



Santa Barbara Soccer Club 2025/26 Winter League Rules and Regulations

Registration

All players must be registered in our registration program, Playmetrics, to be eligible to play in games.

Age Bracketing

This is a grade based program for players currently in Pre-Kindergarten through Sixth Grade. (Pre-K to - 6th).

Game Day

- A size 3 ball will be used for the PreK-K coed division.
- A size 4 ball will be used for the other Divisions (1st/2nd, 3rd/4th and 5th/6th graders).
- The League will supply the game ball. **No other balls are allowed on the turf field.**
- The field size will be between 30 x 20 yards and 40x25 yards (5th/6th graders play the full width of the field)
- No throw-ins for PreK through 3/4 divisions (Kick-ins are done instead).
- A goal CANNOT be scored directly from a kick-in from the sideline or on a goal kick from the end line.
- Goal kicks will be taken from within the goal box. All opponents must be behind a designated build out line.
- 5th division has regular throw-in and penalty kick rules.
- In the PreK-, 1st/2nd and 3rd/4th divisions penalties for fouls or hand balls in the goal box will be taken from the build out line.
- Offside calls are only made for the 5th/6th division.
- No Headers in this league (for ANY division); an indirect kick will be awarded for an intentional header.
- No slide tackles (sliding for the ball when the opponent is dribbling) in this league. Sliding to block a ball in open space on the field is OK.
- All indirect or direct free kicks: teams must be 5 yards (PreK-3rd/4th) and 10 yards (5th/6th grades) from the ball.
- Each player on every team must play a minimum of ½ of each and every game, INCLUDING PLAYOFFS.

- Any team can play down one player and still NOT forfeit the game. You CANNOT play down two players. In the event you do have to forfeit, the game will register so the opponent will receive a maximum of 3 points. If one team must forfeit, the game should still be played using a combination of players from both teams. Please arrive at each and every game regardless of how many players you have.
- Your team will forfeit the game if you do not have the correct amount of players at kick-off. NO EXCEPTIONS. The league will start all of the games at the same time, NO EXCEPTIONS.
- Games will be 50 minutes total. (2x 25 minute halves)
- Substitutions can take place on any stoppage of play as long as the referee is notified.
- Any player deemed to receive a yellow card will have to report to the League Director who will make all final decisions regarding whether the player can return to game play or any subsequent penalty.
 - Yellow card infractions at the referee's discretion: slide tackling from behind, inappropriate language/physical conduct, etc.
- Teams will wear their league assigned uniforms, or their own uniforms as long as the uniforms match (jersey, shorts, socks) and each player has a unique number.
- No earrings or watches/jewelry. If earrings cannot be removed then they must be covered with medical tape for safety reasons.
- ALL parents and spectators must remain in the grass area. **Absolutely no one other than coaches and players are allowed on the designated coach/player parts of the turf field for safety purposes.**
- Coaches must coach and have teams in the designated coaching areas on your respective fields. (a map will be sent to all coaches).
- Coaches and players must stand/sit at least one foot from the boundary of the field.
- If a player has an injury that keeps them from playing in the game, then in the playoffs, if the game ends in penalties, that player will not be available to take a penalty kick.
- After a match, if a coach or parent has a complaint about an officiating call, they are only to approach the on site league commissioner, and never the ref.
- Players that arrive to the field without their Jersey or other numbered jersey of the same color must wear a pinny provided by the league.
- No player may play without shin guards.
- Players must line up at each match for their names to be read off by the refs. Any player not on the official roster may not play.
- In the event that **penalties** are needed to decide a playoff match and one team is playing down a player (for example, 3 players instead of 4, or 4 players instead of 5), then the penalties will be according to the amount of

players of the team with less players. (for example, if team A has only 3 players present in a 4v4 match, then team B must choose only 3 players to participate in the penalty shoot out.) If tied after the first 3 kickers, Team A will have their kickers take their subsequent penalties in the same order, and team B will do the same, or they may go through their entire roster as they go through the knockout rounds of the penalty shoot out.

