

CDYSL RULES AND REGULATIONS



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CDYSL RULES AND REGULATIONS

TABLE OF CONTENTS

<u>Section</u>	<u>Page</u>
I. Player and Team Regulations	5
A. <i>Age Groups</i>	5
B. <i>Cut-off Date for Age Groups</i>	5
C. <i>Number of Travel Players</i>	5
D. <i>Participation and Restrictions</i>	5
E. <i>Team Tryouts and Poaching</i>	6
F. <i>League PDA/State ODP Tryouts</i>	6
II. Registration and Fees for Players and Coaches	7
A. <i>Youth Players</i>	7
B. <i>Date of Registration</i>	7
C. <i>Player Registration</i>	7
D. <i>Coaches' Registration</i>	7
E. <i>Risk Management</i>	7
F. <i>Proof of Age</i>	7
G. <i>False Registration</i>	8
H. <i>Coaching License Requirement</i>	8
III. Recreation Plus Leagues, Clubs, Teams and Players	9
A. <i>USYSA Authorization</i>	9
B. <i>League Rules for Recreation Plus</i>	9
IV. Game Rules and Regulations	10
A. <i>FIFA Rules</i>	10
B. <i>Special Playing Rules for U08, U10 and U12 Players</i>	10
C. <i>The Fall Season</i>	10
D. <i>The Spring Season</i>	10
E. <i>Traditional Days & Time of Play</i>	11
F. <i>Fields</i>	11
G. <i>Schedule of Games</i>	11
H. <i>Requests for No-play Dates</i>	11
I. <i>Game Forfeitures</i>	11
J. <i>Game Cancellations and Related Matters</i>	12
K. <i>Score Reporting</i>	13
L. <i>Determination of Standings</i>	13
M. <i>Fees and Fines</i>	13
N. <i>Officials</i>	14
O. <i>Coaches</i>	14
P. <i>Game Roster</i>	15

CDYSL RULES AND REGULATIONS

<u>Section</u>	<u>Page</u>
V. Rules Affecting Referees	16
<i>A. Laws of the Game</i>	16
<i>B. Referee Fees</i>	16
<i>C. Duration of the Game and Ball Size</i>	16
<i>D. Coaching-Substitution-Other</i>	17
<i>E. Referee Report(s)</i>	18
<i>F. Referee Protection</i>	18
<i>G. Referee Assignments</i>	18
VI. Grievance Procedure	19
<i>A. Arbitration</i>	19
<i>B. Appeal</i>	19
VII. Procedure	21
VIII. Qualifications for New Teams for CDYSL Play	22
IX. Guest Team Definition	23
X. Code of Conduct	24
<i>A. Coaches' Code of Conduct</i>	24
<i>B. Players' Code of Conduct</i>	25
<i>C. Parents' Code of Conduct</i>	25
<i>D. Code of Conduct for Directors, Volunteers and Spectators</i>	26
<i>E. Zero Tolerance Policy</i>	26
<i>F. CDYSL Anti-Bullying</i>	28
XI. Administrative Rules	31
<i>A. Executive Committee</i>	31
<i>B. Good Standing</i>	32
<i>C. Attendance at General Meetings of the Board</i>	32
<i>D. Finance</i>	33
XII. Programs	34
<i>A. Coaching Education</i>	34
<i>B. Exceptional Seniors</i>	34
<i>C. LODP/PDA</i>	34
<i>D. TOP Soccer</i>	34
<i>E. Mini Workshop</i>	34
XIII. Forms	35
<i>A. Confidentiality Agreement</i>	35
<i>B. Conflict of Interest</i>	36
<i>C. Whistleblower Policy</i>	38

CDYSL RULES AND REGULATIONS

XIV. Guest Player Policy	40
Appendix A <i>Glossary of Terms</i>	44
Appendix B <i>Club Abbreviations</i>	45
Appendix C <i>Schedule of Fees and Fines</i>	46
Appendix D1 <i>USYSA U08 and U10 Small-sided and Modified Playing Rules</i>	47
Appendix D2 <i>USYSS U12 Small-sided and Modified Playing Rules</i>	55
Appendix E <i>Coaching and Refereeing License Programs</i>	57
Appendix F <i>CDYSL League PDA/ODP Player Guidelines</i>	59

CDYSL RULES AND REGULATIONS

I. PLAYER AND TEAM REGULATIONS {revised 10/11/12}

A. Age Groups:

The ultimate aim of our league is to operate the following age groups: Under 19, Under 18, Under 17, Under 16, Under 15, Under 14, Under 13, Under 12, Under 11, Under 10, Under 09, Under 08, in areas and territories described under our Constitution and Bylaws. Where possible these age groups should be operational for both boys and girls. The CDYSL Games Committee will determine annually what age groups will be available for play.

B. Cut-off Date for Age Groups: {revised 1/10/13}

Age divisions shall comprise of players who are, prior to the first day of August of the current season, U19, 18, 17, 16, 15, 14, etc. There shall be no bottom cut-off date.

C. Number of Travel Players:

1. All teams, except Under 8's and U10's as well as U12's small sided (8v8), are permitted to roster up twenty-two (22) players for League play. Under 8 and 10 are permitted to roster up to fourteen (14) players. U12 small sided can have a roster of 16 players (14 if playing in some leagues such as State Cup). This does not apply to National Cup or any other USYSA sanctioned tournaments or games.
2. No team U09 or higher may register fewer than seven (7) players. Special rules for U08 roster sizes and team composition are outlined in Appendix D.
3. Any team playing a player who is over age shall forfeit the game(s) in which that player has taken part.
4. All players registered on a team are permitted to dress and play in CDYSL games. This does not apply to National Cup or any other USYSA sanctioned tournaments or games.

D. Participation and Restrictions:

1. In the case of a player being ejected from a league game (i.e. Issued a red card), the team shall play the remainder of the game with one less player. The ejected player shall serve one game suspension in the game immediately following the game in which the player was ejected. His/Her name should be clearly marked on the roster when serving the suspension. Any player ejected while playing on the losing team in the State Cup tournament is liable to the same suspension.
2. Each team shall be represented at the field of play by a registered coach (19 years old or over), registered assistant coach, registered trainer and/or manager. Only properly registered personnel will be allowed on the team bench during a game. There is a

CDYSL RULES AND REGULATIONS

- limit of four (4) bench personnel and they must be wearing a CDYSL lanyard and their pass.
3. CDYSL promotes for the “good of the game” that every player play at least half of every game.

E. Team Tryouts and Poaching:

Teams may not conduct tryouts prior to June 20th of that current season. However, no team or club shall seek a player’s commitment to a team or club prior to August 15th (or August 1st for those teams competing in Fall State Cup games), whether orally or in writing, through payment of money, or otherwise. No member club or team shall discourage or forbid a player from participation in any tryout.

No team, whether through its coaching staff, players, parents or guardians, responsible officer or any other representatives, is permitted to induce a presently registered player to leave his or her team to transfer to, and play with another CDYSL team during the current season year. Allegations of poaching shall be subject to a hearing by the Arbitration Committee, which will set penalties, if any.

F. League PDA/State ODP Tryouts:

No Club or coach shall forbid or discourage any player from trying out or participating in the League PDA or in the State Olympic Development Program (ENYISA ODP). The League PDA shall in return, make reasonable efforts to avoid conflicts.

CDYSL RULES AND REGULATIONS

CDYSL RULES AND REGULATIONS

II. REGISTRATION AND FEES FOR PLAYERS AND COACHES *{revised 10/11/12}*

A. Youth Players:

A youth player is one who has not reached the age of 19 years prior to August 1 of the current seasonal year. A player who reaches his nineteenth (19) birthday on or after August 1 of the seasonal year shall compete as a youth player for the entire seasonal year.

B. Date of Registration:

All players shall be registered by the club which shall submit the registrations to the League's Registrar at the beginning of the seasonal year or prior to commencing League Play.

C. Player Registration: *{revised 1/10/13}*

1. Players will be registered with CDYSL's Registrar on a form approved by the ENYYSA.
2. A Player registration fee will be charged and it shall be set annually in the budget that is approved by the Board of Directors.
3. Players registered as travel by the CDYSL may not be registered simultaneously with another affiliated soccer team, club or league under USYSA.

D. Coaches' Registration: *{revised 1/10/13}*

Club coaches, assistant coaches, managers and trainers shall be registered with the League Registrar. The pass shall bear a picture, and will be given to the referee with the players' passes prior to the commencement of the game. If a team does not have a registered club representative assigned for the game present at starting time, the game shall not be played and referred to the Games Committee.

E. Risk Management: *{revised 1/10/13}*

Each coach wishing to be registered shall provide an appropriate disclosure form and the appropriate fee to authorize a background check. They shall be cleared by the systems in place to do the Risk Management Background checks only. No coach will be issued a pass or have his/her name placed on an official roster if such authorization is not provided. Timely information on the Risk Management procedures may be found on the league web site.

F. Proof of Age:

Proof of age shall consist of a birth certificate, board of health records, passport, or alien registration card issued by the U.S. Government, or certificate of Naturalization issued by the Immigration and Naturalization Service. Each member should provide such proof of age if requested by the League.

CDYSL RULES AND REGULATIONS

G. False Registration:

Any team playing an illegally registered player shall forfeit all the games in which the illegal player has participated in.

H. Coaching Licenses:

Head coaches listed on CDYSL travel, recreation plus, tournament team and State Cup rosters shall hold a soccer coaching license. Once provided, this documentation will be kept on file by the CDYSL office for future verification. This requirement is subject to the following provisions:

1. New coaches in CDYSL will have until the end of their first seasonal year (ending August 31) to obtain a license.
2. A coach may request, in writing, a temporary waiver of this requirement. Such requests will be evaluated by a Coaching Committee consisting of the 1st and 2nd Vice Presidents of CDYSL, the games committee chair, and the league operations director. This Coaching Committee shall evaluate the merits of such a waiver, and determine its length. Such approvals may only occur with unanimous approval of the Coaching Committee. The maximum time for such a waiver shall be one year.
3. Coaches covered by provisions “1” and “2” above, may be placed on a probationary status, the scope of which shall be determined by the coaching committee.
4. The Coaching Committee may recommend actions regarding such individuals on probationary status if grievances are filed against them. The Coaching Committee may institute additional requirements on probationary coaches, such as attendance at informational/educational sessions.
5. The Coaching Committee will also evaluate coaching certifications submitted from Soccer Organizations, other than those listed above in the introductory paragraph, on a case by case basis. Coaches holding such licenses would be approved for CDYSL rostering only when the coaching committee is in majority agreement.

