

CDYSL
COACHES MEETING
2026

Welcome to the 2025-2026 Spring Travel Season

U8 – U12 Age Divisions

Objectives:

- 1.) Review what is the difference in a Primary Roster, Club Pass Players and Match Day Card
- 2.) What to bring to the Match
- 3.) What are the modified rules at 08U, 10U, and 12U age group
- 4.) Review of the Zero Tolerance Policy, U.S. Soccer Policy 531-9 and CDYSL Zero Tolerance Policy
- 5.) Review of Traditional Play Dates/Time, Advance Injury Notice, CDYSL Policies and Procedures

Definitions:

Primary Player – A individual that is registered through CDYSL for a specific seasonal year, is allowed to participate in ENY sanctioned events, and remains on that roster for the entire season.

Club Pass Player – is a registered travel player from one team within a club who can be added to another team's roster. They must be in the same club, must be rostered on a different team in a lower or equal division, and is eligible to guest play for a team on Match Day.

Primary Player Roster – The official, seasonal list of players registered to a specific team within a club. The primary roster is approved and serves as the foundational list from which game-day rosters are drawn. All players MUST have a uniform number assigned when submitted. All Primary Player Rosters are Locked April 1st.

Coaches may use this roster for all Spring Matches if they do not use Club Pass Players

Match Day Card – a physical copy of the players that will participating in the Game. The Match Day Card allows coaches to cross off Primary Players not participating in the Match and add eligible Club Pass Players, so that they have enough players for the game. Game Day Rosters have Limited Roster numbers so double check your level.

Coaches can make changes in the players attending the Match Day Card anytime prior to the match and can print within three (3) days of the match. No write ins allowed. Game will be cancelled if no Match Day Card provided to the referee.



GotSport Webinar
Match Day Card –
How to:

Review rostering

The Club's registrars will build your team through Roster Builder on the GotSport Platform.

- ❖ Your Primary Players are players that are locked on the team's roster for the entire season. You must have Jersey numbers on your Primary Roster- no exceptions.
- ❖ The Primary Player roster is locked on April 1st and only CDYSL OFFICE staff can make changes in Primary Players after that date with proper justification.
- ❖ Coaches have a Coaches Account in GotSport that support the role of the coach through this account. under your requirements section, coaches should use the provided links next to each requirement listed. This is integrated with US Soccer Learning Center.

Which course to take: If you have never completed SafeSport training, you should take the course entitled, "SafeSport Trained – U.S. Soccer Federation". If you have taken training before, you should take the next available Refresher Course. This is a yearly renewal.

The training runs in a 4-year cycle as follows:

Year 1: SafeSport Trained – U.S. Soccer Federation

Year 2: Refresher 1

Year 3: Refresher 2

Year 4: Refresher 3

Year 5: SafeSport Trained – U.S. Soccer Federation (again)

Risk Management-back- ground check and Heads up – Concussion Awareness is every two years

- NOTE: SAFESPORT IS NOT FROM THE DATE YOU COMPLETE IT.
- ENY EXPIRATION DATE IS SET AT JULY 1ST TO ENSURE THAT ALL COACHES ARE CLEARED FOR THE UPCOMING SEASON.
- SO, IF YOU COMPLETED IT BEFORE JUNE, YOU WOULD NEED TO DO IT AGAIN FOR THE UPCOMING FALL SEASON.
- YOU CAN NOT COMPLETE ANY OF THE COURSES BEFORE THEY ARE DUE.
- Please use your proper name that is listed on your State ID or Passport when you are enrolling for your coaching requirements, so that your US Learning Center, SafeSport, and GotSport match in name and emails so that each platform can integrate.

Coaches Need to Do the Following on Game Day

Please be prepared to pay your referee- see fee schedule under Referee on website

Bring 2 printed Match Day Cards – one for the referee – no exception and must have one available for the opposing coach if they request it.

- In the event that the opposing coach or referee suspects that the team is using players that are in violation of the Club Pass Player Policy. This printed Match Day Card should be submitted to CDYSL for review. To be investigated by the Zero Tolerance Committee and subject to all penalties.
- The CDYSL office will be randomly selecting twenty (20) team's Match Day Cards minimally each week to ensure compliance with the Club Pass Player Policy.

Match Day Cards can be changed at any time up until game time but can only be printed 3 days before the Match.

