



SEPA League Rules

Revised August 2026

General Rules

All games of the SEPA League shall be played in accordance with [FIFA Laws Of The Game](#) with the following modifications:

Ball Size

- The U10 and U12 division games shall be played with a size 4 ball.
- All other divisions shall be played with a size 5 ball.

Duration of Match

- U10 division games shall consist of two 25 minute halves.
- U12 division games shall consist of two 30 minute halves.
- U14 division games shall consist of two 35 minute halves.
- U16 division games shall consist of two 40 minute halves.
- U19 division games shall consist of two 45 minute halves.
- All games shall have a 5 minute half-time and switch sides.
- No stoppage time shall be added to either half.

Playing Time

All players must be offered the opportunity to play at least half of the match, regardless of skill.

Competition Rules

- The team scoring the greater number of goals during the match is the winner. Matches ending in a draw will stand as there are no tie breakers during the regular season.
- There is no "Mercy Rule" in the SEPA Rec League, however, the maximum goal differential recognized in the standings is 4 goals.

Safety

In order to insure the safety of all players, the following safety rules are mandatory:

- Players must wear appropriate shin guards and outdoor soccer cleats.
- Hooded Sweatshirts are not allowed, nor can the hoods be tucked in.

- Players are not permitted to play with any kind of jewelry. No exceptions shall be made to this rule for new earrings. Covering any type of jewelry with a Band-Aid is not permitted. (The wearing of medical alert jewelry is permitted, as long as the bracelet is securely covered.)
- Sports safety glasses **are strongly recommended** for both the safety of the individual and others on the field.
- Players are not permitted to play wearing unpadded casts or splints (foam padding required). The decision to allow the player to participate will be made by the referee.

Heading the Ball

There will be no heading the ball in the U10 and U12 Divisions. The penalty will be an indirect kick at the spot of the foul.

Slide Tackling

Slide tackling in any manner in the vicinity of another player or official shall be strictly prohibited and shall be sanctioned as “Serious Foul Play” and **shall** be issued a “Card” for the foul.

Rushing the Goal Keeper

An “Indirect Free Kick” shall be awarded to the defending team if a player rushes a Goalkeeper.

Fouls and Misconduct

- The referee shall call the game in accordance to the FIFA Laws of the Game, USSF Guidelines and the Amendments to The Laws as stated in this document.
- Any player receiving a “Yellow Card” shall be substituted and remain on the sidelines for a cooling off period. The opposing team does not get a one-for-one substitution. Referees must submit a game report with all info according to USSF reporting requirements.
- Any player receiving a “Red Card” shall leave the field of play and not interfere with the game in any manner. Should the ejected player or coach continue with any un-sportsman like behavior and continue to disrupt the game, they will be asked to leave the facility.
- If a player receives a Red Card they will receive a minimum of a mandatory one game suspension for receiving a Red Card, however, **all violent and serious** Red Card fouls shall be reviewed by the Governing Officials and additional game suspension may be given upon determining a violent foul has accrued which should warrant further action. Referees must submit a game report with all info according to USSF reporting requirements. Player and coaches suspended may not be present on the sidelines for their suspended matches.
- All violent conduct and game ejections must be reported to the individual club designated coordinator. Serious misconduct will be reviewed by an appointed Disciplinary Committee to determine if additional sanctions are required or warranted.

Substitutions

An unlimited number of substitutions may be made during the match, and any player who has been substituted may re-enter the game according to the substitution procedures defined below:

- At half-time
- At any stoppage of play solely at the discretion of the Referee, if they allow it.
- In the case of an injury, and the injured player is substituted, the opposing team may substitute one for one basis with the permission of the referee. Injured players receiving attention on the field must be substituted.
- A player receiving a "Yellow Card" must be substituted for a "cooling off" period. The opposing team does not, in this instance, get a one-for-one substitution. The player receiving the "card" may re-enter the game at the next allowed team substitution.
- Goal Keepers may be substituted during the match, but only with the permission of the referee. Failure to get permission prior to substituting the keeper will result in the issue of a "Yellow Card" for unsportsmanlike conduct, except at half time.