CDYSL RULES AND REGULATIONS

III. RECREATION PLUS LEAGUES, CLUBS, TEAMS AND PLAYERS {revised 10/11/12}

A. USYSA Authorization:

In order to promote the sport of soccer within the CDYSL and its outlying areas, it has been deemed advantageous for the League to recognize the United States Youth Soccer Association (USYSA) definition of “Recreation Plus Leagues, Clubs and Teams”:

1. Recreation Plus League

An intra-club or inter league in which:

- a. The use of tryouts, invitations, recruiting or any like process to roster players selectively to any team on the basis of talent or ability is prohibited.
- b. The club or clubs administering the league accept as participants in the league any and all eligible youths (subject to reasonable terms of registration); and
- c. The league does not otherwise meet the definition of recreational league.

2. Recreation Plus Term

A team which participates in a Recreational Plus League.

B. League Rules for Recreation Plus:

CDYSL will accept recreational plus teams and clubs with the following additional regulations. They will:

1. Pay the rate as established by ENYYSA.
2. Pay the additional rate as established by CDYSL.
3. Have player passes and rosters distinctly marked “Recreation Plus”. These passes will be surrendered to CDYSL prior to transferring to a Travel team.
4. Pay a total transfer cost that is the additional amount up to the travel player fee, plus the processing fee for reissuing cards and rosters.
5. Be permitted to play in any Recreational or Recreational Plus League or tournament as defined and regulated by the rules of USYSA.
6. Be permitted to play in no more than three CDYSL sanctioned travel team tournaments.
7. Not be permitted to play travel tournaments outside the governance of CDYSL.

CDYSL RULES AND REGULATIONS

IV. GAME RULES AND REGULATIONS *{revised 10/11/12}*

A. FIFA Rules: *{revised 1/10/13}*

Except as provided by USYSA or ENYYSA or specified herein, the most recently revised FIFA “Laws of the Game” shall apply to all competitions.

B. Special Playing Rules for Under 8, Under 10 and Under 12 Players:

CDYSL has generally adopted the rules of USYSA for U08 and U10 play. Modifications for both age groups as they affect CDYSL league play is found under Appendix D1. U12’s will be found under Appendix D2.

C. The Fall Season:

There may be a fall season of travel soccer for U08’s, U10’s, U12’s and U14’s.

D. The Spring Season:

1. The Number of Games and Length of Season

- a. All teams in U08 through U17 divisions will be scheduled to play a ten (10) game season.

The number/format of games for U19 divisions will be determined after team commitments have been compiled. Coaches will be called together to determine the number of games to play (no more than 10 games) and how best to set up schedules to accommodate. (i.e.: small tournament formats, fewer games, etc.)

- b. The season will commence play in April and end not later than July 15.
2. No games will be scheduled to be played on Mother’s Day (Sunday), Father’s Day (Sunday) or during the Memorial Day weekend (Friday through Monday).
3. Actual Play Dates will be updated and approved by the Games Committee each year.
4. Team placement will be determined by the Games Committee in accordance with the general criteria based on the team commitment forms.

CDYSL RULES AND REGULATIONS

E. Traditional Days & Time of Play:

BOYS

U08 F/6:30 and Sat or Sun PM

- Longer distances to be scheduled on weekend

U10 T/6:30 and Sun PM*

- Longer distances to be scheduled on weekend

U11&12 Sun/5:45 and T/6:30

U13&14 Sun/5:45 and Th/6:30

U15&16 Sun/2:45 and T/6:30

U17&18 T or F/6:30 and Sun/1:00

U19 To be determined after U19 Coaches meeting

GIRLS

U08 F/6:30 and Sat or Sun PM

U10 Th/6:30 and Sun PM*

U11&12 Sun/5:45 and W/6:30*

U13&14 Sun/4:15 and W/6:30

U15&16 Sun/2:45 and W/6:30

U17&18 M or F/6:30 and Sun/1:00

PLEASE TAKE NOTE: WEEKDAY GAMES FOR U13 AND ABOVE, BOTH BOYS AND GIRLS, WILL BEGIN AFTER MEMORIAL DAY.

- To accommodate problems with field availability, teams may be scheduled to play on alternate days.

F. Fields:

Each club should provide one appropriate home field for every two teams playing on the same day and time. Any variations or special circumstances will be addressed by the Games Committee.

G. Schedule of Games:

Note: The schedule will include date, time and location.

H. Requests for No-play Dates:

Requests for “No Play” dates at the time of team commitment will not be honored.

I. Game Forfeitures:

Failure to play on the scheduled date will result in a forfeit for the offending team plus a fine and referee’s fees. Should both teams fail to appear, the game will be recorded as a forfeit for both (no score) and each will be fined and pay half the referee’s fee.

CDYSL RULES AND REGULATIONS

J. Game Cancellations and Related Matters:

1. State Cup Games and Region I League Play:

Any team unable to play due to a State Cup tournament or Regional game play is excused from the two weeks' time limit and written requirement. If coaches cannot agree on a replay date, time and location, the Games Committee will assign one.

2. Weather:

Games not played due to circumstances beyond control of either team (ex. Weather) will be rescheduled. If the coaches cannot agree on a new date, time, and location, the Games Committee will assign one.

3. No Referee:

Should no referee appear for a scheduled game and the coaches cannot agree on a substitute, the game will be rescheduled with the Games Committee. If the coaches cannot agree on a date, time, and location, the Games Committee will assign one.

4. Attending a Tournament:

If a team chooses to play a tournament, both coaches must agree in writing to the Games Committee including the rescheduled game date. The onus is on the team playing in the tournament.

5. Delay of Game:

Any team delaying the start of a scheduled game more than thirty minutes without the sanction of the referee shall forfeit the game.

6. Withdrawal from the League:

If a team withdraws from play after final divisional placements are determined, their games will be recorded as forfeits. The Games Committee shall make every effort to attempt to restore the ten (10) game season for the remainder of the division.

7. Release from Fine:

No fine shall be assessed for any forfeit reported at least two weeks in advance to the Games Committee and the opposing coach.

8. Game Rescheduling:

Games not played due to weather conditions, referee nonappearance or State Cup play, Regional play or ENYPL play shall be rescheduled within two (2) weeks of the original

CDYSL RULES AND REGULATIONS

play date. Any game not rescheduled within the two week period will be considered a forfeit by the Games Committee.

9. ODP Players: *{revised 1/10/13}*

Any team with three (3) or more State and/or Regional ODP players may reschedule when in conflict.

K. *Score Reporting:*

Both teams are responsible for reporting the final score using the scoring system provided by the League.

Dispute of any score or game result will be resolved by the referee. If no referee was present, the Games Committee will rule.

L. *Determination of Standings:*

Teams will be awarded points as follows: Win 3; Tie 1; Loss 0. The team having the greatest number of points in their division at the end of the season will be the champion.

Subsequent places will be determined by points in descending order. If two or more teams have the same number of points, placement will be determined based on the following tiebreaker rules:

1. Head to head play of the teams involved.
2. If still tied, Team with fewest goals allowed.
3. If still tied, Team with the most number of wins (the other team(s) will take second or third).
4. If still tied, Team with the least number of losses.
5. If still tied, Teams will share their place of finish.

M. *Fees and Fines:*

1. Each team must pay the appropriate fees in amounts listed in Appendix C.
2. Clubs must pay the appropriate team fees as set by the game committee at the time they commit a team to play for the season. Failure to do so will make them ineligible to complete for that season.

CDYSL RULES AND REGULATIONS

3. Teams are responsible for one half the referees' fee at each game, to be paid before starting the game. If one team forfeits, the team forfeiting is responsible for the entire fee, payable to CDYSL.
4. Failure to the home team to report score on time (See Appendix C).
5. Forfeit: first occurrence per team (See Appendix C).
: subsequent occurrences (See Appendix C).
6. Any team withdrawing after the withdrawal date will be fined as set by CDYSL (See Appendix C for amount). If the team withdraws after scheduling, they will be carried on the schedule with all games recorded as forfeits. No forfeit fines will be levied unless withdrawal occurs within two weeks of scheduled games. In that case, fines will apply for the two weeks period, and other fees and fines may be imposed (Appendix C).

Any Club failing to pay all assessed fees and fines prior to the Annual General meeting will be considered not in good standings until such time as those obligations are met.

N. Officials:

1. The League will use certified FIFA referees for all its games. In case of a shortage of FIFA referees, the Referee Assignor may draw from other groups organized in the area.
2. When a referee is assisted by club linesmen. The duties of the linesmen are as follows:
 - a. To signal the referee when the ball is out of play.
3. Teams wishing to have assistant referees must request them from the Games Referee Assignor from the League. The extra expenses will be borne by the requesting club.
4. Should the referee be more than thirty (30) minutes late or completely absent, the game shall be considered cancelled unless both coaches agree to have another person or persons officiate the game. If such a person or persons is chosen, they will have the full power of a referee and therefore no game protest will be permitted.

O. Coaches:

1. Qualifications:
 - a. The CDYSL mandates the use of certified/licensed coaches. In cases where there is a shortage of certified/licensed coaches, the clubs shall select qualified people and should encourage them to obtain certification or licensing. All head coaches must be certified/licensed.

CDYSL RULES AND REGULATIONS

P. Game Roster: {revised 1/10/13}

1. Each coach must provide the referee with a copy of the League approved Game roster. The referee shall keep one copy. A second copy of the roster shall be given to the opposing coach.
2. All players shall be listed on this roster. Player(s) serving a game suspension must be so marked on this roster.

Accumulation of Red and Yellow Cards:

- a. Each Yellow card is worth one point.
- b. Each Red card is worth three points.
- c. Any three point accumulation will result in a one-game suspension.
- d. Any six point accumulation will result in an additional one game suspension.
- e. Any nine point accumulation will result in the player being suspended for the remainder of the season.
- f. Suspensions not served will carry over to the following year and will be administered by the League.

It is the responsibility of the coach to see that the player is serving the suspension. Rosters will be compared for games where suspensions are to be served and if the suspension was not served, further action may be taken by the Games Committee.

CDYSL RULES AND REGULATIONS

V. RULES AFFECTING REFEREES *{revised 10/11/12}*

A. Laws of the Game:

The rules of play, for all contests sanctioned by the League, shall be the last revised FIFA “LAWS OF THE GAME” with those variations recommended or mandated by the USSF, USYSA or as otherwise set forth in these rules (i.e.: Special Rules for U08, U10, and U12 Players set forth above) (See Appendix D1 and Appendix D2).

