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PHILOSOPHY

The *Women's Recreational 5 Aside Starter's League* is a soccer league for novices that emphasize fun and recreation. Standings are not kept, *Physical contact is discouraged* and referees are encouraged to call the game closely.

1. General Information

- a. Current FIFA Laws of the Game shall apply except as amended herein.
- b. By participating in this competition, all players, coaches, team officials, parents, and spectators agree to abide by these rules and any sanctions for violating these rules.
- c. The official name of the competition shall be *Women's Recreational 5 Aside Starter's League (hereafter referred as the "Starters".)*
- d. The competition shall be organized by the GFA Women's Committee.
- e. The POC shall be GFA Women's Administrator Grace Martinez, who can be reached at grace.martinez@theguamfa.com or 989-4179
- f. All matches shall be played at the GFA National Training Center in Harmon, Guam.

2. Format

- a. Small sided games: 5 v 5 including the goal keeper playing on artificial turf at the GFA Futsal Courts
 - b. 4 – 10 minute quarters, 3 minute breaks between quarters and 1 – 10 min half time
 - c. No off-sides, unlimited substitutions, and all other FIFA Rules apply
 - d. One official will be supplied for each game
- Games are RECREATIONAL in nature and should be kept low key and good, fun competition.

3. Promotion & Relegation: Not applicable.

4. Standings & Awards:

As this is a recreational league, results will not be recorded and standings will not be kept.

5. Schedule

- a. Matches will be played on Sundays for EIGHT weeks.
- b. GFA reserves the right to make changes to the schedule based on availability of the facility. GFA will determine if any reschedule matches will be warranted due to inclement weather, acts of God, or any other unforeseen circumstances. Teams may not request for match to be rescheduled



6. Rescheduled Matches: Not applicable.

7. Entry & Obligations

- a. Clubs must notify GFA Women's Administrator of intent to play in upcoming competition by providing information to include but not limited to: official club name, team colors, names and contact info for at least two POCs.
- b. Entry into the current competition will cost **\$100/team**. (\$50 if entry fee is paid by April 8, 2016) Most of the cost will be borne by a FIFA woman's development grant.
- c. Deadline to pay the fee in full is **5:00 p.m. on Thursday, May 12, 2016**.
- d. Failure to pay the fee in full by the deadline will result in a late fee of \$100.
- e. Clubs that have any outstanding financial and/or disciplinary obligations will not be allowed entry into the competition.
- f. If a club fails to pay the competition fee and subsequent late fee before kickoff of the last match of the season, any team and/or individual awards will be forfeited.

8. Rosters

- a. Roster limit of **20** players per team.
- b. Managers must work with the match commissioner to ensure roster is accurate with regard to player information.
- c. Only 20 registered players and two non-playing officials (e.g. coach or assistant coach) may be present in the technical area in any one match. Any extra players, non-playing officials, or other people (including children) may not be present on the pitch

9. Player Eligibility

- a. A player may participate in the competition if she has a current adult GFA RECREATIONAL – player ID Card and does not have any outstanding disciplinary suspensions and/or fines.
- b. **All players MUST be at least 18 years old during the calendar year of the competition in which they intend to play. She must have very little to no knowledge of the game, out of shape, or hasn't played in at least 5 years or very little exposure to the game**
- c. A player may only be registered to one team during the competition and one competition in a season.
- d. A player in the 11 Aside Competitive division is prohibited from playing in the Recreational League division.
- e. To protect the integrity of the League but to also allow a player to determine their capability to participate; A novice player who moves up and plays in the Women's Recreational 7 Aside (Intermediate) League will be allowed immediately after the season to move back down to Starter's should they elect to do so. This self-relegation will be allowed only ONCE in a five-year period.
- f. Current and former GFA National Team Players are not eligible. A National Player is defined as any player who was selected to a traveling team in the last **FIVE** years.



- g. It is the responsibility of each Team Manager/Coach to know who is not eligible on his/her team.
- h. Any player who does not meet the above requirements will be considered ineligible.

Player's abilities are defined based on the following levels: All players in the Starter's League must be level D.

Recreational

D Level Player: very little to no knowledge of the game, out of shape, haven't played in a while or very little exposure to the game (Soccer Moms League and Women's Recreational 5 Aside Starters League)

C Level Player: some skills, knowledge of the game, could be out of shape, older, just getting back in the game etc., casual player (Women's 7 Aside Recreational Intermediate League)

Competitive

B Level Player: skilled, played in high school, lapse between college playing

A Level Player: former college level, very advanced skills, national level player

Club violating this will be sanctioned by the GFA Women's Administrator. Teams in violation will forfeit the match. Please refer to Item 10 should a player be found ineligible in a match.

