

Rules and Regulations for Ithaca Premier Soccer League (IPSL) 2021-2022

IPSL developed this document in order to codify the rules and regulations that will guide the league's administration, gameplay, and disciplinary procedures. IPSL modeled these rules and regulations after the NCAA rules with some adjustments as documented here. All rules or regulations not specifically addressed in this document are governed in the NCAA manuals or soccer rulebook. These documents can be found [here](#).

Warning

Ignorance of these rules or regulations is not a defense against violations. It is the responsibility of every individual player to familiarize themselves with these rules. Captains should reinforce knowledge of these rules for their respective squads.

About IPSL

IPSL was founded in 2021 by DJ Roberts, a decade-long vibrant member of the Ithaca Soccer Community and of the Ithaca Community at large. IPSL's mission is to create a fully inclusive platform to expand the sport's presence in the town and surrounding community, while offering a safe and fun environment for people to play and interact. The league is open to people from all skill levels as well as from any race, political, age, religious, gender and sexual orientation background.

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SECTION 1: ADMINISTRATION

1. Player Eligibility

General eligibility

In order to be eligible to play in the IPSL, all players must:

- Register on the IPSL website
- Accept the player waiver.

Additionally, players are only eligible to play in the division they are signed up for.

Underage players

Underage players (<18 years old) must sign the Underage Player Waiver.

Team rosters

Coed Teams must field a minimum of two players identifying as women at all times. Teams in the Open League Format have no gender restrictions on their rosters. Teams in the Over-30 league must field players with an age of 30 or older.

Guest Players

Guest players are allowed unless a team can field a full team plus two subs (9 players for the indoor league). Guest players must also register on the IPSL website and accept the waivers. In an event that the guest player is not registered, the captain assumes all resulting liability related to the guest player. Players are restricted to play as a guest for a team within their division unless the opposing team's captain approves of their participation in the game prior to kickoff.

Roster eligibility for IPSL Cup

After a player plays a game for a team in the IPSL cup, this player is tied to this team and is not eligible to play for another team in the Cup.

Guest Players for IPSL Cup

Guest players are allowed unless the team can field a full team plus two subs. A guest player must be registered with ISPL and have accepted the waivers otherwise, the captain is liable for any resulting penalties incurred by this player. Guest players cannot play for multiple teams in the Cup.

2. Process for Team and Player Registration

Deadlines

Deadlines to register can be found on the IPSL website here. Captains can register their whole squad and sign the accompanying waiver for the team. It is the captain's responsibility to ensure

squad players are familiar with both the waiver and the rules and regulations discussed in this document.

Deadline	Requirement	Penalty if Missed
Matchday Week 1	Minimum of 7 players must be registered per team	\$30
Matchday Week 2	Minimum of 9 players must be registered per team	\$30
Matchday Week 4	No additional players may be registered without approval from the divisional admins. Captains may replace players for injuries or non-payment (one for one swap).	N/A
Matchday Final Week and Playoffs	No additional players may be registered. Rare exceptions may be made due to injuries and on a case-by-case basis with approval from the admins.	N/A

Payment deadlines

Captains cannot register for any IPSL event if payment is outstanding beyond the due date assigned for the league.

Failure to pay by the assigned due date will result in a fine. A second instance of failure to pay by the assigned due date will result in double late fees. A third instance of failure to pay by the assigned due date will result in triple late fees, the team forfeiting all future games and the captain(s) will be suspended from IPSL until full payment is made.

If a captain or team continues to violate the payment rules across multiple seasons, the IPSL Board reserves the right to expel captains/teams/members at any time.

Free agents

Players can register as free agents and the league will do its best to assign them to a team.

3. League Format: Open

The Ithaca Premier Soccer League consists of 3 indoor leagues:

- Open
- Coed
- Over-30

In the Open league format, there are no restrictions on the gender compositions of the squad. Teams will play round-robin type games during the regular season for a spot in the playoffs. If the division is composed of 4 teams, the top two teams will play each other for the divisional final and a promotion spot. If the division has more than 4 teams, the top 4 teams qualify for the playoffs with teams facing each other according to their standings:

- 1 vs 4
- 2 vs 3

The winners play in the league final.

