



SOUTH JERSEY SOCCER LEAGUE NEWSLETTER

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What can we do?



The media is awash with information and stories regarding the new coronavirus. Information and resources have been provided by the CDC, the WHO and US Club Soccer. Several sports organizations have looked for and imposed alternatives to the pre- and post-game hand shaking rituals. Proposed ideas have included: waving, cheering, fist bumping, elbow bumping, inside foot touches, among others. Please discuss these alternatives with your players and teams and feel free to utilize those ideas that you feel are both safer and continue to encourage sportsmanship among our players.

At this time, league games will continue as scheduled. SJSJ will continue to monitor the situation and update everyone if there is a change to this plan. The CDC continues to recommend that everyone be proactive:

- Avoid close contact with people who are sick
- Clean your hands often, especially after touching surfaces in public places
- Have supplies on hand in case you need to stay home for a prolonged period of time

Additional precautions can be found on page 2.

INSIDE THIS ISSUE

What can we do?	1
Where can I find more information on COVID-19?	1
The Coronavirus!	2
The Revised Laws of the Game are here!	2
Revised LOTG cont'd	3
Revised LOTG cont'd	4
How do I make roster changes?	4
How do we close our fields?	4
How do I reschedule my game?	4
Club Contact Info!	5
Past Cup Photos	5

Where can I find more information on COVID-19?



The State of New Jersey Department of Health provides a 24-Hour Public Hotline to address questions about the COVID-19. Call 1-800-222-1222. They also provide additional information, including frequently asked questions at: https://www.nj.gov/health/cd/topics/covid2019_community.shtml.

The Centers for Disease Control and Prevention (CDC) provides more information about COVID-19, its symptoms, how it spreads and other frequently asked questions, on the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Find us on the web at: www.sjsl.org

The Coronavirus.



The best way to stay safe is to stay informed. More information continues to come out every day. The following preventative actions have been recommended:

- ✓ Wash your hands with soap and water (for at least 30 sec) after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- ✓ Avoid touching your mouth, eyes or nose with your hands.
- ✓ Cover your cough and sneeze with a tissue, and dispose of the tissue in the trash.
- ✓ Clean up practice/game areas after use (ie. throw used water bottles in the trash).
- ✓ Use alcohol-based sanitizers (60% alcohol) in addition to frequent hand washing.
- ✓ Carry small bottles of alcohol-based sanitizers to use when hand-washing facilities are unavailable.
- ✓ Stay hydrated and do not share water bottles or food.
- ✓ Avoid pre, during, or post-game handshakes with players or game officials.
- ✓ Avoid hand-in-hand/arm-in-arm team huddles.
- ✓ If anyone feels ill prior to an event, have them stay home to reduce the risk to others.
- ✓ If anyone becomes ill during an event and has symptoms such as coughing, fever, or difficulty breathing, contact a medical professional. To reduce exposure, consider self-isolation until evaluated by medical personnel.
- ✓ Support your immune system with a varied, vitamin-rich diet with sufficient vegetables and fruit to help prevent infections. Fruit containing vitamin C, such as oranges or grapefruits, are particularly important.

The Revised Laws of the Game are here!



The June 2019 revisions to the LOTG will be used for the Spring 2020 season, with the changes noted below. Here is a quick summary of those revisions:

Law 3 – substituted player(s) must leave on the players' side of the field and immediately go to the technical area, unless expressly directed by the referee

Law 5 – an injured player who is awarded a penalty kick and will be the kicker does not have to leave the field when treated for the injury

Law 7 – medical stoppages (drink/cooling breaks) – may be given to allow drink breaks of 1 min. and “cooling” breaks of 90sec to 3 min.

Law 8 – the team that wins the coin toss can choose the goal to attack or to take the kickoff; the team that decides which goal to attack takes the kickoff in the second half

Dropped ball – dropped for one player on the team that last touched the ball and everyone else must be 4.5 yds away. Ball is in play when it touches the ground. If dropped ball goes into goal without first touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's goal.

Revised LOTG cont'd:



Law 9 – dropped ball will be awarded if the ball hits the referee/match official and: (1) a goal scored; (2) a team starts a promising attack or (3) possession changes.

Law 10 – GK cannot score by throwing the ball directly into the other goal. A goal kick will be awarded.

Law 12 – Handball rules are now “clarified”.