B. Referee Fees:

1. The referee shall receive the fee as set forth in the current fee schedule established by ENYYSA.
2. Payment of the fees shall be made in accordance with League policy.
3. A referee is entitled to a full fee, if a game is not played due to the failure of one of the competing teams to make an appearance at the time set for kick-off, or within the extension period set forth by the League. Any team that delays the start of scheduled game more than 30 minutes shall forfeit the game and shall pay the full referee fee.
4. If, a game in progress, is called off by the referee for reasons covered by the Laws of the Game, the fee due shall be retained by the referee in accordance with League policies.
5. The referee, upon arrival at the grounds, shall be the sole judge as to the fitness of the field of play. If the referee finds the fields unplayable, the game shall be postponed or forfeited in accordance with the league policy. The referee shall receive one-half of the game fees as stated above.
6. The referee is entitled to a full fee for games cancelled within 48 hours of game time, with the exception of weather-related or field condition cancellations.

C. Duration of the Game and Ball Size:

1. Duration and Ball Size:

U19	Two-45 minute halves; Ball size #5
U17 & 18	Two-45 minute halves; Ball size #5
U15 & 16	Two-40 minute halves; Ball size #5
U13 & 14	Two-35 minute halves; Ball size #5
U12	Two-30 minute halves; Ball size #4

CDYSL RULES AND REGULATIONS

U10 & 11 Two-25 minute halves; Ball size #4

U08 Four-12 minute quarters; Ball size #3

2. No overtime periods shall be played in League competition.

D. Coaching-Substitution-Other:

1. Coaching. Giving direction to own team or points on strategy and positioning is permitted provided:
 - a. It occurs from the touch line of the team side of the field only
 - b. No mechanical devices are used
 - c. The tone of the voice is informative and sportsmanlike
 - d. No coach, substitute or player is to use profanity
 - e. No coach or player incites, in any manner, disruptive behavior
2. No one is permitted behind the goal line, unless there is a spectator line.
3. Substitutions
 - a. Prior to either team's throw-in if substitutes are properly occupying the substitution area, and the possession team is also substituting
 - b. Prior to the goal kick by either team
 - c. After a goal, by either team
 - d. After an injury, by either team when the referee stops play (a like number)
 - e. At no time may a substitute enter the field of play until they have been given permission from the referee
4. No game may start with fewer than seven (7) players per team on the field with the exception of under 8, 10 and 12 which must follow the rules contained in Appendix D1 and Appendix D2. Team shall appear in uniforms with a minimum six (6) inch number on the back of the shirt.
5. No team or club official may enter the field of play, regardless of circumstances, unless that person has been asked to do so by the referee.
6. The home team will be responsible for the condition of the grounds, the proper field markings and proper equipment.

CDYSL RULES AND REGULATIONS

7. The home team shall provide the game ball.

E. Referee Report(s): {revised 1/10/13}

1. The referee shall complete a referee report whenever there is a games problem or ejection and send it to the CDYSL League Office within 24 hours of the game. Yellow, red cards and other problems shall be noted on this report.
2. To report disqualifications or misconducts of players or coaches, the following information shall be included: Date of game, Date of report, Age group, Coach's information, Names of the teams, Reasons, Player's name, Number, Game Number, etc.
3. A game cannot be started without a CDYSL registered person present for each team, as defined in Rule I (D) (2). This person shall present a CDYSL registration pass to the referee.

F. Referee Protection:

1. The home team shall be responsible for the protection of the referee, assistant referees, and visiting team against any action of players and spectators, before, during and after the game.
2. Clubs or teams playing in public parks are equally responsible for the protection of the referee, linesmen, and officials before, during, and after the game.
3. Cases involving physical assault of a referee and/or assigned official, occurring in any and all games played under the jurisdiction of the League shall be immediately placed before the Eastern New York Youth Soccer Association (ENYYSA) for their determination.

G. Referee Assignments:

1. A referee, failing to appear for an assignment, shall be reported to his or her respective association in accordance with League policy.
2. A referee, failing to send in proper report(s) within the required time, shall be reported to his or her respective association.

CDYSL RULES AND REGULATIONS

VI. GRIEVANCE PROCEDURE *{revised 10/11/12}*

A. Arbitration:

A person, or club or any other member of CDYSL may initiate a grievance against a team, a club, or an individual, including a referee, by submitting a letter to the president of the League via certified mail or hand delivered to the office and stamped as received. E-mail or oral communication will not be accepted.

1. Copies of this letter shall be sent to the party charged with the grievance by the League.
2. The letter shall explicitly describe the charges and shall be accompanied by a fee of \$50.00.
3. The President will refer the matter to the Arbitration Committee Chair within three (3) business days. The chairman of the Arbitration Board will call for a hearing to be conducted within ten (10) business days after the letter has been received from the President. Notice of the hearing time and place shall be sent via certified mail and to all parties involved.
4. All parties involved in the grievance will be heard. Witnesses, supporting documents and/or any other material, which can be used in the resolution of the grievance may be presented at this hearing.
5. The Arbitration Committee shall not have members who have direct relationships with the grieving parties.
6. Minutes of the hearing shall be recorded by the League Recording Secretary or their designee.
7. The Arbitration Committee will render a written decision of the hearing and notify all parties involved via certified mail within ten (10) business days.
8. Improperly filed grievances will not be considered.
9. All copies of the grievance proceedings shall be kept on file at the CDYSL offices.
10. Lawyers may not participate in these hearings in their representative capacity except in accordance with any position they may hold within a member club or the League.
11. The decision of the Arbitration Committee may be appealed.

B. Appeal: *{revised 1/10/13}*

Any person, team or club wishing to appeal a decision of the Arbitration Committee or Zero Tolerance Enforcement Committee may do so by filing a written appeal with the League

CDYSL RULES AND REGULATIONS

President within five (5) days after the notification of the decision has been received. The appeal shall be sent via certified mail or hand delivered to the office and stamped as received. E-mail or oral communication will not be accepted.

1. The appeal shall describe explicitly the reason for the appeal and be accompanied by a fee of \$100.00 which will be returned if the appeal is upheld, and shall be retained by the League if the appeal is disallowed.
2. The President will refer the appeal to the Appeals Committee within three (3) business days. The chairman of the Appeals Committee will call for a hearing within ten (10) days after the appeal has been received.
3. Improperly filed appeals will not be considered.
4. All parties involved in the appeal will be heard.
5. The Appeals Committee shall not have members who have direct ties with the involved parties.
6. Minutes of the hearing shall be recorded by the League Recording Secretary or their designee.
7. The Appeals Committee will render a written decision of the hearing and notify all parties involved via certified mail within ten (10) business days.
8. The time limits specified in this procedure may be extended or shortened by mutual agreement in writing of all parties involved.
9. Lawyers may not participate in these hearings in their representative capacity except in accordance with any position they may hold within a member club or the League.
10. All copies of the appeals proceedings shall be kept on file at the CDYSL offices.
11. The decision of the Appeals Committee may be appealed to the ENYYSA per their Rules and Regulations.

CDYSL RULES AND REGULATIONS

VII. PROCEDURE FOR NEW CLUBS {revised 10/11/12}

Any club residing within the territory of the Capital District Youth Soccer League (CDYSL) is eligible for membership in the League. Clubs outside the normal territory of CDYSL must first receive a written release from the league in which they reside and provide a substantive reason for wanting to become a member of the CDYSL. A club seeking membership status within CDYSL shall submit to the League a letter of intent which shall be reviewed by the Membership Committee. Member clubs shall be notified of receipt of the application and may contact the Membership Chair with any concerns they may have prior to the next CDYSL Board meeting. The Membership Committee shall present to the League's Board of Directors at the next CDYSL meeting in regards to granting membership to the proposed club. Since the intent of the League is to foster growth of soccer in our area, the Committee shall look very closely at the desires of the proposed club to promote soccer within its community.

The letter of intent of the proposed club must include the following:

1. A brief description of the club, the community where they are located and the expectations for the growth of soccer within the club.
2. The officers and/or key leaders of the club including address and phone numbers.
3. The organizational structure of the club, including bylaws and other documents requested by the Membership Committee.
4. The geographical territory from which the club plans to recruit and/or service players.
5. Whether the club intends to support travel and/or intramural teams.
6. The age, gender and proposed division of each team planning to play in League play.
7. Location(s) of the field(s) to be used by the club.
8. The colors of the club.
9. The uniform colors. (Note: The home team is required to change if there is a conflict).
10. Prospective clubs must provide proof that it has at least one field available for every two teams playing on the same day and time.

If the Membership Committee is recommending the club for membership, the club's representative will be notified and asked to appear at the following meeting of the CDYSL. The new club shall be given a copy of the Bylaws and Rules and Regulations of the CDYSL and any other pertinent information.

Application Fee (with letter of intent) = \$25.00

CDYSL RULES AND REGULATIONS

VIII. QUALIFICATIONS FOR NEW TEAMS FOR CDYSL PLAY {revised 1/10/13}

Clubs whose membership was accepted after the August 2012 AGM must meet the following requirements to be eligible for the Spring League Play within CDYSL.

A new club wanting to apply to play in the Spring League must have their application to do so in the CDYSL office prior to September 1st. The following items must be included when asking to apply for Spring League Play.

- a. This will be a club that participates as a member of CDYSL, attends Board of Director meetings, and offers members to serve on the CDYSL committees and its teams will be fully registered with CDYSL. This club must meet all meeting, attendance requirements according to the CDYSL rules. This member will have three (3) or more travel teams registered with CDYSL and three (3) or more teams participating in travel league play. This member will have voting rights, as stated in the Constitution, at the Board of Directors meetings and the AGM.

Member clubs whose membership was accepted prior to the August 2012 AGM are except from the above rules.

CDYSL RULES AND REGULATIONS

IX. GUEST TEAM DEFINITION {revised 10/11/12}

A team that is registered with a USYSA State Association (ENY, New York West, Massachusetts, etc.) but is not registered with a member club of CDYSL.

Process for acceptance of a guest team for CDYSL league play:

Guest teams must apply each year. Applications should be submitted in time for an initial reading at the January meeting. The application packet should include:

1. A completed application that includes
 - a. Indicate Age Group and prospective level of play (Division 1, 2, etc.)
 - b. “Resume” of the team
 - c. Location of the club
 - d. Location of home fields
2. An approved roster proving registration with a USYSA State Association.
3. Proof of risk management clearance for all coaches/managers.
4. A performance bond of \$100.00
5. Written proof the team(s) have been released to play from their respective State Associations.

After the first meeting of the full board after the application is received, the application shall be presented to the membership. Subsequent to the meeting, e-mails should be sent to all clubs listing the proposed guest teams. At the next full meeting, the full membership shall vote on acceptance of the team for that single season.

Acceptance may be contingent on games where the guest team is the “home” team must be played at a field located within the CDYSL.

Guest teams are obligated to the same referee fees, CDYSL fees, fines and rules of the CDYSL.