10. **INELIGIBLE PLAYER:** Further sanctions will be made should a team play an ineligible player(s) during the league. It is the teams (coaches/club representative) responsibility to ensure that he/she does not play an ineligible player. Under no condition will the officials of GFA (staff, referees, committee) will be held responsible for any player that is ineligible and play(ed) in the match. Your cooperation is highly appreciated.

GFA Disciplinary Code 2014 (Article 55 Ineligibility): If a player is fielded in an official match despite being ineligible, his team will be sanctioned by forfeiting the match (cf. art. 31) and paying a minimum fine of \$50.00

11. Player Transfers

- a. A player may only transfer her registration to another club during the season on the condition that she has not played any matches, in whole or in part, for her original club. Once a player plays for a club, she may NOT register to play for another club in the same competition.
- b. Once the player transfers, she must reregister with GFA, surrender her current card and purchase (\$10) a new player card with her NEW team displayed on the player card.

12. Failure to Play & Abandonment (Per Article 56 of the GFA Disciplinary Code-Edition 2014)

- a. If a team refuses to play a match or to continue playing one which it has begun, it will be sanctioned



with a minimum fine and will, in principle, forfeit the match.

13. Failure to Appear

- a. If a club fails to give proper notice and fails to produce the minimum of five registered players by the scheduled kickoff time, they will receive a forfeit.
- b. If both teams fail to meet the above requirement, both teams will receive a forfeit.
- c. Any subsequent offences by the same team will incur a fine and the possibility of additional sanctions.
- d. Any fines must be paid prior to the forfeiting team's next scheduled match. Failure to pay will result in an additional forfeit.

14. Team Misconduct (Per Article 52 of GFA Disciplinary Code-Edition 2014)

Disciplinary measures may be imposed on clubs where a team fails to conduct itself properly. In particular:

- a) a fine may be imposed where the referee sanctions at least five members of the same team during a match (caution or expulsion);
- b) a fine may be imposed where several players or officials from the same team threaten or harass match officials or other persons. Further sanctions may be imposed in the case of serious offences.

15. Match Regulations

- a. Minimum number of players to play a game is 5. If both the teams agree, a waiting period of NO MORE than 10 minutes will be given to allow a team to have 5 players. No time will be made up for this waiting period and the game is shortened by the delayed time.
- b. All games must start on time. If teams are not ready by kick off time, the time starts regardless and your game is shortened to ensure it ends on time. It is the team's responsibility to be ready to start when the referee blows the whistle. Half time can be shortened to allow the game to be played. This is to be mutually agreed between the team representatives and appointed referees.
- c. Substitution is on the fly. Entry and exit point for substitution will be at the halfway line (on same side of technical area). Players must exit the pitch before substitute player can enter.
- d. MERCY RULE
The "Mercy Rule" will apply once a team is up by 5 goals (or has a goal differential of 5). Once a team is ahead by 5 goals, the leading team must remove a player. If the leading team scores again, the team must remove another player but no less than three players. If the losing team scores, the leading team can put back a player and so on. Once a team is at three players, no further players will be removed.
- e. Charging the goal keeper will not be permitted.



- f. Sliding tackling a player to dispossess her of the ball is NOT permitted. Slide tackling will be called based on the referee's discretion. Note: To avoid turf burns, it is highly recommended that slide tackling is to be avoided.

16. Laws of the Game

Unless specifically stated, all rules of the game will be in accordance to FIFA Current Laws of the Game.

Law 1 – Field of Play: Matches will be played on the artificial surfaces. All persons including coaches entering the artificial pitches are required to respect and comply the GFA Pitch Rules (i.e., no spectators, **cleats required**, no coolers on artificial surfaces, utilize sidewalks). Only during maintenance and emergency first aid treatment/medics are exempt from footwear requirement.

Safety – Goals must be anchored securely to the ground. To assist with safety of all players, coaches referees and staff, check before all warm-up and matches take place.

Law 2 – The Ball: The ball will be provided by GFA (Futsal). The ball will be inspected by the Referees for approval for use. Air pressure is at least the minimum specs of .6-.8 PSI.

Law 3 – Number of Players: A match is played by two teams, each consisting of not more than five (5) players, one of whom is the goalkeeper. A match may not start if either team consist of fewer than three (3) players.

Number of Substitutions: Unlimited substitution is allowed. To replace a player with a substitute, the following must be observed:

- Substitution is on the fly
- The substitute may only enter the field of play at the half line after the player being replaced has left the field of play

Changing the goalkeeper: Any of the other player may change places with the goalkeeper provided that:

- The referee is informed before the change is made
- The change is made during a stoppage in the match

Infringements and sanctions: Please refer to the 2015/16 FIFA Law of the Game (LOTG) for details.