Match Day Cards will look exactly as the previous match. You must change the players you are assigning to play in the current match

If using Club Pass Players (CP) then you must know the player's Last Name, First Name and Birthday to add to your Match Day Card. The spelling of the Player Name must match exactly to the Player Account.



Capital District Youth Soccer League
Minimum/Maximum Roster Size, Game Day Roster Size
& Number of Club Pass Players on Game Day

Age Division	Minimum # Players on Roster	Maximum # Primary Players on Roster	Total # of Club Pass Players allowed on roster
U8 - U19	7	22	8

CDYSL GAME DAY ROSTER SIZES:

Age Division	Minimum # of players to start a CDYSL game	Maximum # of players able to play on Game Day including club pass players	# of Club Pass Players allowed to participate in Game Day
U8	1 squad- 3 v 3	14	7
U9 - U10	5	14	7
U11 - U12	7	16	7
U13 - U19	7	18	11

- ❖ 12U teams playing in State Cup as "Travel" roster max is 16
- ❖ 13U & up teams playing in State Cup as "Travel" roster is max 18
- ❖ Players not participating in a CDYSL match must be crossed off the roster
- ❖ CDYSL matches must have a printed copy for the referee or match is cancelled

Age Division	Allowable Number of Club Pass Players to participate in Game Day
U8 - U12	Up to 7 Club Pass Players
U13 - U19	Up to 11 Club Pass Players

- ❖ All Rules of the Club Pass Player Policy and Roster Rules for Game Day must be followed
- ❖ **Each team must provide the Referee with a copy of the Printed Match Day Card with player's photos. NO EXCEPTION ACCEPTED**
- ❖ Each team must be able to give the opposing coach a printed copy of the Match Day Card with player's photos if requested.

Club Pass Players Eligibility

1. Club Pass Players must be officially registered as a primary player on a member club team roster
2. Club Pass Player may only be added to a secondary team registered with the same club. Guest play between clubs is not authorized
3. Registered players that are club pass players shall be age appropriate and from equal or lower division team.
4. Club Pass Players may not play below U-age or division for which their primary team is officially registered
examples: 10U age eligible player on Div. 3 may guest play on Div 3, Div. 2, Div 1 and on 12U
13U age eligible player registered on a 13U team may guest play on 13U-16U teams
12U age eligible player registered on a 12U team may not guest play on 10U
12U age eligible player registered on a 14U team may not guest play on 12U
5. 08U through 12U USYSA age players may **NOT** guest play 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.
example: 08U age player registered on a 10U team may not guest play on a 11U team
6. 12U through 19U USYSA age players may **NOT** guest play on a team whose TEAM age is more than 3 older than their PLAYER age regardless of whether or not their individual club policies allow it.

▪ **How to Report a Game Score**

- Game Score is Reported by using the QR code at the top right of your Match Day Card
- Winning team reports the score within 24 hours of the Match (this will lock after 24- hours and the team will be subjected to a \$10.00 fine)
- When reporting the score, you **MUST** include yellow and/or red cards for coaches and/or players



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Modified Rules 08U can be found in Rules & Regulation under Appendixes A-D2 pg. 35

- Use of build out line opposing team can not cross build out line until the second defender player players the ball (no stalling tactics will be allowed)
- No Goalkeepers
- Ball size #3
- 4 v 4 – two fields next to each other
- Four (4) 12-minute quarters
- Halftime 5 minutes
- No heading or slide tackles
- Number of Games eight (8)
- Minimum number of players to start a game is 1 squad of 3 v 3
- Maximum number of players allowed to participate in game = fourteen (14) including the use of Club Pass Players. * Roster Rules
- Maximum number of Club Pass Players allowed in same match, seven (7)
- **Printed Match Day Card or Primary Roster given to the referee is mandatory**
- No write in allowed
- No parents or spectators allowed behind the goals or on the team side of the field
- No adults on bench side including managers without coaching requirements