CDYSL RULES AND REGULATIONS

X. CODE OF CONDUCT *{revised 10/11/12}*

Behavior Expectations:

CDYSL has established Codes of Conducts for players, coaches, parents and spectators. It is expected that all parties in attendance at CDYSL soccer matches behave in accordance with these Codes at all times.

A. Coaches' Code of Conduct:

1. Coaches will always be fair, firm and consistent.
2. Coaches will promote a positive attitude and lead by example.
3. Coaches will not argue with parents or officials, and will always demonstrate good sportsmanship.
4. Coaches will do the best they can to ensure each athlete is both physically and mentally ready for whatever task is asked of them.
5. Coaches will adhere to the policies and procedures of CDYSL and set proper example for everyone to follow.
6. Coaches will stress teamwork and respect for every athlete.
7. Coaches will allow each athlete the opportunity to compete and excel.
8. Coaches will display control, respect, dignity and professionalism to all involved with soccer; this includes but is not limited to officials, opponents, coaches, administrators, parents, spectators and the media.
9. Coaches will ensure that coaching or training activities take place in a safe environment and are appropriate for the age, maturity, experience and ability of the players.
10. Coaches will never strike, shove, and threaten to strike, or lay a hand upon an official, player or spectator.
11. Coaches will never coach or train while under the influence of alcohol or drugs or allow a player to train or play as well.
12. Coaches will never use trash talk, profane, obscene, or vulgar language under any circumstance.

CDYSL RULES AND REGULATIONS

B. Players' Code of Conduct:

1. Players will play by the Laws of the Game.
2. Players will control their temper. Most of all resist the temptation to retaliate when you feel you have been wronged.
3. Players will be good sports by cheering all good plays, whether it's your team or your opponents.
4. Players will treat all players as they would like to be treated.
5. Players will cooperate with your coaches, teammates, opponents, and referees.
6. Players will remember that soccer is a team game and encourage teammates as every player makes mistakes and has off days.
7. Players will never abuse anyone or swear in frustration on or off the field of play.
8. Players will never use unnecessary rough tactics during the course of the game.
9. Players will never appear in the contest area under the influence of alcohol or drugs.
10. Players must always abide by the officials decision.

C. Parents' Code of Conduct:

1. Parents serve as a role model for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as the opposing team.
2. Parents should refrain from coaching or refereeing from the sidelines.
3. Parents will not embarrass their child by yelling at players, coaches, or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
4. Parents will emphasize skill development and practices and how they benefit your athlete. De-emphasize games in the lower age groups.
5. Parents should support the efforts of the volunteer coaches and the league.
6. Parents will never use profanity, drugs, alcohol and tobacco during any game or training session.
7. Parents will always show good sportsmanship and set an example for their child.

CDYSL RULES AND REGULATIONS

8. Parents will ask their child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
9. Parents will place the emotional and physical well-being of their child ahead of their personal desire to win.
10. Parents will never strike, shove, and threaten to strike, or lay a hand upon an official, player or spectator.

D. Code of Conduct for Directors, Volunteers and Spectators:

1. Regardless of the time and sacrifices you devote, no director, officers or volunteer receives any financial benefit or credit for their volunteer services.
2. Organizational goals will be before personal goals. Put the best interest of the entire program ahead of individual desires. We are here to serve all the children with quality programs.
3. Minimize complaints and pettiness. Look for ways to improve the organization rather than pointing fingers.
4. Speak up when you have questions or disagree, but support the final decision of the organization.
5. Look at problems for an organization-wide perspective. Focus on the best interest of all the children and youth sports in general.
6. Treat your colleagues respectfully. Give your colleagues the benefit of the doubt. Don't jump to conclusions. They are just like you doing their best to help build a quality program for kids.
7. Conflicts should focus on issues, not personalities of individuals. Courtesy goes a long way toward building harmony and cooperation.

E. Zero Tolerance Policy:

The Capital District Youth Soccer League (CDYSL) exists to provide opportunities for the youth of the Capital Region to enjoy soccer. CDYSL has implemented a Zero Tolerance Policy to ensure that all games are played in a safe, sporting manner and provide an appropriate environment for our youth soccer players.

CDYSL RULES AND REGULATIONS

Behavior Expectations:

CDYSL has established Codes of Conduct for players, coaches, parents, and spectators. It is expected that all parties in attendance at CDYSL soccer matches behave in accordance with these Codes at all times.

CDYSL has instructed referees and club officers that they should not tolerate any deviations from the Codes of Conduct of players, coaches or spectators; nor should they tolerate any actions, comments or gestures that are deemed obscene, offensive, threatening, intimidating, insulting, degrading, argumentative or disrespectful. This includes behavior directed at the referee as well as behavior directed at other players, coaches or spectators.

Enforcement:

Referees are to control player behavior through the use of warnings, Yellow Cards and Red Cards. Additionally, referees have been instructed to enforce this policy with coaches and spectators using any of the following procedures as they see appropriate

- Suspending the game, delaying the restart of the game in order to issue a verbal warning to the coach or instruct the coach(es) to issue warnings to the spectators.
- Telling the offending coach or spectator they are ejected and must leave the game and surrounding area (Parking lot or further).
- Instructing the coach that they must take action to have a spectator removed from the game and surrounding area. (Parking lot or further).
- Abandoning the match.

Referees are required to submit a report to CDYSL if any of the above listed actions were necessary to control the behavior at a match; however they have the discretion to file a report at any time.

Eastern New York Youth Soccer Association (ENYYSA) further instructs that

The use of Foul and Profane language toward another person – opponent, teammate, coaches, referees, etc., - will result in AUTOMATIC EJECTION {RED CARD}

The use of Foul or Profane language out of frustration will result in AUTOMATIC WARNING {YELLOW CARD}.

The above also affects ALL BENCH PERSONNEL.

CDYSL RULES AND REGULATIONS

Additional Penalties

The CDYSL Zero Tolerance Enforcement Committee (ZTEC) will review all reports of misconduct that have been issued. The ZTEC will determine if any further action is necessary.

The ZTEC penalties could include, but are not limited to:

- Warnings issued to the club
- Financial penalties to the club
- Suspension of team personnel (coaches, assistant coaches or players) for one or more games
- Individuals prohibited from attending future games

Penalties imposed by the ZTEC can be appealed through the process detailed in Section VI subsection B of the CDYSL Rules.

F. CDYSL Anti-Bullying:

Bullying is a violation of CDYSL's missions, goals and policies.

No player, referee, coach, spectator, or volunteer should be fearful of being bullied or harassed.

Bullying is defined as harassment, aggressive behavior or other overt action, whether verbal or physical, which is intended, or could reasonably be expected, to cause distress, harm, ridicule, humiliation, and/or intimidation. Bullying can be face-to-face, or carried out by phone, over the internet or other ways directed at another person through the "posting" of sensitive and/or private information. The actions of any one person or a group of individuals which threaten the health and safety of participants will be considered in violation of this policy.

There are at least three kinds of bullying which are considered by CDYSL, verbal, physical and social/relational. Any player, referee, coach, spectator, or volunteer who believes that he/she is being subjected to bullying behavior, may report the occurrence to CDYSL through the Zero Tolerance procedures. An investigation of the allegations will promptly conduct.

CDYSL RULES AND REGULATIONS

General Anti-Bullying guidelines:

Players

1. Every player will respect all players' rights to an environment which is safe and secure.
2. Respect every individual's feelings and capabilities.
3. Recognize each player's importance as a teammate or opponent.
4. Show appreciation of others by praise and recognition.
5. Demonstrate leadership by treating all players with respect, regardless of differences in level of play and ability.
6. The use of degrading, humiliating and/or profane language on and off the field, directed at another player or person is **STRICTLY PROHIBITED**.

Coaches and Parents

1. Parents and Coaches must establish a system within their team or club to encourage and invite discussions about bullying.
2. Any incident regarding bullying will be documented by the coach or team manager and addressed immediately. Any such behavior may also be reported to CDYSL Zero Tolerance Enforcement Committee and will be promptly investigated and addressed.
3. Players being bullied must be supported and assisted to protect their right to play in a safe environment which allows their healthy social and athletic development.
4. Parents and coaches must encourage other players to take an active role in stopping bullying behavior on their team.

The CDYSL Zero Tolerance Enforcement Committee (ZTEC) will review all reports of misconduct that have been issued. The ZTEC will determine if any further action is necessary. The ZTEC penalties could include but not limited to:

1. Warnings issued to the club
2. Financial penalties to the club
3. Suspension of team personnel (coaches, assistant coaches, or players) for one or more games
4. Individuals prohibited from attending future games

CDYSL RULES AND REGULATIONS

Penalties imposed by the ZTEC can be appealed through the process detailed in Section VI subsection B of the CDYS Rules.

CDYSL RULES AND REGULATIONS

XI. ADMINISTRATIVE RULES {revised 8/11/13}

A. Executive Committee:

The Officers and four additional Representatives elected by the CDYSL Board shall constitute the CDYSL, Executive Committee, to do any and all things in the management of the affairs of the League, with the same force and effect as though a full quorum of the Board were duly convened, present and acting, except that the Executive Committee shall not have authority as to the following matters:

1. The submission to them members of any action requiring Members' approval under the New York State Not-For-Profit Corporation Law or other New York State law.
2. The filling of vacancies in the Board of Directors or any committee.
3. The fixing of compensation of the Directors for serving on the Board or any Committee.
4. The amendment or repeal of the Constitution, Bylaws or Rules of CDYSL or the adoption of any new provisions to these documents.
5. The amendment or repeal of any resolution of the Board, which by its terms shall not be so amendable to repealable.
6. The admission of new Clubs to the Leagues.

The President of the League shall be the chair of the Executive Committee, shall preside at meetings and shall, as long as the Executive Committee exists, have no additional authority to act independently from the Executive Committee or the Board, notwithstanding any executive authority which may be derived from the Constitution of Bylaws.

The majority of the Executive Committee shall constitute a quorum and the act of six or more of the members present at the meeting at which a quorum is present shall be the act of the Executive Committee.

The meetings of the Executive Committee shall be held on a date and at a time as many be established by the Executive Committee and that notice of such meetings shall be given to the Board, consistent with the manner in which notice is given to the Board for General membership meetings.

The General Meetings of the Board shall continue to be held at least six times a year, consistent with Article V of the CDYSL Constitution.

The Chairs of the other committee of the League and other persons selected by the Executive Committee shall be special advisors to the Executive Committee and shall report to the Executive Committee as it deems necessary.

CDYSL RULES AND REGULATIONS

That the terms of office for the four (4) At-Large members of the Executive Committee shall be for two years, with the terms staggered, allowing terms for two members to end each year. Initially, two members shall serve one year terms.

The Executive Committee shall make, keep and maintain minutes of its meetings in the same manner as at Board meetings.

