



2024-2025 Eastern Conference Game Day Procedures





EASTERN CONFERENCE GAME DAY PROCEDURES

GAME FORMAT:

- U11 – 7v7 (special rules apply: no punting, no heading)
- U12 – 9v9
- U13-U18 – 11v11

Referees should provide appropriate stoppage time in every game.

GAME DURATION:

- **U11 and U12:** 2 x 30-minute halves
- **U13 and U14:** 2 x 35-minute halves
- **U15 and U16:** 2 x 40-minute halves
- **U17 and U18:** 2 x 45-minute halves

Note: Referees should provide appropriate stoppage time in every game.

UNIFORMS & GAME BALL:

- The **Home Team** wears **Dark**; the **Away Team** wears **Light**.
- In case of a conflict, the **Home Team** must change.
- The **Home Team** provides the game ball.

MAXIMUM ROSTER SIZE:

Regardless of the number of players listed on a USC game report, no more than:

- **14 players** for 7v7 games
- **16 players** for 9v9 games
- **18 players** for 11v11 games

If more players appear on the game report than are allowed to play, the **coach or team official must scratch out the extra players' names** by drawing a line through them.

CLUB PLAYER PASS:

Clubs may use a **club player pass** to provide additional development opportunities (see current USC rules for details).

Maximum number of club player passes (guest players) per game:

- **7v7 and 9v9** – Maximum **4** club player passes per game.
- **11v11** – Maximum **6** club player passes per game.



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RED CARD SUSPENSIONS:

A player serving a **red card suspension** must have a **line drawn through their name**, with **“SO” (Sit Out)** written next to it to indicate the suspension.

COACH & TEAM PERSONNEL REQUIREMENTS:

All coaches and team personnel on the team sideline **must be carded by US Club Soccer**.

HARD CAST POLICY:

- Players wearing a **hard cast or metal brace** must have it properly padded with a minimum **½ inch of high-density foam** or the **manufacturer’s recommended protective coating**.
- The **referee will determine** if the padding is sufficient for the player to participate.

SUBSTITUTIONS:

Teams may substitute:

- On their **own throw-in**
- On **any goal kick or kickoff**
- When the **opponent is substituting** (to minimize stoppages)

Referees should use **common sense** to minimize unnecessary stoppages.

CONCUSSION EVALUATION & RETURN-TO-PLAY PROTOCOLS:

- Any player who sustains a significant blow to the head or body, complains of symptoms, or is suspected of having a concussion must be removed from the game for evaluation.
- The **removed player cannot return the same day** unless cleared by a **qualified healthcare professional**.
- No coach, referee, event official, parent, or player can allow a return to play until cleared.

Qualified healthcare professionals include:

- **Certified Athletic Trainers (ATC)**
- **Physicians (MD/DO)** trained in emergency care, sports medicine injuries, and concussion management.

For more details, visit **[US Club Soccer Concussions and Head Injuries](#)**.



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MISCELLANEOUS GAME DAY POLICIES:

Staff/Player Passes:

- Referees must **check in all players and staff** before the game.
- All players and staff **must have printed passes on-site** to participate.
- **No Card = No Play.**

Match Reports & Score Reporting:

- Online rosters must be submitted by **11:59 PM on Thursday** before a competition.
- **Both teams must provide a game report.**
- The **Home Team** is responsible for:
 - Collecting the final **signed report**
 - Uploading the game report
 - Reporting the score in **TGS within 48 hours**

Red Card/Send-Off Procedures:

- A **red carded player/coach/spectator must immediately leave the field** and cannot return.
- Sent-off individuals must be **far enough away** that they **cannot be seen, heard, or influence the match.**
- Any coach being sent off in a USC Competition must leave the facility and will be suspended for the remainder of that USC competition day; the next day of USC competition; and the next game actually played by the team from which they were sent off. Additional suspension or sanctions may be imposed by the USC B.O.D at their discretion.