Modified Rules 10U can be found in Rules & Regulations Appendixes A-D2, pg. 35

- Use of build out line – opposing team can not cross build out line until the second defender player players the ball (no stalling tactics will be allowed)
- Goalkeepers - yes
- Goalkeepers can NOT punt or drop kick the ball
- Ball size #4
- 7 v 7 including goalkeeper
- Two (2) 25-minute halves
- Halftime 10 minutes
- No heading or slide tackles
- Offsides is called
- Indirect and Direct Free Kicks called
- Number of Games eight (8)
- Minimum number of players to start a game is seven (7)
- Maximum number of players allowed to participate in game = fourteen (14) including the use of Club Pass Players. * Roster Rules
- Maximum number of Club Pass Players allowed in same match, seven (7)
- **Printed Match Day Card or Primary Roster given to the referee is mandatory**
- No write in allowed
- No parents or spectators allowed behind the goals or on the team side of the field
- No adults on bench side including managers without coaching requirements

Modified 12U Rules can be found in Rules & Regulation in Appendixes A-D2, pg. 35

- 9 v 9 including the goalkeeper
- Maximum number of players that can participate in match is sixteen (16)
- Maximum number of Club Pass Player that can participate in the match is seven (7)
- Minimum number of Player to start a game is seven (7)
- Goalkeepers – can punt or throw the ball
- Game time – (2) 30- minute halves
- Ball size #4
- Players that are 11U are not allowed to head the ball, 12U players are allowed
- Fouls are indirect and direct
- **Printed Match Day Card or Primary Roster given to the referee is mandatory**
- No write ins allowed
- No parents may sit behind the goal or on the team side of the field
- No parents or spectators allowed behind the goals or on the team side of the field
- No adults on bench side including managers without coaching requirements

RESCHEDULING A GAME

Weather related or field closures must be completed on the Microsoft forms and submitted to the CDYSL office by:

Monday-Friday by 4:00pm

Saturday/Sunday by 10:00am

1. Forms can be found on the home page of the Website Rotator.
2. Any closures form not received by the times above will NOT be honored and the game can only be canceled by the Referee at the field. Teams will be charged a NO Show if they do not report to the field without notifying CDYSL by the time stated. All referee fees are due
3. This will be free reschedule

Rescheduling Games during the free period MUST be agreed on by BOTH COACHES.

1. This will be a free reschedule until the free period ends

Rescheduling a Game during the regular season

1. Rescheduling after the free period will be subject to Reschedule fees to the team that submits the GotSport Game Reschedule Form
2. All games that are to be rescheduled for anything other than weather must be completed in GotSport Forms and submitted to the cdysloffice@cdysl.org
3. No reschedules will be accepted by phone, email or personal conversations
4. Both coaches must use the coach chat in GotSport to agree upon a new game date and time.
5. The team that submits the form will be charged the rescheduling fee and any other fees associated with that reschedule.

CDYSL Traditional Days and Time of Play

Boys	Girls
08U-Fri/6:30 and Sat am/pm or Sun/ 5:45	U08-Fri/6:30 and Sat am/pm or Sun /5:45
10U-Tues/6:30 and Sun /5:45	10U-Thurs/6:30 and Sun/ 5:45
11U & 12U Sun/5:45 and Tues/6:30	11U & 12U Sun/5:45 and Wed/6:30
13U & 14U Sun/5:45 and Thurs/6:30	13U & 14U Sun/4:15 and Wed/6:30
15U & 16U Sun/2:45 and Tues/6:30	15U & 16U Sun/2:45 and Wed/6:30
17U & 19 Tues or Fri/6:30 and Sun/1:00	17U & 19U Mon or Fri/6:30 and Sun/1:00

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

08U, 10U, & 12U can only reschedule on Sundays, 4:15 or 5:45pm- NO 1:00pm or 2:45pm games

14U should avoid the 1:00pm and 2:45pm game time

Weekday game time is 6:30pm- all other times will be denied for a reschedule.

Sunday game time slots are 1:00pm, 2:45pm, 4:15pm and 5:45pm – all teams must stay with these game time slot for rescheduling. All other times will be denied for a reschedule.



REFEREE ABUSE POLICY

531-9 / YOUTH & AMATEUR SOCCER



NON-PHYSICAL ABUSE

LEVEL 1: VERBAL TAUNTING

Speech or gestures intended to belittle the referee, damage their credibility, and undermine their ability to effectively officiate the game.

DEFINITION

Insulting, Belittling, Insinuating or Taunting Behavior
Undermining Referee Authority.

EXAMPLES

- **Questioning Competence:**
"Do you even know the rules?"
- **Mocking Appearance or Abilities:**
"Did you forget your glasses?"
- **Accusations of Bias:**
"What's the other team paying you?"
- **Dismissive Language:**
"You suck."
- **Aggressive Tone:**
"You're the worst ref we've ever had."