B. Good Standing:

1. Full Membership Clubs in good standing receive full benefits and access to participation in the league.
2. Any Clubs may be deemed not in good standing for the following reasons:
 - a. Violations of the league's bylaws or rules
 - b. Failure to pay fees, fines or dues by the advertised deadlines
 - c. Results of Grievance/Arbitration proceedings where club member(s) have been determined to have violated governing rules
 - d. Absence of representation at meetings of the Board, as described herein
 - e. Other actions or failures to act as prescribed in the bylaws or the League rules
3. Any Clubs deemed to be not in good standing will not receive the full benefit and access to participation in the league. In such a case, the league office will not process registration or other work for the club. The league will not approve travel permissions, tournament hosting applications, or rosters for cup competition. The league will also notify ENYYSA that the club is not in good standing.
4. Determination that the club is not in good standing is made by the Board, according to the specification in the bylaws, or by the Executive Committee via the powers assigned to it in the bylaws and the Rules and Regulations, Article IX.
5. When the Board or Executive Committee places a club in the "not in good standing" status, it shall also set forth the procedures by which the club can achieve a return to good standing, unless those procedures are otherwise specified in the bylaws or rules.

C. Attendance at General Meetings of the Board:

Club representatives are expected to attend all board meetings. Clubs must ensure that the club representative or an alternate is present. If a club is not represented at two Board meetings status at the time of the next Executive Committee meeting unless an appeal is successfully argued, in person, to the Executive Committee at that meeting. Reversal of the

CDYSL RULES AND REGULATIONS

status to good standing requires payment of an initial \$50 fine following the second meeting missed. Additional missed meetings result in successive doublings of the fine.

D. *Finance: {revised 8/11/13}*

1. Anticipated extraordinary operating expenses of \$1,000 or more should be signed-off by the League Operations Director and the Treasurer, then brought to the attention of the Executive Committee and its next monthly meeting for action. These types of extraordinary expenses should not impact the normal operating requirements of the CDYSL.
2. When a budgeted line item exceeds 10%, per the printed monthly financials, a budget revision request will be submitted by the League Operations Director to the Executive Committee for approval. Said adjustments will be presented to the CDYSL Board at their next meeting.

CDYSL RULES AND REGULATIONS

XII. PROGRAMS {revised 10/11/12}

A. Coaching Education:

To set up and teach coaching courses that meets the qualifications by the CDYSL in order to have a “Coach Pass”. Coaching courses may be the coaching course set by the National programming or the mini version for CDYSL Only.

B. Exceptional Seniors Games:

To work with Section 2 individuals for both boys and girls, to set up competition for the seniors via an “all-star game”.

C. LODP/PDA:

Work with the committee in setting times, dates and other needs for the purpose of promoting camp style instructing for both boys and girls. Write an RFP and the committees shall determine either the outcome or hire in house the coaching staff and facility to host.

D. TOP Soccer:

To promote soccer to the disabled members of the community that want to play. Help with the committee to set up a “festival style” event for all TOP Soccer players to participate.

E. Mini Workshop:

A workshop that takes the place of the prior coaching meetings for Spring Play. The event is held in a location that clinics, instructions, and additional information can be offered to every member of the club represented by CDYSL.

CDYSL RULES AND REGULATIONS

XIII. FORMS {revised 8/11/13}

A. Confidentiality Agreement:

As a volunteer Board Member, employee or subcontractor of the Capital District Youth Soccer League (CDYSL), the Undersigned agrees to the following Confidentiality Agreement: *(there is a 15 day time limit from elections or nominations to get the form signed and sent into the CDYSL office)*

1. The Undersigned agrees that for and during the entire term of service at CDYSL, and thereafter as long as necessary to assure confidentiality, any information including personal information of CDYSL players, member families, staff, board members, and volunteers; personnel files including compensation and performance evaluations; protected medical information; financial data (excluding tax and audited annual financial reports), shall be considered and kept as the private and privileged records of CDYSL.
2. The undersigned agrees that confidential information will not be used for the undersigned's personal gain or for the benefit of others even though no disclosure has occurred.
3. Information shall not be divulged to any person firm, corporation or other entity except on the direct authorization of the Executive Board of CDYSL.
4. If the Undersigned is provided with computer access, the computer information accessed by the Undersigned is confidential and may not be shared with others.
5. Upon termination or the end of your term as a volunteer Board member, employee or subcontractor, the Undersigned agrees that he or she will continue to treat the information as private and privileged and will not release any such information to any person, firm, corporation, or other entity, by written or verbal statement except upon direct written authority of the Executive Board of the CDYSL. Failure to maintain the Information as private and privileged will be considered a breach of confidentiality. This may result in termination of the Undersigned's services, as well as legal action being pursued.
6. The Undersigned agrees to abide by CDYSL's internal confidentiality procedures and private information with regard to data collection. CDYSL records, computer system, E-mail, Internet, facsimiles and other methods of transferring or recording information.
7. All information relating in any manner to CDYSL's participants or organization, whether prepared by the Undersigned or otherwise coming into the Undersigned's possession, shall be the exclusive property of CDYSL and shall be returned immediately to CDYSL upon termination of the Undersigned's position or upon CDYSL's request at any time.
8. This agreement shall be governed by the law of the state of incorporation of CDYSL.

CDYSL RULES AND REGULATIONS

9. The form shall also include additional verbiage of the undersigned has read and voluntarily signs the confidentiality agreement. It shall have a printed line for their full name and a signature line as well as a date line.

B. Conflict of Interest: (there is a 15 day time limit from elections or nominations to get the form signed and sent into the CDYSL office)

1. Who is covered by this policy?

Elected officers, committee member chair people, ODP coaches and employees of the CDYSL, owe a fiduciary duty of care and loyalty to CDYSL. To fulfill those duties conflicts of interest must be avoided so that outside interests do not impair the exercise of judgment in matters relating to CDYSL. This policy covers CDYSL elected officers, committee member chairs, ODP coaches and employees.

2. What is a “Conflict of Interest”?

You have a “conflict of interest” when you, either directly or indirectly, have a professional or financial interest outside CDYSL that might unduly influence how you act on behalf of CDYSL.

3. What to Do If You Have Any Conflict Of Interest?

A. Duty to Disclose

1. Each year, you must disclose on the attached disclosure statement any known potential or actual conflict of interest (i.e., list your team, club, league, business or family Associations, involved with the Capital District Youth Soccer League and any other soccer-related affiliations with-in the CDYSL) that you can think of. You must submit this form to the CDYSL President.
2. In addition, you must fully disclose any other conflicts of interest that arise during the year.
3. Each year, copies of each said personnel, known potential and actual conflicts shall be distributed shall be distributed to the Executive Board Officers, but shall otherwise be treated as confidential.

4. What Procedures Must Be Followed If Someone Has A Conflict Of Interest?

A. If you have a conflict of interest:

1. You must disclose it and all material facts to the President with copies to the Executive Board Members. At that time the matter that gives rise to an actual or potential conflict of interest shall be reviewed by the Executive Board.

CDYSL RULES AND REGULATIONS

2. After disclosing your conflict of interest and all material facts, you may be required to provide the Board additional information. If the disclosure is made in advance, the agenda should reflect that the Board will discuss the conflict of interest.
 3. The person with the conflict shall leave the board or committee meeting while the Board determines, by majority vote present, how to handle the matter.
 4. The Board or committee shall record in the minutes and shows the disclosure and handling of the conflict.
 5. The person with an actual conflict of interest is prohibited from voting on the matter that gives rise to an actual conflict of interest.
 6. The presiding member of the board shall, if appropriate, appoint a disinterested person or committee to investigate alternatives in order to avoid any actual or perceived conflict of interest.
5. Violations of the Conflict of Interest Policy
- A. If the Board or a committee has reasonable cause to believe that a member has failed to disclose actual or known conflicts of interest, it shall inform the member of the basis for such belief and afford the member an opportunity to respond and/or amend the Disclosure Statement.
 - B. Following the response, the Board may take appropriate disciplinary and corrective action up to and including removal, if in fact, there has been substantial and/or repeated failure to disclose actual conflicts of interest to the detriment of the Association.
6. How should CDYSL handle Records of Proceedings Related to Conflicts of Interest?
- A. The minutes of the Board and all committees with board-delegated powers shall contain:
 1. The names of the persons who disclosed or otherwise were found to have a conflict of interest, the nature of the conflict, and the Board's decision as to handle the conflict of interest.
 2. The names of the persons who were present for discussions and votes relating to the transaction, the content of the discussion, and a record of any votes taken in connection therewith.
7. How Should I handle an apparent Conflict of Interest?

CDYSL RULES AND REGULATIONS

As apparent Conflict of Interest is not an actual conflict of interest. It is merely the appearance of the conflict. Members are encouraged – but not required – to disclose any apparent conflict and either forego participation in the voting, or if a quorum is needed “abstain” from voting on the issue.

8. Summary of the CDYSL Conflict of Interest Policy.
 - A. The actions of CDYSL must be free of conflicts of interest.
 - B. All actual and potential conflicts of interest must be disclosed.
 - C. The Board must decide what role the conflicted person may play in the matter which gives rise to the conflict of interest.
9. The document shall read as listed below:
 - A. Capital District Youth Soccer League CONFLICT OF INTEREST DISCLOSURE STATEMENT.
 - B. Name and Position.
 - C. The following are my direct or indirect professional, financial, or personal interest outside CDYSL that might unduly influence how I act on behalf of CDYSL. Outline areas that several items can be filled out on potential conflicts.
 - D. I, name of the individual, know of no actual potential conflict of interest that I have that might give rise to conflicts of interest with CDYSL.
 - E. Signature line and date line.

C. Whistleblower Policy:

General Policy:

All employees, directors and officers of Capital District Youth Soccer League (CDYSL) will be protected from any disadvantage caused by raising legitimate concerns and shall report suspected illegal activities within the organization.

Purpose:

CDYSL encourages its employees, directors and officers to maintain high ethical standards. This whistleblower policy is meant to provide a confidential and effective means for reporting suspected violations of the law. It further serves to protect individuals who report suspected violations from retaliation in any form.

CDYSL RULES AND REGULATIONS

Confidentiality:

An individual may report a suspected violation anonymously or on a confidential basis, keeping in mind that in the course of the investigation it may become necessary that the source of the complaint to be identified.

Retaliation:

No individual who reports a suspected violation in good faith, whether or not the allegation turns out to be correct, shall be subject to any form of retaliation, including harassment, demotion, or firing, by CDYSL or its employees. Anyone who retaliates against the complainant shall be subject to disciplinary action.

CDYSL will not retaliate against employees who disclose or threaten to disclose to a supervisor or public body, any activity, policy, or practice of CDYSL that the employee reasonably believes is in violation of a law, or a rule or regulation mandated pursuant to law, or is in violation of a clear mandate or public policy concerning the health, safety, welfare, or protection of the environment.