It is an offense if a player:

- deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
- gains possession/control of the ball after it has touched their hand/arm and then:
 - • scores in the opponents’ goal
 - • creates a goal-scoring opportunity
 - • scores in the opponents’ goal directly from their hand/arm, even if accidental, including by the goalkeeper

It is usually an offense if a player:

- touches the ball with their hand/arm when:
 - • the hand/arm has made their body unnaturally bigger
 - • the hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm)

The above offenses apply even if the ball touches a player’s hand/arm directly from the head or body (including the foot) of another player who is close

Except for the above offenses, it is not usually an offense if the ball touches a player’s hand/arm:

- directly from the player’s own head or body (including the foot)
- directly from the head or body (including the foot) of another player who is close
- if the hand/arm is close to the body and does not make the body unnaturally bigger
- when a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body

Team officials/coaches can receive a YC/RC; if the offender cannot be identified, the head coach will be carded.

Caution offenses include: persistently leaving the technical area; delaying the restart by your team; dissent by word or action including throwing things and gestures; persistent unacceptable behavior; showing a lack of respect for the game.

Sending off offenses include: delaying restart by opposing team; acting in a provocative or inflammatory manner; throwing/ kicking an object on to the field; entering the field to confront a referee at half time/end of the game; using abusive language.

All verbal offenses are restarted with an indirect free kick.



Revised LOTG cont'd:



Law 13 – With a defensive wall of at least 3 players, all attacking players have to be at least 1m away. An indirect free kick is awarded if they encroach.

For free kicks from inside the penalty area:

For 7v7 matches: • Cannot cross the build out line until the ball: clears the penalty area, or it is touched by a second player on the kicking team

For 9v9 matches: • Cannot enter the penalty area until the ball: clears the penalty area, or it is touched by a second player on the kicking team

For 11v11 matches: • Must be 10yds from the ball and cannot enter the penalty area until the ball: is kicked and clearly moves

Law 14 – GK must have at least part of one foot on or in line with the goal line on a penalty kick. GK cannot be behind the goal line.

Law 16 – Goal kicks

For 7v7 matches: • Cannot cross the build out line until the ball: clears the penalty area, or it is touched by a second player on the kicking team

For 9v9 matches: • Cannot enter the penalty area until the ball: clears the penalty area, or it is touched by a second player on the kicking team

For 11v11 matches: • Cannot enter the penalty area until the ball: is kicked and clearly moves

How do I make roster changes?



The Spring 2020 rosters were frozen before the season started. All player changes (adds/releases, new/transfer) have to be approved by the league. Some confusion over the procedures may have led to last minute roster changes or an inability to get a player on a GDR. The proper procedure is to click on the appropriate link on the league website under Attn:Coaches/Club Reps and complete the google doc.

How do we close our fields?



Some clubs are confused over the proper procedure to close their fields during inclement weather. A lot of emails and phone calls have been exchanged. The proper procedure is posted on the league website. Instructions are provided and a google form must be submitted each time. The form is live on the website and lists all of the field closures that we receive.

How do I reschedule my game?



A form was placed on the league website to facilitate game reschedule requests. Remember, these are requests only, until approved by the games commissioner or the league.

SJSL Executive BoardPresident: [Larry Young](#)Vice President: [Bob Cooper](#)General Secretary: [Jim Miller](#)Treasurer: [Tom DiValerio](#)Registrar: [Chuck Snyder](#)Fall Games Commissioner: [Mike Trojak](#)Spring Games Commissioner: [Helmut Lackermayer](#)Rules Compliance Officer: [Ed Eichen](#)First Trustee: [Scott Hartman](#)Second Trustee: [Vacant](#)Third Trustee: [Gary Rambo](#)Recording Secretary: [Heather Talarico](#)Information Officer: [Vacant](#)Associate Member: [Mark Roxberry](#)**Past Cup Photos:****Club Contact Info!**

If you have not already, please go into GotSoccer and verify that you have the correct labels for your club officials. SJSL is using the GotSoccer email addresses for league communications. Our focus will be on reaching out to club presidents, registrars and club reps. We will not be emailing any other labels that are used.

For all club reps, including the alternate club reps, use the "SJSL Boys" label only. DO NOT use Boys Commissioner, Boys League Rep, club rep, League Representative, SJSL Rep, SJSL Rep Alternate.