Law 4 – Players' Equipment:

Basic Equipment: The basic compulsory equipment of a player comprises the following separate items:

- A jersey or shirt with sleeves
- Shorts – No pockets allowed.
- Stockings
- Shinguards – a) are covered entirely by the stockings, b) are made of rubber, plastic or similar suitable material, c) provide a reasonable degree of protection Caution: For the intent and purpose for player's safety, the shinguards must be age/size appropriate which covers the majority of the player's shins. It shall be the coaches' responsibility to ensure that



the players are wearing proper sized shinguards).

Colors: The two teams must wear colors that distinguish them from each other. Should it conflict, the home team (listed first) on schedule must wear bibs. Each goalkeeper must wear colors that distinguish her from the other players including the opponent. It is highly recommended that players wear similar color shorts and socks.

Law 5 – The Referee: Each match is controlled by referees who has full authority to enforce the LOTG in connection with the match to which he has been appointed.

Decision of the referee: The decision of the referee regarding facts connected with the play, including whether or not a goal is scored and the result of the match, are final. The referee may only change a decision on realizing that it is incorrect at their discretion,, provided that the referee has not restarted play or terminated the match.

Law 6 – The Assistant Referee: Not applicable.

Law 7 – Duration of the match: The match lasts 4 – 10 minute quarters, 3 minute breaks between quarters and 1 – 10 min half time. Half-time interval must not exceed ten (10) minutes. The duration of the match or half-time may be altered only with the decision of the referees and/or the Referee Administrator or Match Commissioner to keep the match on schedule. There will be no added time given. If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

Law 8 – The Start and Restart of Play: Kick off will be awarded to the Home team. In the second half, the teams change ends and the opposite team will take the kick-off. A goal may NOT be scored directly from the kick-off. The player taking the kick-off cannot touch the ball again before it has touched another player. (If the player touches it twice during kick-off, an indirect free kick is awarded to the opposing team to be taken from the position of the ball when it was infringed.)

Law 9 – The Ball In and Out of Play: The ball is out of play when a) it has wholly crossed the goal line or touchline whether on the ground or in the air, b) play has been stopped by the referee.

The ball is in play at all other times, including when a) it rebounds off a goalpost, crossbar or corner flagpost and remains in the field of play, b) it rebounds off the referee

Law 10 – The Method of Scoring: A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the LOTG has been committed previously by the team scoring the goal.

Law 11 – Offside: There are no offside.



Law 12 – Fouls and misconduct: A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, or any other person, is disciplined according to the nature of the offence committed.

Cautionable offences: A player is cautioned and shown the yellow card if she commits any of the following seven offences:

- ❑ Unsporting behavior
- ❑ Dissent by word or action
- ❑ Persistent infringement of the Laws of the Game
- ❑ Delaying the restart of play
- ❑ Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- ❑ Entering or re-entering the field of play without the referee's permission
- ❑ Deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if he commits any of the three offences:

- ❑ Unsporting behavior
- ❑ Dissent by word or action
- ❑ Delaying the restart of play

Sending-off offences: A player, substitute or substituted player is sent off if he commits any of the following seven offences:

- ❑ A serious foul play
- ❑ Violent conduct
- ❑ Spitting at an opponent or any other person
- ❑ Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- ❑ Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- ❑ Using offensive, insulting or abusive language and/or gestures
- ❑ Receiving a second caution in the same match

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

Law 13 – Free Kicks: Free kicks are either direct or indirect.

Direct free kick

- ❑ If a direct free kick is kicked directly into the opponent's goal, a goal is awarded
- ❑ If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

Indirect free kick: the referee indicates an indirect free kick by raising their arm above their head. The referee maintains their arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Indirect free kicks inside the penalty area will require opposing players to be at least 5 yards from the ball or on goal line between the goal posts. All others require players to be 5 yards from the ball.



A goal can be scored only if the ball subsequently touches another player before it enters the goal:

- ☐ If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded
- ☐ If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

Procedure of the free kicks is to be complied according to the LOTG.

Law 14 – The Penalty Kick: A penalty kick is awarded against a team that commits one of the ten offence for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

All players with exception of the kicker and goalkeeper must be 5 yards from the ball and either even or behind the ball. Penalty kicks will be taken from the top of the arc.

Law 15 – The Throw-In: A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in. Procedure of the throw-in is to be complied according to the LOTG.

Law 16 – The Goal Kick: A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, a goal is not scored in accordance with Law 10. A goal may be scored directly from a goal kick, but only against the opposing team. Procedure of the goal kick is to be complied according to the LOTG.

Law 17 – The Corner Kick: A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10. A goal may be scored directly from a corner kick, but only against the opposing team. Procedure of the corner kick is to be complied according to the LOTG.