RECOMMENDED APPROACH

If you have concerns about a call, respectfully ask the referee for clarification. Share your perspective calmly, avoiding yelling, insults, or offensive gestures.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



NON-PHYSICAL ABUSE

LEVEL 2: HARASSMENT/INTIMIDATION

Occurs when language or body language is intended to make a referee feel unsafe but where the threat of violence remains unspoken.

DEFINITION

Harassment, Intimidation, Retaliation, Abusive or Threatening (Non-Physical) Language.

EXAMPLES

- **Using Expletives:**
"That call was complete \$H*t!"
- **Personal Attacks:**
"You're a F-ing joke!"
- **Escalating Intensity:**
"You can't make a single good f***** call!"
- **Getting In The Referee's Face.**

RECOMMENDED APPROACH

Take a moment to gather yourself before you speak to the referee. Ask for clarification calmly, aiming for constructive communication rather than causing conflict.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



Complete illustration COMING SOON!

NON-PHYSICAL ABUSE

LEVEL 3: THREATS/DEROGATORY LANGUAGE



When aggressive language or threats of violence enter the mix – or when abuse spills online.

DEFINITION

Aggression, Attacking, Derogatory, Cyberbullying, Doxing, or Threatening (Physical / Violence) Language.

EXAMPLES

• Threatening To Inflict Harm On A Referee:

- “You’re gonna pay for that!”
- “I’ll see you in the parking lot”
- “I’m going to shove that card down your throat!”
- “You better watch your back!”

- **Public Attacks Online** such as uploading a post to social media attacking the referee.

RECOMMENDED APPROACH

When you feel frustrated by a referee’s call, take a moment to pause and breathe. Reflect on how your reaction impacts your experience and the overall atmosphere of the game for everyone involved.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



Complete illustration COMING SOON!

NON-PHYSICAL ABUSE

LEVEL 4: OFFENSIVE OR DISCRIMINATORY ACT



U.S. Soccer is inclusive of everyone. Discrimination – attacking referees for who they are, or offending their dignity – will not be tolerated.

DEFINITION

Discriminatory or derogatory words or actions on account of race, skin color, ethnicity, nationality, social origin, gender, disability, sexual orientation, language, or religion.

EXAMPLES

- Racial or ethnic slurs.
- Offensive gestures.
- Homophobic language.
- Using harmful or sexist stereotypes.

RECOMMENDED APPROACH

Remember that soccer is for everyone. We're all human, and everybody deserves the opportunity to enjoy the game without being made to feel bad about who they are.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



PHYSICAL ABUSE

LEVEL 1: MINOR OR SLIGHT TOUCHING



Even minor deliberate touches can be unwanted and make referees feel unsafe and are considered physical abuse.

DEFINITION

Minor or Slight Deliberate Touching.

EXAMPLES

- Tapping the referee's shoulder to get their attention.
- Touching the referee's chest with your finger.
- Grabbing the referee's jersey to get their attention.
- Intentionally bumping lightly into the referee.

RECOMMENDED APPROACH

Respectfully get the referee's attention without touching them – and, even in the heat of the moment, make a conscious effort to keep your hands to yourself.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



PHYSICAL ABUSE

LEVEL 2: INTENTIONAL CONFRONTATION



Escalation of using contact to intimidate or provoke a physical confrontation – or causing damage to property – without the intent to cause bodily harm.

DEFINITION

Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non-Striking Manner, or Physical Property Damage

EXAMPLES

- Shoving the referee.
- Forcefully grabbing the referee's arm.
- Throwing a water bottle at the ground in front of the referee.
- Dumping the referee's bag into a trashcan.
- Aggressively grabbing the referee's jersey.
- Following the referee to the parking lot or to their car.

RECOMMENDED APPROACH

Understand that this behavior not only won't change the outcome on the field, it will keep you out of the game for a long time. Channel that energy to drive better on-field performance. Remove yourself from the situation if you need to calm down.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



PHYSICAL ABUSE

LEVEL 3: VIOLENT CONTACT



Malicious, violent contact intended to cause bodily harm – this is considered assault and can result in criminal punishment, legal suits, and medical liability.

