

# Sporting Winter League Rules

Revised October 1, 2025

## Player Eligibility

- All players must be born between 2016 - 2018
- All players must be registered through USYS, or US Club through their respective state association or USSSA. Player ID cards must be of the current seasonal year and valid.
- Players are allowed to play on two different teams with the approval of the league committee.
- **No player can play down an age group.**
- Sporting Winter League is open to ALL teams. The League Committee has the right to decline acceptance to the league. A certified roster must be submitted on the Wednesday before the league's first match week.
- Please provide a photocopy of the following before league start
  - a. Teams Official State Roster
  - b. Teams laminated Player and Coach ID cards

## Roster and Duration of Game

Age Group	Duration of Game	Ball	Halftime	Max Roster Size	Max Number of Guest Players
U08-U10 (7v7)	3 x 15 Minutes	4	3-5 Minutes	14	3

## Player Equipment/Uniforms

- No jewelry of any kind will be allowed on players during game play.
- All players must wear shin guards.
- Casts/Orthopedic Braces are permitted at discretion of referee.
- Players must wear uniforms with numbers on the back that correspond with the official roster submitted with check-in.

- If uniform colors are similar, the home team will change colors. Home team will be indicated on the final schedule.
- The home team will provide game ball.

### **Game Play (7v7)**

- Sporting Winter league will follow IFAB Laws of the game with the below variations
  - The duration of the game will be three (3) fifteen (15) minute periods.
    - Time in-between periods will be three (3) to five (5) minutes
  - One (1) referee shall be on every game
  - Offside shall be at the discretion of the one (1) referee
  - Substitutions shall be **UNLIMITED** and done on the fly within the natural rhythm of the game. Substitutions during natural stoppages shall also be permitted
  - All throw-ins will be replaced with a pass or dribble-in
  - Players must retreat eight (8) yards on all dead ball situations
  - **Heading is prohibited**

### **Heading Restrictions & Head Injury Policy**

- A header by these players (whether deliberately or accidentally) shall result in an indirect free kick awarded to the opponent at the spot of the offense.
- If a defensive player header (whether deliberately or accidentally) occurs within the penalty area, the indirect free kick shall be awarded to the opponent taken at the spot of the offense.
- If an offensive header (whether deliberately or accidentally) occurs within the penalty area, a drop ball to the goalkeeper will be the restart
- If a player suffers a significant blow to the head and is suspected of having suffered an apparent head injury during a game, the team **MUST** substitute the player or remove them from play to be seen by the event's Health Care Professional. The player may re-enter at any stoppage of play when cleared.

### **Red Cards**

- Players receiving a red card during game play:
  - Will be under review to potentially be allowed to compete in their teams next immediate schedule game.

- The team will NOT play down a player for the remainder of the match and the player shall be replaced by a substitute.
- Coaches/Technical Staff receiving a red card during game play:
  - They will need to be removed from the field and its immediate surroundings before play can be restarted.
  - They are prohibited from participating in the next immediately scheduled game played by the team they were coaching at the time of the red card ejection.  
*Coaches red cards will be reviewed by the league committee.*

### **Standings**

- Three (3) points for a win
- One (1) point for a tie
- Zero (0) points for a loss

### **Scheduling/Rescheduling**

- All teams will be scheduled six (6) games
- Sporting Winter League will attempt to reschedule all matches within the league period
  - All options will be considered by the League Committee to ensure all teams play their scheduled matches. This may be done but not limited to shortening game lengths or postponing the games.
  - Suspension of games due to weather and/or field conditions considered dangerous to the players, spectators, referees, coaches, and league officials shall be at the discretion of the League Committee.
  - If the game is delayed and/or cannot be restarted after it has already started, then the score of that game will be considered final if 25 minutes have been played.

### **League Committee**

- The League Committee has the right to review, override and make any rule changes of the Sporting Winter League.