Added:

- ☐ Slide tackling will not be permitted. An automatic yellow card will be warranted. Play will restart with a direct free kick. Slide tackling can endanger the safety of the opponent and must be discouraged as much as possible by the responsibility of the coach.
- ☐ Goal Keeper: Goal keeper will have use of their hands. Goal keepers may not punt or drop kick the ball. Goal keeper must throw/roll in place of punt/dropkick. A goal cannot be scored directly from a throw by the goalkeeper.

1. **COACHES (TECHNICAL AREA):** Coaches must adhere to technical area, pitch rules and code of conduct standards. No coaches on the end lines. Please refer to the Zero Tolerance Policy.



16. Match Suspension & Termination

If a referee stops a match for reasons of- but not limited to- safety (e.g. bad weather), serious infringement of the Laws of the Game (e.g. broken leg), and interference by spectators, the following procedures must be followed:

- I. The match is stopped and suspended for up to 15 minutes to allow conditions to improve. If conditions do not improve sufficiently to restart the match after the 15 minutes, the referee shall terminate the match.
- II. If a match is terminated after the halftime whistle, the result shall be considered final.
- III. If a match is terminated before the halftime whistle, the GFA Women's Committee shall determine if the result is final, if the match should be replayed, or if an alternate solution is needed.
- IV. No appeals may be made against decisions stated in this section.

DISCIPLINARY MATTERS: An issuance of a yellow card is a warning. An accumulation of two yellow cards in a game will result in a "soft red" which the player is ejected from the remainder of the game and the team will play short. A straight red card will result an immediate ejection from the remainder of the game and the team will play short.

A "soft red" or a straight red card issuance will warrant an automatic one game suspension and twenty- five (\$25) fine at a minimum. Each red card is reviewed by the disciplinary committee. A notification of disciplinary committee's decision will be submitted to the club representative via email at the earliest seven (7) calendar days from the date of the incident.

ZERO TOLERANCE POLICY: It is the club representative and coaches for all age division to abide and uphold the Zero Tolerance Policy throughout the year and at times. Effective in 2016, GFA's campaign with joint effort by all members of GFA to uphold this policy for the Good of the Game. Main area of focus is the dissent, harassment and abuse toward others which includes but not limited to, referees, GFA staff, security guards, players, coaches, spectators and parents.

17. Protests

- a. As this is a recreational league, no protests shall be heard. Constructive comments are welcome. Please email Women's Administrator, Grace Martinez, at grace.martinez@theguamfa.com
- b. Please report any/all incident via incident form provided online or in Main Office. Serious/Confidential matters email to: voice@theguamfa.com

18. Sponsorship: Not applicable

19. GFA Office Hours

- a. The GFA Main Office is open Monday to Friday from 10:00am-5:30pm. Saturdays (during Robbie Webber Season) from 9:00 – 4:00. Closed on Sundays.



20. Matter Not Provided For

- a. The GFA Women's Committee shall rule on any matters not provided for in this document.

ABSOLUTELY NO SMOKING!

NO PETS ALLOWED!

CV



RULES AND REGULATIONS OF GFA TRAINING CENTER

- SMOKING, INCLUDING E-CIGARETTES, **NOT** ALLOWED.
- GLASS CONTAINERS/BOTTLES **NOT** ALLOWED.
- PETS **NOT** ALLOWED BEYOND THIS POINT.

NON-COMPLIANCE WITH ABOVE RULES AND REGULATIONS MAY RESULT IN SANCTIONS, NOT LIMITED TO FEES, SUSPENSION, OR COMPLETE BAN FROM GUAM FOOTBALL ASSOCIATION NATIONAL TRAINING CENTER.



RULES AND REGULATIONS OF GFA PLAYING PITCH

- CLEATS ONLY ON TURF. OTHER TYPES OF FOOTWEAR, INCLUDING BARE FEET, ARE **NOT** ALLOWED AT ANY TIME ON TURF. PLEASE USE SIDEWALKS IF PROPER FOOTWEAR IS NOT WORN.
- COOLERS ON TURF ARE **NOT** ALLOWED AT ANY TIME. PLEASE USE SIDEWALKS WHEN BRINGING COOLERS WITH WHEELS TO RESPECTIVE BENCHES.
- SPECTATORS **NOT** ALLOWED INSIDE FENCE AT ANY TIME.
- EXCEPTION: EMERGENCY/FIRST AID RESPONDERS DURING TREATMENTS

NON-COMPLIANCE WITH ABOVE RULES AND REGULATIONS MAY RESULT IN SANCTIONS, NOT LIMITED TO FEES, SUSPENSION, OR COMPLETE BAN FROM GUAM FOOTBALL ASSOCIATION NATIONAL TRAINING CENTER.