- Reasons for **Suspension**:
- Coaches do not go onto the field without explicit instructions from the ref (even for injuries). If a coach enters the field of play to talk to the ref without explicit invitation from the ref, they will be **suspended** one match. If they repeat that offense, they will be suspended for the remainder of that season and not be allowed to coach the following season.
- If a parent puts their hands on another parent during an argument/confrontation on the rec league premises, then they will be **suspended** for the remainder of the season.
- If a coach plays a player that is not on their roster, then they will be **suspended** for the remainder of the season and their team will be given a loss for the match in question.

The league will notify coaches by 1:00 pm on Game Day via e-blast if we are canceling.

Parents

- **No Alcohol** allowed on the premises
- **No Animals** allowed on the premises
- **No Food or Drink** allowed on the turf.
- No spectators standing or sitting on turf to watch the games
- **No Parking** in Ice in Paradise Lot WHATSOEVER, Gate will be closed.
- No playing in/climbing on large goals found on the grass areas.
- Absolutely no interacting with the Referees
- Please pick up all trash when leaving
- Parents - may want to bring a chair or blanket for seating
- **CHEER FOR YOUR PLAYER'S TEAM !**

Schedules and Standings

All games will be scheduled on Fridays between 4:00-6:30 pm. Referees will report scores to the league official at the field by turning in the game card, signed by both coaches, immediately after the game.

The League Director will defer to the Referee for the final score of any game. Any and all questions and/or concerns regarding any game are to be made via email to the League Director the **following day**.

Coaches are to report inappropriate parent behavior to the League Director to be addressed **immediately** on site.

Schedules and standings will be posted in **PlayMetrics**.

Points System

For regular season and postseason games, we will use the following format: 3-points for a win, 1-point will be awarded to both teams for a tie and 0 points for a loss. The league will not post scores over a difference of 3 goals. For all play-off games ties will go to a penalty shootout (4 players per team for PreK-K & 1st-3rd, 5 players per team for 4th-6th).

Tie Break system: First Tie Break: Head to Head record; Second Tie Break: Goals Against.

Playoffs/Championship

For Divisions with 4 Teams (G PreK-K, B PreK-K, B 3/4 and B 5/6)

On week 10, there is a Championship game between the 2 teams with the most points from the first 9 weeks. 3rd and 4th place teams will also play a consolation match this week. All games that end tied will be decided by penalties.

For Divisions with 6 teams (B1st/2nd and G 3rd):

The champions will be based on standings after the games complete on week 10. They will not play any subsequent games, champions will simply be announced at completion of week 10 final game. In the event a tie exists the first tie breaker will be head-to-head for both matches and the second tie breaker will be goals against. In the event a tie still exists we will invite both teams to do a penalty shootout (If you think your team is in this position at the completion of your week 10 game...don't go anywhere as it will take the League Director a moment to determine if penalties are needed).

For Divisions with 8 teams (G 1st/2nd?):

Each team plays the other 7 seven teams through the first 7 weeks. **Week 8:** Quarter final matchups based on standings in Playmetrics Game #1 is 1st v 8th, Game #2 is 2nd v 7th, Game #3 is 3rd v 6th and Game #4 is 4th v 5th. All ties go to penalties.

Week 9: Semi Finals and consolation match ups: Semi Final #1 is Winners from Quarterfinals Game #1 v Winner of Quarterfinal Game #4. Semi Final #2 is Winners of Quarter Final Game #2 v Winner from Quarterfinals Game #3. Consolation match #1 is team that lost Quarterfinals Game #1 v team that lost Quarterfinal Game #4.

Consolation match #2 is Team that lost Quarter Final Game #2 v Team that lost Quarterfinals Game #3. All ties go to penalties. **Week 10:** Championship match:

Winners of both Week 9 Semifinals. The game goes to penalties if tied. **ONLY THE 2 TEAMS THAT ARE IN THE CHAMPIONSHIP MATCH PLAY ON WEEK 10.**