Malicious Allegations:

An individual is not required to prove the truth of an allegation, but is required to act in good faith. Any individual who does not act in good faith in reporting a suspected violation may be subject to disciplinary action.

CDYSL RULES AND REGULATIONS

IXX. GUEST PLAYER POLICY

For USYSA Age 9 through 19 Travel Players:

In order to help clubs reduce the potential for game forfeitures due to a lack of players, the CDYSL allows guest players for CDYSL spring season league play, with the following limitations:

- All Guest players (with the exception of U08 players guesting on U08 teams) must be registered/passed as travel players for the same club and also be identified/passed as League Guest Players for the same club.
- Guest play between clubs is not authorized.
- There is a limit (excluding U08 and U19 teams) to the number of guest players permitted per game.
- There is a limit to the total number of players playing in a particular game when guest players are used.
- For safety reasons, we want to limit how many age groups up a guest player could go (i.e., we don't want a 12 year old playing on a U17 team).
- To avoid "stacking" a team, we want to prevent players registered with a higher level team, either upper age group (U16 eligible player playing on U17 can't guest play on U16) or higher level team (A team player can't guest play on a B team).

This policy only applies to the Spring CDYSL Games. A Guest Player's first obligation is to his/her primary team at all times.

Effective Spring 2012 of CDYSL will allow "USYSA" Player Ages 9 through 19 travel players to also play as "CDYSL Guest Players", for CDYSL games only, within their own club under the limitations outlined below.

Players wishing to apply for a League Guest Player Pass must submit a Guest Player Pass Request to register as a League Guest Player.

Player Eligibility: The following conditions must be met before a player can apply for CDYSL Guest Player status:

1. League Guest Player status is restricted of USYSA PLAYER ages U-9 and older or regardless of the TEAM AGE for which the player is registered. (U8 eligible players registered on a U10 TEAM roster may apply for League Guest Player status).

CDYSL RULES AND REGULATIONS

2. Guest players must be officially registered as a primary player on a member club team roster.
3. Guest players may only be added to a secondary team registered with the same member club as the primary team. Guest play between clubs is not authorized.
4. The guest team cannot be a lower level than the player's primary team.
 - *Guest players may not play below U-age or division for which their primary team is officially registered: i.e., A U16 age eligible player registered on a U18 team may not guest play on U16 or U17 team.*
 - *An A team player cannot Guest Play on the B team in the same age group is not allowed.*
5. U9 through U15 USYSA age players may NOT request guest player status on a team whose TEAM age is more than 2 years older than their PLAYER age regardless of whether or not their individual club policies allow it. (i.e., A U14 age player registered on a U16 team may not apply to guest play on a U17 team).
6. Boys are not allowed to guest play on a team registered as a "girls" team.
7. Girls registered on a "boys" team as their primary team, may not guest play on a team in a girls division.

Registration Procedures for CDYSL Guest Players:

1. Download and complete a GUEST PLAYER PASS REQUEST (available on the CDYSL website under forms – www.cdysl.org).
2. Indicate any teams you wish this player to be eligible for as a guest player.
3. Attach a photo and turn the pass into the CDYSL office along with the approved roster of the player's Primary team.
4. The League office will review the eligibility, approve the request and laminate the pass. The CDYSL Guest Player pass will be laminated in different color. These passes are only valid for CDYSL play.

Game Situations under which League Guest Players may be used: Once a player is certified by the league as the League Guest Player or he/she may only play for the secondary team if the following conditions are met:

1. *The team requiring guest players for a particular game may not dress more than 11 players (on U10 teams) or 14 players (on U12 teams) and 18 players participating in the game (on teams U13 and above) including the added guest player(s). This rule is imposed to avoid giving the team with*

CDYSL RULES AND REGULATIONS

the guest player(s) an unfair advantage over its opponent and to avoid unfair treatment of the rostered players of the primary team.

2. *The game day roster for the above mentioned team may not contain more than five (5) guest players.* League Guest Play passes identifying guest players for the game must be presented to the referee along with the Primary team rosters before the game begins. (Primary players not playing should be crossed off).

Exceptions:

U10-U12 game day rosters will be limited to 3 and 4 guest players respectively
 U19 teams where there will be no restriction on the number of guest players.

3. *There are no scheduling conflicts with the primary team.* In the event of a conflict or the player must participate in the game played by their primary team. The player's first obligation is to his/her primary team.

Summary of Guest Player and Game Day Roster Limits

USYSA Player Ages Note: this age is listed in ()'s on the Official Primary Roster.	Maximum # of Guests per Game Day Roster	Maximum # of Players on Game Day Team Roster (including Guests)
U08	Not limited except by Player and Primary Team Age	See Small Game Guidelines
U09 & U10	3	11
U11 & U12	4	14
U13-U18	5	18
U19	Not limited except by Player and Primary Team Age	18

Use the following chart to determine Secondary TEAM ages eligible for Guest Play based on USYSA Player and Primary Team Age

USYSA Player Ages* Note: This age is listed in ()'s on the Official Primary Roster.	U-AGE of Primary Team	U-AGE of Secondary Team Eligible for Guest Play
U08	U10	U10
U09	U10	U10, U12
U10	U10	U10, U12
U11	U12	U12, U13, U14
U12	U12	U12, U13, U14
U12	U14	U14
U13	U13	U14, U15, U16
U13	U14	U14, U15, U16
U14	U14	U14, U15, U16
U14	U15	U15, U16

CDYSL RULES AND REGULATIONS

U14	U16	U16
U15	U15	U15, U16, U17
U15	U16	U16, U17
USYSA Player Ages* Note: This age is listed in ()'s on the Official Primary Roster.	U-AGE of Primary Team	U-AGE of Secondary Team Eligible for Guest Play
U16	U16	U16, U17, U18, U19
U16	U17	U17, U18, U19
U16	U18	U18, U19
U16	U19	U19
U17	U17	U17, U18, U19
U17	U18	U18, U19
U17	U19	U19
U18	U18	U19
U19	U19	U19

- For official USYSA Player age definitions or refer to the CDYSL website www.cdysl.org (forms) OR Check age noted in ()'s Primary team's official roster.

CDYSL RULES AND REGULATIONS

Appendix A:

Glossary of Terms

CDYSL RULES AND REGULATIONS

Appendix B:

Club Abbreviations

Club Name Abbreviations used for team schedules/scores/standings are found on the league website.

CDYSL RULES AND REGULATIONS

CDYSL RULES AND REGULATIONS

Appendix C:

Schedule of Fees and Fines

Current Fees and Fines are to be publicized on the league's website and by notification to the clubs via their league representative.

CDYSL RULES AND REGULATIONS

Appendix D1: ~~revised 10/11/12~~

*U08 and U10 Rules;
USYSA Modified Playing Rules for CDYSL League Play
Special League Rules for U08/U10*

U10 Modified Playing Rules and Related League Rules

U10 Rules are FIFA Game Rules with the following exceptions, modifications, and additional specifications:

1. Field Dimensions are as follows:
 - a. 70-80 yards long and 40-50 yards wide
 - b. Penalty Mark Distance is 12 yards
 - c. Center Circle is 8 yards
 - d. Penalty Area is scaled to be appropriate for the field size used, maximum of 18 yards deep
 - e. Goal Box is scaled to be appropriate for the field size used, maximum of 6 yards deep.
2. Goals are a maximum of 7 feet high by 21 feet wide.
3. CDYSL may allow exceptions to specified field and goal size if the exceptions are stated on the Field Commitment Form. Exceptions shall be determined by the Games Committee.
4. A size number 4 ball shall be used for U10's.
5. The maximum number of players on the field at any one time is seven, one of whom may be a goalie. A minimum of four players is needed to play a game.
6. The maximum number of players on the roster should not exceed 14. Minimum roster size is seven.
7. For U10's, direct and indirect kicks are awarded and opponents must be eight yards away before the kick will be allowed.
8. The office rule will be enforced.
9. For corner kicks, opponents must be ten (10) yards away from the ball.
10. Some seeded U10 divisions may be created as long as a U10 State Cup competition is sponsored by Eastern New York Youth Soccer Association. Clubs may also form teams with tryouts and examination of skill level as long as U10 State Cup play is sponsored by ENYYSA.

CDYSL RULES AND REGULATIONS

11. Awards:

- U10 league play is Non-Result-Oriented
- Season participation awards for all
- Standings are not posted
- Game score records may be kept by CDYSL to help evaluate the placement process and team rostering practices employed by clubs.

CDYSL RULES AND REGULATIONS

U08 Playing Rules and Related League Rules

U08 Playing Rules employ the dual sided fames format, as approved by the league in the spring, 2004.

Summary:

- 4 vs. 4 play
- No goalkeepers
- Small fields, small goals, as per USYSA
- “Dual-Field” method
- Maximum Roster size: 14
- Minimum Roster Size: 10
- Games scheduled between pairs of clubs
- Four (4) 12 minute quarters of play
- Roster split into two squads on game day
- Referees should be certified referees, at least for the 05 season

Fields:

- 40-50 yards x 20-30 yards, as specified by USYSA
- **CDYSL recommends that clubs use fields smaller than the maximum**
- The best approach is to lay these out inside full sized fields in a manner similar to that outlined in the accompanying sketch
- Markings:
 - Distinctive lines not more than five (5) inches wide
 - A halfway line shall be marked out across the field
 - A center circle with five (5) yards radius – this lining is not essential
 - Four corner arcs each with a two (2) foot radius – this lining is not essential
 - Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line; or a semi-circle of four (4) yards radius from the goal line centered in the goal

Goals:

CDYSL strongly recommends the six (6) foot wide popup style goals (hockey sized, or the Pugg Goals provided by the league via its August 2004 purchase program). The USYSA limit in goal size is 6’x18’ for U08 play, but USYSA recommends using the smaller sized goals. CDYSL clubs wishing to use goals larger than the recommended 6’ popup style should request this on the fields commitment form submitted in January. Goals also need not be commercially available goals. Flags or cones could also be used.