4. League Format: Coed

The Coed league consists of two divisions. Teams can register for either division but IPSL reserves the right to place teams in either division based on the skill level of the players on the squad to maintain the competitiveness of the league. Teams that register for the Coed league must field a minimum of two female players during game at all times. Failure to meet this requirement will result in the team playing down the missing number of female players unless the captain of the opposing team agrees otherwise.

Teams will play round-robin type games during the regular season for a spot in the playoffs. If the division is composed of 4 teams, the top two teams will play each other for the divisional final and a promotion spot. If the division has more than 4 teams, the top 4 teams qualify for the playoffs with teams facing each other according to their standings:

- 1 vs 4
- 2 vs 3

The winners play in the league final with the finals' winner earning the right for promotion to D1 if they agree to do so. If not, the runner up will get the promotion spot if they beat the last placed team in D1.

The last place team in D1 will be relegated to D2 if:

- the D2 finals' winner accepts the promotion
- D2 finals' winner declines the promotion and loses to the D2 Runner up in the promotion game

5. League Format: Over 30

The Over 30 league consists of teams with players of age 30 or older. Teams must also field a minimum of two female players at all times. Failure to meet this requirement will result in the team playing down the missing number of female players unless the captain of the opposing team agrees otherwise.

Teams will play round-robin type games during the regular season for a spot in the playoffs. If the division is composed of 4 teams, the top two teams will play each other for the divisional final and a promotion spot. If the division has more than 4 teams, the top 4 teams qualify for the playoffs with teams facing each other according to their standings:

- 1 vs 4
- 2 vs 3

The winners play in the league final.

6. IPSL Cup

IPSL Cup is a knockout tournament that occurs at the end of every season allowing teams from any league and division to play against one another. Teams can qualify by finishing within the top 2 spots of their respective league.

Draw for the first round of games is made at random with the requirement that teams from the same division cannot play each other in the first round.

Draw for the second round (semi finals) is made after the first round of games are completed. In this draw any pair-up is allowed.

The winner of the IPSL Cup is given a discount for the next season's registration fees and a gift card to xxxxx.

7. Scheduling and Rescheduling games

The league administrators are responsible for providing field space for all games and will post and update the schedule on the IPSL website. They will communicate any changes to the respective divisions. However, the league administrators reserve the right to change the schedule at any time due to field availability or inclement weather.

Preference will be given towards avoiding rescheduling games. However, the league administrators will make every reasonable effort to reschedule games if necessary, following the process outlined below and subject to the following conditions:

- If a time or location cannot be found for a rescheduled game, it will be considered a draw and each team will be awarded a point
- Forfeits are issued when a team does not show up, cannot play, or cannot agree to reschedule with the opposing team.
- If an 11v11 team is reduced to less than seven (7) players by injury or ejection, they forfeit.
- If a 7v7 team is reduced to less than five (5) players by injury or ejection, they forfeit.

Teams can avoid a forfeit if the captain provides ample notification to their division League administrator of any request to reschedule, as outlined in the table below:

Timing of reschedule request	Action	Penalty
>36 hours before kickoff	Follow reschedule process, as outlined below	None
24-36 hours before kickoff	Forfeiting team accepts 0-3 loss unless opponent agrees to reschedule	None
<24 hours before kickoff	Forfeiting team accepts 0-3 loss with no option to reschedule	Fine of \$30

If the opposing team agrees to reschedule and a field is available at a time of the opposing team's preference, the game will be rescheduled. If those conditions are not met, the original forfeit will stand.

The following process shall be followed for any requests that are made more than 36 hours prior to kickoff.