Divisions, Eligibility and Rosters

- SEPA League shall organize games for boys and girls teams in the following age divisions: U10, U12, U14, U16, U19. Final age divisions for a season are subject to change based on final team registration numbers.
- Only players registered with a participating soccer club shall be allowed to participate in league play.
- Only players meeting the divisional requirements for current age groups/birth date ranges (set by USYS/EPYS) are eligible to play in that division.*
- Players may participate in older age groups.
- Girls may participate in Boys Divisions.
- **Players on an active, same season Travel Team are not eligible to participate in SEPA League play. SEPA League is a recreational soccer league.**
- All players must submit proof of age documentation and a photo:
 - Birth Certificate
 - Passport
 - A certification of a United States citizen born abroad issued by the appropriate government agency.
 - ***In accordance with USYS Rule 204, hospital, baptismal, or religious certificates will not be accepted.*
 - Photo Requirements:
 - Clear, forward-facing color headshot (passport style).
 - No hats, hoods, sunglasses, pets, or other people in the image.
 - Must be updated regularly as required by club/league rules.
- All teams shall submit 2 printed, official photo rosters for each game. One copy is to be given to the Opposing Team Head Coach. One copy is to be given to the Referee. Only eligible players who are members of that team are permitted to play. Rosters should be printed from your team's Official Roster Event (i.e. SEPA & Eastern Pennsylvania Youth Soccer Official Roster 25/26). [Instructions for How to Print a Roster](#)
- Official, printed rosters are required for every game. ****Teams who do not provide a roster at the beginning of the match, or arrive with ineligible players not on their roster, will be**

fined \$10. Additionally, this will result in a forfeit and full referee fees will be owed by the offending team. If both teams agree, a friendly may be played.

Coaches Behavior

- Coaches for the home team are responsible for the proper and visible lines and for setting out legal corner flags.
- All coaches must remain a minimum of 1 yard, 3 feet, back from the side touch lines and within 10 yards of the center line.
- At the conclusion of the match, teams will line up for handshakes.
- Coaches must reduce the number of players to match that of the opposing team, should they be short handed.
- Coaches should notify their League Directors regarding any instances of improper conduct.
- Coaches will discuss any referee issues only with their league director, club designee and only after 24 hours have passed since the end of the match.

Player Behavior

- Players are expected to play in a sportsman-like manner.
- Substitute players are to remain 4 feet behind the touch line.
- Players are expected to know and understand the Laws of the Game and all the SEPA amendments.
- Players are to treat the opposing team, coaches, and referees with respect.

Parent Behavior

- Spectators are expected to behave and act in a courteous and sportsman-like manner at all times.
- Spectators must remain a minimum of 1 yard, 3 feet, behind the touch line unless directed otherwise by the referee.
- No one is allowed to enter the field of play during the match without the permission of the referee.
- No one is allowed to remain behind the goal line or along the goal line during the match.

Referees

- The referee is responsible for enforcing the Laws of the Game in accordance to FIFA, USSF and the league amendments.
- One referee for U10 and U12 division matches.
- One referee and two assistant referees for U13 and up division matches.
- Each team is responsible for half the referee fee and the total fee is to be paid before the start of the match. Referee Fees are set by EPSARC and follow EPYSA guidelines and can be found [here](#).

U10 (25-min halves): \$50 Referee — \$50 Total **(\$25/team)**

U12 (30-min halves): \$60 Referee — \$60 Total **(\$30/team)**

U14 (35-min halves): \$72 Referee, \$45 AR1, \$45 AR2 — \$162 Total **(\$81/team)**

U16 (40-min halves): \$84 Referee, \$50 AR1, \$50 AR2 — \$184 Total **(\$92/team)**

U19 (45-min halves): \$100 Referee, \$55 AR1, \$55 AR2 — \$210 Total **(\$105/team)**

*AR1 = Assistant Referee 1, AR2 = Assistant Referee 2

- Any verbal abuse or threatening of the referee by any coach, player or spectator is strictly prohibited and such conduct may be punishable by ejection and a minimum of one (1) game suspension.
- All decisions by the referee are final.
- The referee may end the match at any time when the circumstances warrant it. Should the referee end the match, the teams MAY NOT decide to finish the match on their own. The match is abandoned and the reasons and outcome will be reviewed by the governing parties.
- The referee shall submit a game report to its designated league authority within 48 hours of the completed match.
- No game time "Revisions" of the written Laws or Amendments shall be allowed without the permission of the governing authority.