Ball:

Size 3

CDYSL RULES AND REGULATIONS

Rules of Play:

- 4 vs. 4 play, no goalkeeper
- Dual Field method.
 - Each team's roster is split in half on game day, into two groups/squads balanced for skill; different splits are used on different game days.
 - Two quarters play for squads 1 vs. 1, and 2 vs. 2 and the second half would be two more quarters of play for squads 1 vs. 2 and 2 vs. 1
- If, on game day, fewer than 10 players on one team are available for a match, then coaches, at their discretion, may switch play to 3 vs. 3, or limit play to one 4 vs. 4 game, and/or reassign players from one club's team to the other so that playing time can be balanced. Coaches are encouraged to be extremely flexible on player assignment and style of play when one or both teams are short on players. Coaches should favor positive participation experiences over competitive advantages.
- Substitutions: Anytime ball is out of play with the permission of the Referee or Game Official.
- Playing time: Each player SHALL play a minimum of 50% of the total playing time.
- Team and games may be coed
- Four (4) Twelve (12) minute quarters – Two (2) minute breaks for quarters, Five (5) minutes for halftime.
- No overtime periods.
- Standard game rules, with the following emphases:
 - There is no offside in small-sided games
 - Fouls and Misconduct: Conform to FIFA with the following exception:
 - A. All fouls shall result in an indirect free kick with opponent five (5) yards away
 - B. The referee or game manager must explain ALL infractions to offending player
 - Free Kicks: Conform to FIFA with the following exception:
 - A. All free kicks will be indirect
 - B. Opponents must be five (5) yards away
 - Penalty Kicks: There are no Penalty Kicks in small-sided games.

CDYSL RULES AND REGULATIONS

- Throw-In: An improperly executed throw-in can be redone, once. Referee and/or coach should provide guidance on the redo of the throw-in.
- Goal Kick: Conform to FIFA with the following exceptions:
 - A. Goal kick may be taken anywhere within the goal area
 - B. Opponents must be five (5) yards away from the ball
- Corner Kick: Conform to FIFA with the following exceptions:
 - A. Opponents must be five (5) yards away from the ball
 - B. Corner Kicks are Indirect Free Kicks
- Goaltending is not permitted. Defensive players may not occupy the goal box area without actively marking an offensive player.

Players Equipment: Conform to FIFA, in addition:

- Footwear: Tennis shoes or soft-cleated soccer shoes are permitted
- Shin guards are mandatory

Referee:

- With the dual field method, two game officials will be required
- CDYSL may employ certified referees for U08 play (recommended for the initial 2005 season). CDYSL will strive to use Grade 9 certified referees for U08 games. However, a game manager style of refereeing may be used when necessary, or in future years, as recommended by USYSA.

Awards:

- 4 vs. 4 U08 league play is Non-Result-Oriented
- Season participation awards for all
- Standings are not posted
- Game score records may be kept by CDYSL to help evaluate the placement process and team rostering practices employed by clubs

Roster size:

- Maximum roster size is fourteen (14), so that seven (7) players each can be assigned to the two squads

CDYSL RULES AND REGULATIONS

- Minimum roster size is ten (10)

Dual Field Method, additional procedures:

- Two (2) games will take place between the pairs of squads, on adjacent fields, if possible (see sketch)
- Players cannot shuttle back and forth between adjacent games, but some flexibility in player assignment to squads is afforded by the option to switch to 3 vs. 3 or one 4 vs. 4 field as described above when game attendance is low for one or both teams.
- Coaches/players are located in between the two fields, parents on the sides, but not behind end lines.

CDYSL Scheduling:

- Each game night, teams from two clubs would be scheduled to play either home or away against only one opponent club.
- Clubs must have enough pairs of fields (dual fields) to cover games for half the number of U08 teams the club registers. This is not a change from preexisting procedures where, for example, a club that registers four (4) U08 teams would be expected to provide fields for two (2) teams on a given game night (the other two would be scheduled away).

Team Composition:

- U08 teams are not permitted to play up into older age divisions
- Clubs from teams according to age/experience criteria
 - a. An “experienced” team would be comprised of at least 70% players with U08 club soccer playing experience in the prior year(s) or 80% players who are true U08 (not U07 or U06). Such teams could ask to be placed in “Experienced” divisions. On a 14-player roster, 70% is ten (10) players and 80% is eleven (11) players.
 - b. An “inexperienced” team would be all those not covered above in “A”, and would play in geographically arranged divisions.
- Clubs that have enough players for multiple U08 teams should not compose “A”, “B”, etc. level teams based on skill level. Assignment to one of multiple teams within a club should not be based on tryouts. Instead, age/experience criteria are to be employed. Multiple “experienced” teams within a club should be created randomly, without regard to skill.
- Clubs may still need to employ tryouts to determine acceptance to the age group when the roster limits result in an excess of players. However, following the above language, these

CDYSL RULES AND REGULATIONS

tryouts are not go be used for team assignments, once it is determined that a player will be assigned to travel teams within the club. Clubs are strongly encouraged to recruit adequate numbers of players so that none need to be turned away.

CDYSL Divisional Placements:

- Two types of divisions will be created, Experienced and Geographic.
- Experienced divisions will be comprised of “Experienced” teams as defined above.
- Within Experienced divisions, CDYSL will also attempt placement of teams into geographical alignments.
- Inexperienced teams will be placed into geographical divisions with other inexperienced teams.
- Team placement forms will be required. A special form will be used for U08 divisions. Rosters should be attached to placement forms since the definition of experienced/inexperienced teams is based on roster makeup.

Changing USYSA Rules/Recommendations for small-sided games:

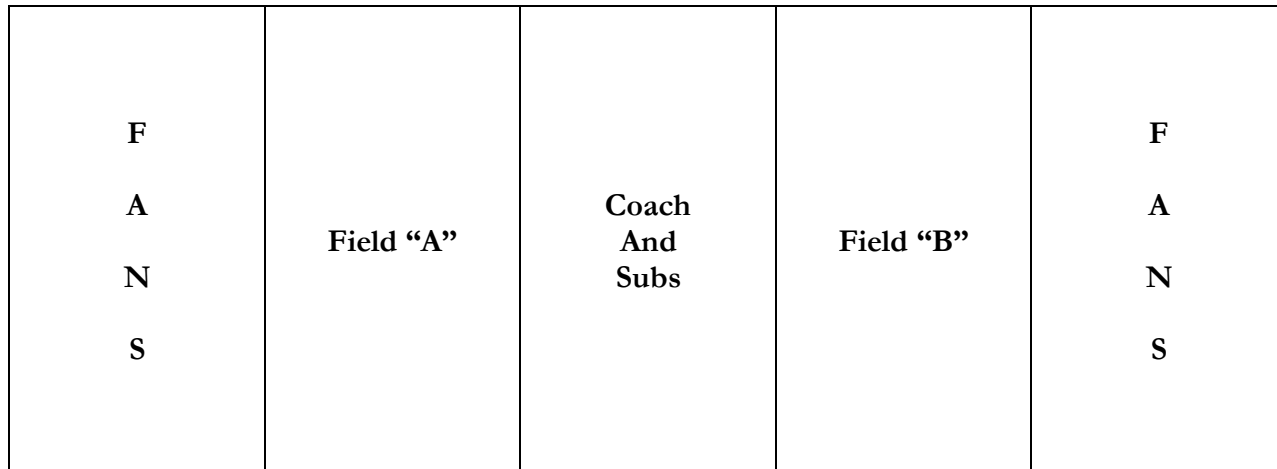
- USYSA has produced a series of recent changes in its rules/recommendations for small-sided game play. CDYSL shall flexibly accommodate any new rules changes from USYSA/ENY. The Games committee and the Rules committee are permitted to adopt any new USYSA rules/recommendations without full league review/approval, unless:
 1. The core 4 vs. 4, dual field method is changed, or
 2. Team composition procedures or roster limits are proposed to change

The following diagrams outline the recommended method of laying out fields for the “dual field method”

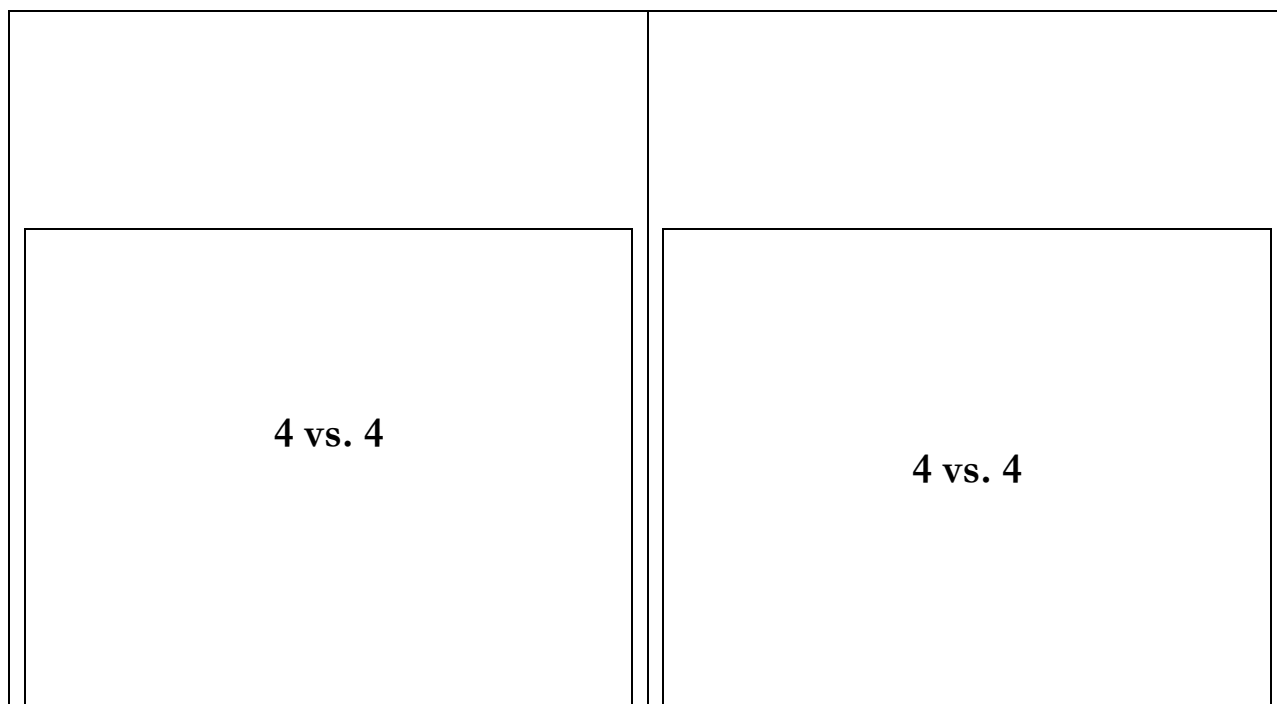
CDYSL RULES AND REGULATIONS

HOW TO DO IT

4 vs. 4: Play “dual field” format



Dual Field Method Lays out Two small-sided Fields inside a Full-size Field



CDYSL RULES AND REGULATIONS

Appendix D2: *~~revised 10/11/12~~*

*U12 Rules;
USYSA Modified Playing Rules for CDYSL League Play
Special League Rules for U12*

Number of Field Players:

8 vs. 8 including goalkeeper

Field Size:

Fields are recommended to be 70-80 yards long x 45-55 yards wide according to USYSA and Region I rules. For 2009 CDYSL will continue to allow clubs to use the same fields that U10 teams use or modify full-size fields in a manner that makes lining simple (this latter option is preferred – perhaps play between the U18's).