- Captain notifies league administrators of their desire to reschedule
- League administrator will postpone the game from the online schedule until game is rescheduled
- Both captains propose at least two (2) and up to five (5) makeup dates. Proposed dates must be submitted to the league administrator within a week of the originally scheduled game. If either team does not submit proposed dates by then, they accept a 0-3 forfeit loss.
- League prefers teams propose makeup dates on at least two different days of the week (e.g. a team should propose a Tuesday option and a Sunday option vs. proposing only Tuesday options).
- Once a date is agreed, the league administrators will make best their efforts to reserve field space and communicate to teams accordingly. There is no guarantee that the proposed reschedule date will work.
- For non-IPSL Cup matches, rescheduling date must be confirmed within two (2) weeks of the original game or the rescheduling team accepts a 0-3 forfeit loss.
- For League Cup matches, matches must be scheduled within seven (7) days of the end of the cup round, or the rescheduling team accepts a 0-3 forfeit loss.
- Once field space is reserved on reschedule date, the division League administrator will update the league schedule.
- Reschedule is not official until it has been posted on the IPSL website.
- If either team involved in the reschedule does not make a good faith attempt to reschedule the game and is considered uncooperative by the League administrator, IPSL has the authority to enforce team penalties up to and including deduction of points.
- Towards the end of the season, League administrators will have full discretion to decide the date and time of rescheduled games in order to avoid interference with playoff scheduling.

If a team does not complete its regular league schedule, the following rules shall be in effect:

- If at least one-half (1/2) of the full schedule of games has been played, all scores shall stand, and forfeit wins will be awarded to their future opponents.
- If less than one-half (1/2) of the full schedule of games is played, all games played shall be rescinded.
- Any team which forfeits three (3) scheduled League games, will be removed from the League and shall forfeit all fees on deposit with the League as well as the right to receive a refund. Teams in this position can encroach further fees for individual forfeits, at the discretion of the IPSL Board..

8. Inclement Weather Policy

The purpose of the inclement weather policy is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of inclement weather. Inclement weather consists of thunder, snowstorms, ice storms, and / or lightning, within 10 miles of the match. No games can start until after 30 minutes past the last thunder and/or lightning strike. In case of snowstorm, heavy rains, games will be cancelled within 2 hours minimum of kickoff.

9. Point System for League Standings

IPSL will provide league standings on a weekly basis after game completion. League standings will decide participation in the playoffs, promotion, and IPSL Cup. Points are awarded as follow:

- 3 points for every win
- 1 point for every draw
- 0 point for every loss

In case teams finish the league with the same number of points, tiebreakers will be decided, in order, as follow:

- Team with the better Goal difference will finish higher up at the table
- Team with the better Head-to-head record will finish higher up the table
- Winner of a scheduled rematch will finish higher if the above options are inconclusive

SECTION 2: GAME DAY

(a) Referees. Referees will be certified and assigned to games via Arbiter by the assignor.

(b) Players.

Games will be played with each team fielding seven (7) players per side. Games may start with a team only having five (5) players. If a team has less than (5) players on the field of play at game time, there will be a 5 minute grace period before starting to allow the team to have at least (5) players on the field of play. If after 5 minutes there are not (5) players for a team on the field, the game will be a forfeit and a 3-0 win will be given to the opposing team. If neither team is able to have at least (5) players on the field of play after the grace period, a 0-0 draw will be recorded with no points. Any team that cannot field five (5) players at any point during the match for any reason (e.g. injuries, ejections) will forfeit. If a player is ejected prior to kickoff, the team of the ejected player may still field seven (7) players at kickoff.

(c) Equipment. Players are required to wear the following equipment during gameplay:

- Jersey that matches their team color
- *Jersey with a visible number that matches the roster*

Teams must wear jerseys that are noticeably different from their opponent. If two teams have the same color jersey, the **AWAY** team will be required to change to a different color. In IPSL League Cup matches, the **LOWER SEEDED** team will be required to change to a different color.

Each team is responsible for bringing at least one high quality match ball for use during the game. Referees will not provide match balls.

Players are prohibited from wearing the following equipment during gameplay:

- Watches (including FitBits and other fitness tracking wearables)
- Jewelry

(d) Pre-game responsibilities; Referees. Referees must request a written list of players participating in the game from each captain. This list must include names of guest players.