Penalty Points:

- Coaches are responsible for tracking their own and their players' **individual penalty points.**
- If a **red card is issued**, the club must submit a **Red Card Reporting Form** within **24 hours** of the game's conclusion.
- Failure to submit within **48 hours** may result in a **\$150 fine.**



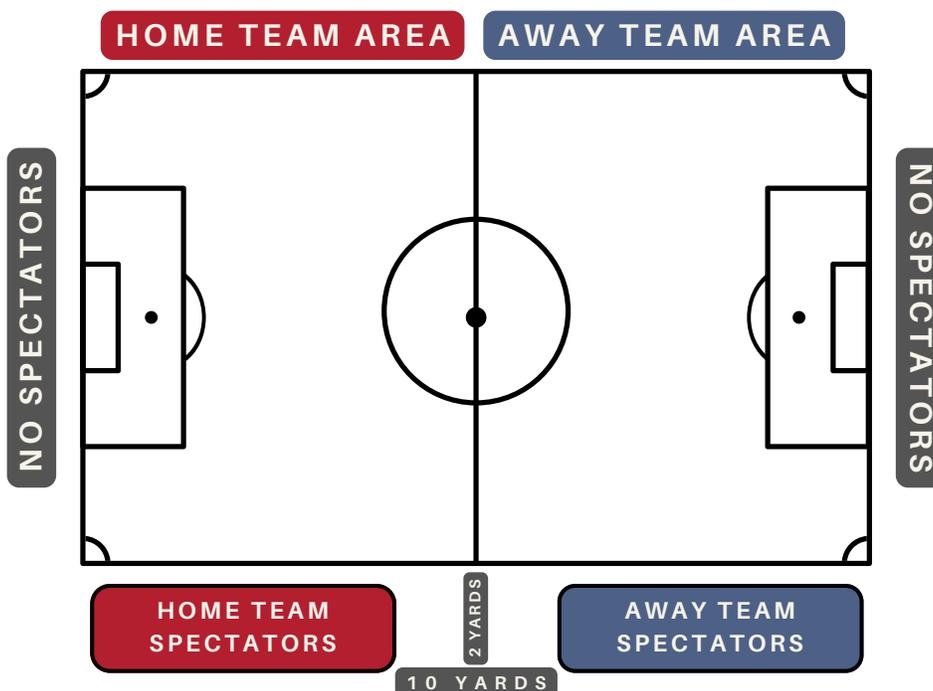
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SPECTATOR POLICIES:

- Home and Away spectators must sit **directly across from their team's technical area.**
- Spectators must be at least **2 yards outside the touchlines** and no closer than **10 yards from midfield.**
- Spectator seating extends **20 yards away from midfield toward the end line.**
- **No one is allowed behind the goals,** including coaches and spectators.

Enforcement:

- Match officials may **suspend or terminate a match** if a coach, player, or spectator **fails to comply** with requests.
- **Coaches are responsible** for controlling their players and fans.
- A **coach or assistant coach may be cautioned or ejected** for the misconduct of their team's spectators.





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WEATHER POLICIES:

Lightning Delays:

- If lightning is **within 10 miles**, games must **stop immediately**, and fields must be cleared.
- Games **cannot restart for at least 30 minutes** after the last observed lightning or thunder.
- **Site coordinators** will decide whether to continue or reschedule based on available time, fields, and referees.
- Games that **reach halftime** will be considered **complete** in the standings.

Heat Guidelines:

- Water breaks should be given when the **temperature exceeds 90°F**.
- Multiple water breaks **must** be given when the **Wet Bulb Heat Index exceeds 90°F** or **temperature is 100°F+**.
- Water breaks are running clock.
- Site coordinators **will monitor** conditions using DTN, the **USC's official weather app**.

Rainout and cancellation information will be **emailed and updated in TGS**.

FINAL RESPONSIBILITY:

Each club is responsible for ensuring all members understand and follow these USC game day procedures.