Goal Size: *~~revised 1/10/13~~*

In 2009, CDYSL will permit clubs to use whatever goal sizes work best for their fields, USYSA recommended 6 ½' x 18 ½'. CDYSL recommended using the same goals for U10 (probably 7' x 21'), but will permit full size goals if necessary. Note that teams that host State Cup may be bound to an explicit size, once ENY rules for 8 vs. 8 U12 State Cup play come out.

Rules of Play:

Standard CDYSL/FIFA rules apply.

Length of Game:

Play will consist of two (2) thirty (30) minute halves.

Roster Size:

- a. CDYSL will permit roster sizes of sixteen (16) for league play. Minimum size of seven (7) players.
- b. Roster sizes for teams entering 8 vs. 8 State Cup competitions are limited to the Region I limit of fourteen (14) players.

Team Placement:

Based on seeded divisions (including some geographic).

CDYSL RULES AND REGULATIONS

Tryouts:

Permit clubs to form teams based on tryouts in the same manner as in the recent past.

Awards/Standings:

Trophies will be awarded to 1st and 2nd place teams in each division. Guidelines for the determination of final team standings are recommended by the Games Committee and will be posted on the CDYSL website prior to the start of the league season.

Ball Size:

Size four (4) ball.

CDYSL RULES AND REGULATIONS

Appendix E: ~~revised 1/10/13~~

Coaching and Refereeing License Program

The League, upon request, will provide for Coaching Clinics and Referee Clinics, and will assist member clubs in sponsoring activities aimed at promoting or improving soccer in our communities.

The CDYSL in cooperation with ENYYSA and the Eastern New York State referee Association (ENYSRA) will offer courses for people wishing to gain a Coaching License and/or a Referee License. The fee for the License course will be paid by the candidates.

A. Coaching Licenses:

ENYYSA offers licenses, which can be earned by attending courses offered by the State Coaching Staff.

Levels of licenses offered at the State level are as follows:

TYPE OF LICENSE	DURATION	
National C	70 hours	25 classroom hours/45 field hours
D	36 hours	30 hours of instruction/6 hour exam
E	18 hours	15 hours of instruction/3 hour exam
Youth Modules	9 hours	Instruction only

To receive a license, a candidate must attend all of the course sessions and must meet the course requirements.

A club or group wishing to sponsor a Coaching Course, or needing more details, should contact the CDYSL Office.

B. CDYSL Coach Licenses:

The director of coaching education for the CDYSL, with the approval of the Executive Board has developed a CDYSL curriculum for the CDYSL Level I and Level II coaching licenses that are similar to the other nationally recognized certifications. The Level I will be a nine (9) hour course and the Level II will be an eighteen (18) hour course. The curriculum is similar in content to the ENYYSA certification courses but will be customized to fit the needs of the CDYSL coaches. In addition, the courses will be significantly less costly than those presently given by Eastern New York and will fulfill the coaching requirement that CDYSL has for all head coaches.

CDYSL RULES AND REGULATIONS

Coaches should be aware that CDYSL Level I and Level II licenses will not be accepted by Eastern New York or any other USYSA State Associations as a prerequisite for taking a higher level coaching course. Therefore, if it is the intention of a coach to progress through the ENY certification, it is not recommended that these courses be taken.

C. Refereeing License:

The CDYSL, in conjunction with the NYSRA, offers courses aimed certifying referees in our area. CDYSL shall strive to ensure that the entry level Grade 9 course is offered regularly. The cost of the course is established by the NYSRA on a yearly basis. The CDYSL also sponsors clinics and workshops for coaches, parents, and other interested people.

A group of people or clubs wishing to sponsor a refereeing course should contact the Referee Coordinator of the League, who in turn will make all the necessary arrangements. The State Referee Association has a staff of qualified instructors who will teach the courses in any part of our league. Those candidates who pass a USSF test will be awarded a license.

CDYSL RULES AND REGULATIONS

Appendix F: ~~revised 10/11/12~~

CDYSL Player Development Academy/League Olympic Development Program (formerly called CDYSL Select Program) Guidelines

A. Goals and Objectives:

1. Serve as a developmental program for the State Olympic Development Program (ODP).
2. Provide player development by providing:
 - a. Play at a higher skill level
 - b. Play for a different coach with different techniques/style.
 - c. Play in tournaments and against other Select or ODP teams (friendlies)
 - d. Opportunities for additional training and skill development

B. Administration:

The CDYSL League PDA/ODP shall be administered by a League PDA/ODP Committee of five (5) people consisting of the Program Director, the Program Assistant Director, a member of the Executive Board and two persons representing clubs.

1. League PDA/ODP Committee:
 - a. Shall be responsible for the administration of the CDYSL League PDA/ODP.
 - b. Composition
2. Director of League PDA/ODP
3. Assistant Director of League PDA/ODP
4. League Operations Director
5. Representatives of two (2) CDYSL member clubs
 - a. Shall be appointed by the President
 - b. Shall submit a proposed budget to the Finance Committee at least two (2) months prior to the beginning of the fiscal year.
 - c. Shall submit a financial accounting of the League PDA/ODP income and expenditures by the September Board meeting.
 - d. Shall be responsible for maintaining standards of conduct for players and coaches within the PDA/ODP program.
 - e. Shall be responsible for ensuring the distribution of the League PDA/ODP information to all prospective players and their parents/guardians.

CDYSL RULES AND REGULATIONS

- f. Shall be responsible for ensuring the yearly evaluation of the program by the players, parents and coaches.
6. League PDA/ODP Director:
 - a. Shall be appointed by the President.
 - b. Shall chair the League PDA/ODP Committee.
 - c. Shall be responsible for the day to day operations of the League PDA/ODP.
 - d. Shall submit written monthly reports to the CDYSL President.
 - e. Shall submit the names and clubs of each team player pool to the Board of Directors.
 - f. Shall carry out duties as assigned by the CDYSL Board of Directors.
 - g. Shall coordinate the League PDA/ODP with the State ODP.
 - h. Shall submit the results of the yearly evaluation to the Board of Directors.
 7. Assistant League PDA/ODP Player Program Director
 - a. Shall perform the duties of the Director in his/her absence.
 - b. Shall assist the Director in the development of players.
 - c. Shall communicate regularly with team managers to coordinate administrative and financial activities of the teams.
 - d. Shall be responsible for presenting financial data and reports to the League PDA/ODP Program Committee.
- C. League PDA/ODP Players:
1. All players shall be registered by CDYSL/ENYISA.
 2. Player Selection
 - a. Players will be selected for the CDYSL team player pools based on technical, tactical, physical and psychological soccer abilities.
 - b. The age groups will be determined by the player's age on July 31 of the year prior to the spring travel season.
 - c. Two or three tryout dates will be identified for each group where a team is being proposed. All tryout dates must be finalized at least 30 days prior to the first tryout date.
 - d. Team player pools in each age group will be finalized by June 1st of each year. To be considered for selection to a team player pool, the player must have attended some of the tryouts.
 - e. Players who are not selected for the player pool will be contacted by the coach.
 - f. Upon selection to a team player pool, each player must pay a registration fee to CDYSL. This registration fee pays for the uniform and league expenses. Its value will be established on a yearly basis by the committee. Expenses for out of town friendlies and tournaments are the responsibility of the player. Any player who cannot afford this registration may contact the League PDA/ODP Director.
 - g. Only players from the age level team player pool will be allowed to play.
 - h. Requests for players outside the pool must be made in writing to the League PDA/ODP Director and the CDYSL President identifying the name of the player, date of event and

CDYSL RULES AND REGULATIONS

reason for needing a non-pool player. Written approval of both the Director and the President is necessary.

- i. Players must play in their own age group unless there is no team at that age group.

3. Teams

- a. The age levels at which CDYSL will try to establish teams will be presented to the Board of Directors or Executive Committee for approval no later than the December meeting.

D. Coaches:

1. Selection

- a. Coaches will be evaluated and recommended by the League PDA/ODP Committee, chaired by the League PDA/ODP Director. Selection will be made from an evaluation of the following areas of emphasis:
 - Education – USSF D license or NYS Public School certification or equivalent highly preferred
 - Experience coaching at applicable age level and gender
 - Playing experience
 - Level of commitment to the program
 - Affiliation with CDYSL
 - References regarding coaching ability
- b. Final decisions on coach selection will be made by the CDYSL Board based on the recommendations of the League ODP/PDA Committee.

2. No coach may coach a League PDA/ODP team at the same level as they coach a spring club/premier team.

3. Each coach will be asked to identify any financial interest they have in youth soccer. (This information does not in any way preclude them from being a coach).

4. Coach remuneration for each year will be determined in September for the coming year.

5. Each coach of the League PDA/ODP team must provide a disclosure form authorizing a background check under the Risk Management as outlined in Section II D, coach's registration.

E. Team Management:

1. Each team will have a team manager(s). The team manager may not be the coach or the coach's spouse or significant other.

2. Team Manager responsibilities:

CDYSL RULES AND REGULATIONS

- a. Maintain official team roster and team lists.
- b. Ensure communication with all team members regarding team practices, games, etc.
- c. Coordinate all travel and hosting arrangements.
- d. Maintain all financial records and receipts for coach and team. Forward to Assistant League PDA/ODP Director at the end of the season.
- e. Maintain player medical release forms.
- f. Assist with arrangements for all visiting team and officials.
- g. Maintain communication with team parents as necessary.

3. Remuneration for team managers will be determined by the Board.

F. Discipline:

1. Coaches

- a. Concerns about coaches shall be submitted in writing to the League PDA/ODP Director with a copy to the CDYSL President.
- b. The Program Director will investigate the concern and report his/her findings to the League PDA/ODP Program Committee with a recommendation for action, if any.

2. Player

- a. Concerns about the conduct of a player on or off the field shall be submitted in writing to the League PDA/ODP Director with a copy to the CDYSL President.
- b. The League PDA/ODP Director will investigate the allegations against the player, discuss the issues with the coach and report his/her findings to the League PDA/ODP Committee with a recommendation for action, if any.

League Player Development Academy Program (formerly League ODP)

CDYSL sponsors a developmental program designed to give players advanced level training opportunities to prepare them to compete at higher levels (State and Regional ODP, college, premier teams, etc.) through regular, high quality instruction, from some of the best coaches in the greater Capital District area.

[This constitution was last revised on August 11, 2013, with revisions marked next to each article with the date stating August 11, 2013]