(e) Pre-game responsibilities; Captains. Captains must execute the following before kickoff:

- Provide referees with a list of rostered and guest players participating in the game
- Provide a matchball

(f) Post-game responsibilities; Referees. Referees must submit a game report within 24 hours of the final whistle. The report must contain the following information:

- Score
- Goal scorers from each team (last name)
- Yellow cards
- Red cards (Use the following codes for reds)
 - (1) Second yellow
 - (2) Violent conduct or intent to injure
 - (3) Fighting
 - (4) Verbal abuse
- Player of the Match
- Does the team provide a roster? Y/N
- General assessment of team conduct

Referees must report fights immediately after the game to the referee assignor.

(g) Post-game responsibilities; Captains. Captains must log the final score on the IPSL Website within 24 hours.

GAME PLAY RULES (7v7)

(a) Statement of Sportsmanship

IPSL promotes good sportsmanship by players, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, homophobic comments, or other intimidating actions directed at officials, players, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

(b) Players and Substitutes

Unlimited substitutions are allowed during all 7v7 format games. 7v7 teams may sub up to seven (7) players at a time.

Substitutes may enter the game “on the fly,” or at any time during the game as long as the player being replaced has left the field of play.

(c) Duration of the Game

All games will consist of two periods of 25 minutes with a five (5) minute half time. Games will be considered complete if they are abandoned for any reason and 35 minutes have been played.

Regular season games that end in a tie are considered a draw, with no extra time or shoot-outs.

Postseason games that end in a tie will consist of one (1) period of five (5) minutes where Golden Goal scoring applies (i.e. the first team to score in extra time is the winner). If no goal is scored by either team, the game will be decided by a penalty shootout, which will be conducted in accordance with these guidelines:

- The visiting team calls the coin toss. The winner of the coin toss elects to kick first or last.
- The referee decides which goal will be used.
- All players currently on the gameday roster will participate.
- The team with the most goals after five (5) attempts by each team will be declared the winner. If the game is tied after five (5) rounds, the shoot out enters the tie break. Each round will consist of a shooter from each team that has yet to shoot. For Co-ed competition only, the first (5) shooters must consist of (3) players identifying as male and (2) players identifying as female shooters. In the sudden death rounds, teams will continue to alternate (1) male with (1) female shooter in that order until a winner has been decided (if a team only has (2) female players in total, they have to continue to shoot for the duration of the shootout).
- After all players have attempted a penalty, you may shoot in any order.
- Only players listed on the roster are eligible to partake in the shootout. Guest players are ineligible. Any player who has been ejected can neither be replaced nor participate.
- The tie break continues upon a goal scored by both teams.
- If a team misses in a round and the other team converts, the team that scored will be declared the winner.

(d) Cards

Any player who receives a yellow card will sit out for two (2) minutes. The team will play down a player for the duration of the two (2) minute period. Once the two (2) minute period expires, the team will play with all players. The player who received the yellow card may re-enter the game.

Any player who receives a red card will be ejected immediately. The team will play down a player for five (5) minutes. Once the five (5) minute period expires, a replacement player may rejoin the game. The player who was given the red card may not re-enter the game.

For players who have received a red card:

- As a result of two yellow card offenses, a one game ban must be served. This player will miss his team's following fixture.
- As a result of dangerous play or unsportsmanlike behavior, the player in question will serve a two-game suspension, missing his team's next two fixtures.

(e) Offside

There is no offside rule.

(f) Slide Tackling

IPSL does not allow slide tackling. The only exception is for a goalkeeper within their penalty area, sliding to make a play.

No slide tackling or sliding is allowed within three (3) yards of an opponent. If this offense occurs in the defending team's penalty box, a player will receive a yellow card for unsporting behavior.

(g) Hand Balls

A hand ball is defined as "a player deliberately handling the ball, that is, carrying, striking, or propelling it with his/her hands or arms. This does not apply to a goalkeeper within their own penalty area.

Inadvertent touching will not be penalized even if the player or the player's team gains an advantage by such inadvertent touching.

A goalkeeper deliberately handling the ball outside his/her penalty area is a handball.

Hand balls will result in a direct free kick.

(h) Free Kicks

Direct free-kick offenses are determined at the referee's discretion. Direct free kick offenses in the penalty box will result in a penalty kick.