Referee Unavailable

- Referees are assigned to every league game.
- U14 / U16 / U19 age groups - If no referee is present, the game shall be canceled. If at least 1 referee is present the game can proceed using volunteer linesman provided by each team. The Home team shall advise the league within 24 hours if no referee was present for the game. The teams have one (1) week to reschedule the match and will advise the League of the new date, time and location via a Game Change Request submission. If after this time the game has not been rescheduled the game shall be rescheduled by the league
- U10 / U12 age groups - In the event a referee does not appear for the scheduled game, the following procedures is used:
 - The home team shall nominate a candidate, preferably a member of the Referee's Association who shall referee the game, if acceptable to both teams Head Coach.
 - If the home team's nominee is unacceptable, the visiting team shall nominate a candidate, preferably a member of the Referee's Association who shall referee the game, if acceptable to both teams Head Coach.
 - Any referee named through the aforementioned process shall have all the powers of any referee as stated in the Laws of the Game.
 - If a suitable candidate cannot be agreed upon, the game shall be canceled. Both teams are required to remain at the field for no less than 20 minutes after the scheduled start of the match to ensure that the assigned referee does not arrive in a reasonable amount of time. The Home team shall advise the League within 24 hours if no referee was present for the game. The teams will have one (1) week to reschedule the match and will advise the League of the new date, time and location

via a Game Change Request submission. If after this time the game has not been rescheduled the game shall be rescheduled by the League.

Consequences

- Any club or individual team that does not abide by the Laws of the Game and Amendments, use ineligible or unregistered players or within the keeping of the “Spirit of the Game” may be asked to leave the program immediately and game schedules for the remaining teams in that division will be revised.
- No refunds shall be issued should a team or club leave or be ejected from the program.

Scheduling

- Games are scheduled on Saturdays in the Fall and Sundays in Spring.
- Games dates are initially set by the League and are open to self-scheduling/ rescheduling by teams up until the Schedule Freeze date each season.
- Home teams will determine field availability and communicate times available to their opponents. Game days and times may be adjusted, *upon agreement by both teams*.
- SEPA will send the full Season Schedule to referee assignors once the schedule is locked.
- Game changes needed after the schedule freeze date for each season must be requested via the SEPA Game Change Request Form and approved by the league.
- Game change requests must be submitted by Monday each week (or 5 days prior to a scheduled game). Late requests will be denied and full referee fees (total amount due for both teams) will be due to the League.
- Game changes MUST be agreed upon by both teams. Please do not submit a game change request if you haven't talked to your opponent first. Teams are responsible for checking the official League schedule each week. SEPA recommends checking the schedule weekly on Wednesday.
- ***Effective Fall 2026 Season, game change requests will be charged a \$10 fee to the team requesting the change.* Once the request is approved, payment should be sent via Venmo (@warringtonsoccer-18976) or check made payable to Warrington Soccer Club, Attn: SEPA and mailed to P.O. Box 605, Warrington, PA 18976.
- Please note, full referee fees are owed when a game is cancelled, postponed or rescheduled after Monday each week.

Team / Coach Communication

Teams should use GotSport Chat to communicate. If you are unable to reach a coach, please reach out to [SEPA](#) for assistance. If you choose to communicate via text, email or phone, we strongly recommend you document the communication details in the GotSport Chat. SEPA will defer to what is in the GotSport Chat for any discrepancies.

Special Rules

- Any forfeits will result in a 1-0 score with no rescheduling. Full referee fees will be due and owed by the forfeiting team.
- In accordance with EPYSA guidelines, the number of players permitted on a roster is:
 - U9-10 (7v7): 12 players
 - U11-U12 (9v9): 16 players
 - U13-U19 (11v11): 22 players
- As a recreational soccer league, all players must play at least 50% of the game time.
- Players may play up.
- We allow a maximum of 3 players to play down if there is no older team. Players must be within 1 calendar year maximum from their age group. This must be requested in writing to the League, and approved, prior to the start of the season.
- Clubs are responsible for ensuring ALL team staff are fully cleared to coach. All Head and Assistant Coaches must go to EPYSA's website and fill out the Risk Management form. This has to be completed prior to stepping on the field.
- GotSport is used for all registration and league event purposes.