 13). Teams may not add players to their official State roster to make-up our maximum “game day” roster limits, but they will now have the option of adding “guest players” to this official roster to make up the maximum game day roster number of 16. (You will not be able to register 16 players with Kansas State Association unless teams are registered via club passes).

In divisions (usually U17-U19s) where State Associations allow more than 18 players to be rostered on a team, only 18 players may be dressed for a Heartland Premier League game.

3.03 Player eligibility

Eligibility of players shall be in accordance with US Soccer and KSYSA regulations, unless otherwise specified and approved by the League.

3.04 Guest, Multiple roster players & Club Passes

A maximum of three guest players are allowed per team per game. Teams may not exceed the maximum number of players allowed on the game day roster by adding guest players. Players may only play for one team within a sub division, i.e. they may not dual roster or guest play with another team in the same sub division. Players may guest play or dual roster “up”, but not “down” within their age group. For example, a U14 Division 2 primary rostered player may guest play with a Division 1 team, but not with a Division 3 team. That player may NOT play in any division lower than Div 2 in his/her own age group. A player primary rostered to a team that is older than his/her actual age group may guest or dual roster with a team playing in highest division of his/her actual age group. For example an actual U14 player who is primary rostered to a U15 team may play as a guest or dual roster player with a U14 Division 1 team. Once a player has played a game for their primary roster team, they are not permitted to change their primary status and play for a lower division team within the league for that season. They are also not permitted to play for a second team within that division during that season.

Players can only double roster or guest play up to 2 divisions within an age group. E.G. A U10 D4 primary rostered player, can only guest play or be secondary rostered to a U10 D2 team and no higher. Players can guest play or be secondary rostered up to the next age

group without limitations. Club pass rules for 11v11 teams will mirror the double

roster/guest player rules. There will be no club pass rosters accepted by the league for 8v8 and below. The teams (11v11) using the club pass system must submit all rosters with the players being used on multiple teams, clearly marked as to which is their primary and secondary team. For all club pass teams, the team must carry a laminated, league approved roster to coincide with their player pass cards to each game clearly indicating the name of each player designated to that team for HSA league play. All guest player forms must be taken to the game and submitted to the referee. Failure to do so will result in the player being excluded from the game and possibly a forfeit.

3.05 Player & Coaches passes

Each player and coach must have a valid (laminated and signed by an official of their home state) US Youth Soccer player pass in order to participate in the League. The player & coaches passes must be brought to every game along with the game day roster. The match officials will check the teams in prior to kick off. A team has until the end of the half time period to produce the player/coaches passes should they not have them available prior to the game. Teams not able to produce the passes at that time will forfeit the match.

3.06 Age Divisions

Age limitations shall be in accordance with US Soccer regulations except as modified by the Heartland Premier League. Proof-of-birth shall be provided upon request.

3.07 Playing on Multiple teams

Players may not play on more than one team (as a guest player or registered player) in the same sub-division. See rule 3.04 for more details on playing on multiple teams.

3.08 Player Transfers

Players registered to a team are bound to that team for the entire seasonal year unless he/she requests and is granted a transfer/release. All additions and deletions of registered players to the official State roster at any time during the year will be deemed as transfers. A team may add an unregistered player to their roster at any time. A transferred player will not be eligible to play on a team in their original division or a division lower for that season.

3.09 Formats

U8-U10 teams will play 6v6 with 3 referees scheduled per game.

U11-12 teams will play 8v8 utilizing the 3 man referee system.

U12 (11v11) and above teams will play 11v11 with a 3 man referee crew.

3.10 Promotion/relegation

All promotions and relegations are done at the discretion of the seeding committee. There is no automatic promotion or relegation format.

THE HEARTLAND PREMIER LEAGUE

SECTION IV: OPERATIONAL PROCEDURES

4.01 Reporting of scores

Referees will submit the game cards with the match result. On completion of the game, the referee and ARs will verify the score and sign the game card. Coaches do not need to sign the game card, post game. Coaches may e-mail us with an “incorrect score”. Link can be found on our website.

4.02 Game day roster cards

Both teams must complete a game day roster form and provide it to the referee prior to each game. Game day roster forms will be included in the coach’s packets. Please refer to rule 3.04 for more information on game day rosters.

4.03 Weather Hotline

Every reasonable effort will be made to play all games. However, in cases of inclement weather updates will be available on the Heartland League website and by calling the hotline number 913-307-3684

4.04 Schedule requests

All scheduling requests must accompany the team registration. We will attempt to schedule around all requests provided on the registration form. Requests made after submitting the registration form is subject to our re-scheduling policies.