DEFINITION

Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner

EXAMPLES

- Kicking the referee's shin.
- Throwing a punch at the referee.
- Placing hands on the neck to choke the referee.
- Throwing a water bottle with intent to hit the referee.
- Intentionally kicking the ball at the referee.

RECOMMENDED APPROACH

Before physical abuse ever escalates to this level, there are plenty of opportunities to choose another course of action. Remove yourself from the situation and give yourself time for your anger to defuse before doing something with serious long-term consequences.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.





PENALTY OVERVIEW

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spiting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

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KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **“minor multiplier” resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please follow your current reporting structure – updated reporting procedure will be a part of Phase 3.

Zero Tolerance

Anyone can file a zero-tolerance violation report

Procedures and forms can be found on cdysl.org website under Resources, zero tolerance policy

Any referee that is wearing a GREEN BADGE is a minor and penalties will be 3x the original penalty for the offense.

Zero Tolerance Violation Reports from a Referee for abuse of a referee is an automatic suspension from CDYSL until the investigation is completed and cleared by ENYYSA and CDYSL.

Zero Tolerance Violation Reports from a Parent, Coach, and/or Player NOT involving a referee will be investigated once the report is submitted properly to CDYSL office. CDYSL Zero Tolerance Committee will investigate the case, once an outcome is determined, then penalty will be served.

CDYSL Yellow and Red Cards to Players count across Leagues within ENYYSA. So, if your player receives a red card for an EDP game, he will miss the next game if it is CDYSL Spring game. A game counts if it is the same number of minutes as the match in which the player received the penalty.

**Example: 14U – 2 - 35 minute halve, so total 70 minutes suspended for a 1 game suspension
If your team is in a tournament that is playing 30 -minute games, then the player will miss
2 – tournament games plus 10 minutes of the third game**

Capital District Youth Soccer League – Player Red & Yellow Cards: Offense Codes, Suspensions and Penalty Points

Code	Offense	Fine	Suspension	Points
C1	Unsporting Behavior —further defined as: Adopting an aggressive attitude, Simulation, Dangerous Play, Foul Tackle, Goal Celebration, Reckless Play, Pushing or Pulling an opponent, Tripping, and • Unspecified Behavior	NA	ZTEC determination Subject to Player accumulation of three points in one season	1 point
C2	Dissent NOT specified in ENYYSA & US Soccer Level 1, Level 2, Level 3, or Level 4 descriptions	NA	ZTEC determination Subject to Player accumulation of three points in one season	1 point
C3	Persistently infringing the Laws of the Game	NA	ZTEC determination Subject to Player accumulation of three points in one season	1 point
C4	Delays the restart of play • Fails to respect the required distance at a restart • Enters or re-enters the field of play without referee's permission • Deliberately leaves the field of play without the referee's permission	NA	ZTEC determination Subject to Player accumulation of three points in one season	1 point
C5	Improper equipment	NA	ZTEC determination Subject to Player accumulation three points in one season	1 point
S1	Receives a second yellow in one match	NA	1 match	3 points
S2	Denies the opposing team a goal or an obvious goal-scoring opportunity by handling	NA	1 match	3 points
S3	Denies obvious goal-scoring opportunity to an opponent moving forward towards the player's goal by an offence punishable by a free kick or a penalty kick	NA	1 match	3 points
S4	Serious Foul Play towards opposing team	NA	1 match	3 points
S5	Use of offensive , insulting or abusive language to another person other than the referee Use of offensive , insulting or abusive language towards a referee	NA	2 matches ENYYSA penalties	4 points
S6	Racial slurs or hate speech	NA	3 matches	5 points
S7	Violent conduct towards opposing team — further defined as Head to Head, Elbowing, Kicking, Stamping, Striking, Fighting, and • Unspecified behavior Violent conduct towards referee	NA	3 matches ENYYSA Penalties	5 points
S8	Spitting towards opposing team Spitting at or on a referee	NA	4 matches ENYYSA penalties	6 points

- Accumulation of 3 points from Codes C1 through C5 will equal 1 match suspension
- 2nd Red Card in any one season for S1- S8 will result in a suspension for the season
- All Yellow and Red Card accumulate points and any player that has a total of 9 points will be suspended for the season.

Each Yellow and Red Card will be reviewed by the Zero Tolerance Enforcement Committee and number of match suspension may increase or decrease depending on more serious foul play and violent conduct