4.05 Rescheduling Policy

1. You must first contact the opposing team manager and/or coach.
2. Both coaches will need to agree on an available re-schedule date that suit both teams . Do not send in online form until both teams agree on a date.
3. Once you have agreed on a date , BOTH teams must fill out the on-line [reschedule form](#) and submit it. BOTH teams must agree on a date before sending in the reschedule form.
4. Upon receiving the re-schedule request, Heartland will confirm the request with both teams by e-mail, giving them the date, time and field
5. The game will then be posted on our website with the new information
6. If the opposition will not agree to the reschedule, the game will be played on the original date and location or it will be regarded as a forfeit

RE-SCHEDULE POLICY

1. We have a flexible re-scheduling policy and will work with teams to the utmost of our abilities.
2. A valid reason must be provided for a re-schedule. Re-scheduling games causes issues/concerns for both teams, managers and families. Abusing this system will create an adjustment to our flexible re-scheduling policy. Valid reasons would include participating in a new tournament, shortage of players due to ACT tests etc. Missing a coach or key player would NOT be considered a valid reason !
3. Any changes that need to be made during the season must be received a minimum of 10 days prior to the original game date. Games will not be rescheduled if the request is received less than 10 days prior to the scheduled game date. No Exceptions!
4. Note, requests may only be submitted by the team manager and coach. Both teams must submit the requests at least 10 days before the originally scheduled game.
5. Teams failing to notify the office or not show for a scheduled game will be charged a No-show fee and the result will be a forfeit..

4.06 Forfeits

Forfeits shall be recorded with a score of 3-0. In the case of a double forfeit, both teams will record a 0-3 loss to their records.

The minimum number of players that must be on the field to avoid forfeit are:-

11 v 11	Minimum of 7 players
8 v 8	Minimum of 5 players
6 v 6	Minimum of 4 players.

4.07 Rain-Outs

All weather cancelled games will be rescheduled to the rain out weekend at the end of the season. Teams have the option to reschedule away from the rain out weekend if time permits. Should any team be unavailable to play on the rain out weekend and have not rescheduled the game, that team will forfeit said game. There is no option to request the rainout weekend as a conflict date. Teams that cannot field and team for a scheduled game and need to forfeit, MUST notify the other team and the office. Failure to notify both will result in a \$50 no-show fine.

THE HEARTLAND PREMIER LEAGUE

SECTION V: RULES OF PLAY

5.01 The Ball

U12 and younger divisions will use a size 4 ball. U13 and older divisions will use a size 5 ball. The home team (listed first in the schedule) shall provide the match ball.

5.02 Player Equipment

The jersey of all players, except for the goalkeeper must contain a visible number, unique from the other members of the same team. No jewelry may be worn. Hard casts must be covered and be deemed safe for opposing players by the match officials.

Shin guards are mandatory for all players.

In case of a color conflict, the home team (listed first in the schedule) shall change colors.

5.03 Duration of the Game

Under 9 and Under-10 – 2 x 25 minute halves

Under- 10 (8v8) Under-11 and Under-12 – 2 x 30 minutes halve

Under-12 (11v11), Under - 13 and Under-14 – 2 x 35 minute halves

Under-15 and Under-16 – 2 x 40 minute halves

Under-17, 18 and 19 – 2 x 40 minute halves

All games are considered final if at least half the game is completed. If the game is stopped prior to half time due to weather conditions, the complete game will be replayed

5.04 Substitution

Except as noted, substitutions shall be “unlimited”. The team in possession may substitute at any time after any dead ball situation (corner kicks, free-kicks, throw-ins etc). However, teams not in possession of the ball can only substitute after these situations provided that the team in possession is also substituting. Free substituting is allowed for both teams after goals, goal kicks and at half time.

The substitutes must be at the centerline ready to enter before the referee will allow the substitution to take place.

The referee has the authority not to allow the substitution if he/she believes that the procedure will stop the flow of the game or is being used as tactical time wasting ploy.

It is suggested (but not mandatory) that all substitutes in the U13 and above age groups wear a different color shirt or pinney when not on the field of play.

5.05 Point system

Each team will be awarded 3 points for a win, 1 point for a tie and 0 points for a loss

5.06 Tie-breakers

If at the conclusion of the league season a tie breaker is needed the following criteria will be utilized:

- A. Head to head (not used if more than two teams are involved in the tie)
- B. Goal difference (i.e. goals scored minus goals allowed)
- C. Most goals scored
- D. Most shut-outs
- E. Fewest goals allowed
- F. Sudden death Penalty Kicks

5.07 Delay of kick off

If a game is delayed due to the tardiness of a team, players, coach or manager, a maximum of fifteen (15) minutes of “grace” time shall be awarded. After fifteen (15) minutes if the team is still not able to start the game, it shall be declared a forfeit. The grace period might be adapted if the team that is late has a valid reason. See rule 4.06 for minimum number of players necessary to start a game.

5.08 Players and Spectators

Players and coaches will set up on the opposite side of the field from all spectators. This will be mandatory at all HSA locations.

5.09 Heading Restrictions at U10

Per US soccer recommendations there will be no deliberate heading at U10 and below.

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

THE HEARTLAND PREMIER LEAGUE

SECTION VI: 6v6 RULES

6.01 Field dimensions

The maximum field length will be 75 yds and the minimum length will be 60 yds. The penalty spot will be 8 yds from the goal line.

6.02 Fouls

Players must retreat 8 yds from any dead ball situations.

THE HEARTLAND PREMIER LEAGUE SECTION

VII: DISCIPLINE & CODE OF CONDUCT

7.01 Responsible Parties

All coaches and other team officials shall be subject to all rules pertaining to misconduct. Any other individuals who may be reasonably construed as being associated with a team shall be subject to the jurisdiction and authority of The League. Any coach or team official can be held responsible for any individual associated to their team at any match.

7.02 Profanity

Profanity and unsporting conduct by any individual will not be tolerated either on or off the field.

7.03 Compensation

No player shall receive any compensation for services rendered to a team or receive any promises of compensation.

7.04 Smoking & Alcohol

There will be no drinking of alcoholic beverages or smoking in the soccer parks.

7.05 Referee Authority

The referee(s) are in complete charge of the field and adjacent areas from the time they arrive at the game site until they depart. The referee(s) is empowered to:

- i. Rule on what equipment is considered playable
- ii. Issue Yellow or Red cards to players and coaches during that entire period

The referee may terminate a game for coach, players, or spectator misconduct. Teams causing the termination will forfeit the game. Referees will show red cards to coaches during league games.

7.06 Park Rules

All Park rules where games are played shall be respected and obeyed

7.07 Red Cards & Suspensions

Players or coaches are subject to match suspensions according to the following:

- A Any player or coach that is ejected from any league match due to striking, punching, hitting, kicking, spitting, or any action that reflects harmful intent shall automatically be suspended for a minimum of two (2) sanctioned games.
- B Any player, coach or fan verbally abusing a referee during any league match as documented on the Referee's Report of the match shall automatically be suspended for a minimum of two (2) league matches.

- C Any player receiving a red card or coach being ejected, in any league match other than the circumstances listed above shall automatically be suspended for a minimum of one (1) league match.
- D The Heartland Premier league administrators shall have the right to add additional or reduce the number of matches in a suspension without a hearing. This could include but not be limited to any derogatory comments of a racial nature.

Players or coaches that are ejected from a game, for whatever reason, shall serve their suspension at the next sanctioned event(s) for that particular team.

Failure of a coach/player/team official to remain out of sight and out of sound after being ejected may result in a forfeit.

Any coach that is ejected from a game this year is liable to sanctioning at the league and state level. They will be assessed a \$25 fine by HSA and also a further \$75 fine by KSYSA, these must be paid before the coach has their card returned and is eligible to coach that team again. This is in addition to any game suspensions. Also, any coach receiving 3 ejections in one calendar year will not be eligible to coach within the HSA/KPSL premier league for the next season.

Any player, coach, or manager, who participates in a match while under suspension, shall cause his or her team to forfeit that match and will be subject to additional penalty. During a coach's suspension he/she must not be within sight nor sound of the game that they are suspended for.

An ejected coach will only be suspended from coaching the team that he/she was coaching when he/she was ejected.

Any parent that is ejected from a game must remain out of sight and sound of the field. Failure to do so could lead to the referee terminating the game and resulting in a forfeit win for the opponent.

THE HEARTLAND PREMIER LEAGUE

SECTION VIII: PROTESTS

8.01 Definition

A protest is a formal written objection of any violation of established rules policies or procedure. Protests will only be accepted in regard to illegal players, there will be no protests in regard to referee decisions.

8.02 Who can file a protest

Only a coach or team-administrator can file protests. Only those teams involved are allowed to file a protest. Third parties, i.e. coaches/administrators from other teams, cannot file a protest on a specific game.

8.03 Filing Procedure

A protest must be filed in writing with the league commissioner and must include:

- i) Details of the complaint
- ii) A listing of the players that are deemed to be illegal.
- iii) A statement of the desired resolution

All protests must be filed within 72 hours of the incident

No protests will be heard on referee judgment calls.

8.04 Discipline Committee

- A. All matters of concern to the HEARTLAND SOCCER ASSOCIATION Disciplinary Committee must originate from the referee's game report or from a formal protest submitted in writing by the offended party.
- B. Any player, team official or spectator alleged to have been guilty of any violation of the laws of the game, the bylaws, rules and regulations of the association or any misconduct detrimental to the game, shall be subject to appropriate penalty as determined by the Disciplinary Committee.
- C. The HEARTLAND SOCCER ASSOCIATION Disciplinary Committee shall consist of the association Executive Director and a committee of three (3) people.
- D. The league administrators shall notify the player/coach of any penalty or suspension determined by the Disciplinary Committee.
- E. The decision of the HEARTLAND SOCCER ASSOCIATION Disciplinary Committee shall be promptly sent via U.S. Mail. Verbal notification may supplement but shall not supplant this responsibility.
- F. Any, club, team, or individual not wholly satisfied with any decisions made by HEARTLAND SOCCER ASSOCIATION has the right to appeal to the Kansas Youth Soccer Association District I Appeals and Protests Committee. This appeal must be in writing and must be received by the District I Commissioner within ten (10) days of the decision handed down by the League. The appeal must be accompanied by a fee of \$75.00.