Generally, direct free kicks will be awarded for penalties including:

- Spitting at an opponent
- Kicking or attempting to kick an opponent

- Striking or attempting to hit an opponent, including the use of a ball or piece of equipment
- Tripping or attempting to trip an opponent
- Using blood on a uniform or from a bleeding or oozing injury to assault an opponent
- Jumping at an opponent
- Holding an opponent or pulling the uniform or pushing an opponent
- Charging an opponent violently
- Assaulting a referee or game official

Indirect free-kick offenses are determined at the referee's discretion.

Generally, indirect free kicks will be awarded for penalties including:

- A player playing the ball a second time before it has been played or touched by another player, on a throw-in, on a free kick, on a corner kick, on a goal kick, or on a penalty kick
- A goalkeeper taking more than 6 seconds to release the ball
- A substitution or re-entry being made at an improper time or without being waved on by a referee
- Persons other than players entering the field without the referee's permission
- Illegal or inappropriate coaching from the touch lines
- Dissenting by word or action with the referee's decisions
- Unsporting behavior
- Dangerous play, or any action likely to cause injury to oneself or an opponent. Such as playing while lying/kneeling on the ground or slide tackling
- Charging, when the ball is not within playing distance
- Obstruction
- A player leaving the field of play without the referee's consent
- When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall. An attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick

(i) Goal Kicks

The ball is in play once the kick is taken, and it can be played by any player before leaving the penalty area. The same rule applies to a team taking a free kick in their own penalty area.

(j) Drop Balls

A Drop Ball may occur in the following situations:

- If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper.
- If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch.

In all cases, all the other players (of both teams) must be at least four (4) meters (4.5 yards) away.

If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded.

(k) Restarting Play

All restarts from a touchline are indirect kick-ins. There are no throw-ins. Opposing team must be five (5) yards from the ball on restarts.

(l) Goalkeepers

On restarts: no punting or drop-kicking is permitted. If a punt or drop-kick occurs, the opposing team is given a free kick at midfield.

DISCIPLINARY STANDARDS, PROCESSES, PENALTIES

(a) General expectations and guidelines

The following expectations apply to all players and referees participating in IPSL activities:

- Dissent or abuse towards players or referees will not be tolerated. Discrimination, sexual harassment, bullying, and hate speech (homophobia, racism, transphobia, etc.) will not be tolerated. Any violations will be taken very seriously. Although in-game discipline for dissent or abuse is at the discretion of the referee, the Game Day Disputes Committee and/or DEI Officer may intervene in certain situations after the fact as necessary.
- Fighting or violent conduct is not permitted and will result in immediate ejection for all parties involved.
- Players who have been issued a straight red card are required to leave the area of play, not just the field (e.g. if the game is in a stadium, the player is required to leave the stadium). Their team will be required to play down a player.
- Captains may speak to referees about calls during the game in a respectful manner.
- Certain actions will be cause for immediate cards and ejections, including violations of COVID protocols, which are outlined in Section 3.

(b) Penalties and suspensions

The matrices below provide guidelines for penalties to be imposed on players for violations of game-play rules.

On a case by case basis, the IPSL Game Day Disputes Committee can enforce additional penalties on players or teams, such as suspensions, fines, and/or any other penalties that the Committee considers appropriate.

Accumulation	In-game disciplinary action	Fine	Suspension
1 red card in one game	Ejection	None	1 game
2 yellow cards in one game	Ejection	None	1 game
5 yellow cards over 10 games	None	None	1 game

Penalties incurred (e.g. suspensions) during 11v11 play will apply to subsequent IPSL League Cup games and vice versa.

Red cards may be subject to additional disciplinary action as outlined in the table below. The IPSL Game Day Disputes Committee will review all incidents on a case by case basis and has final authority to decide and enforce penalties above and beyond what is outlined in this framework.

Infraction	Suspension
Red card for in-game violent conduct, racism, homophobia, sexual harassment, or any other hateful speech towards players or referees	1st offense - 2 games 2nd offense - 4 games 3rd offense - full season or more
Red card for in-game reckless or dangerous play	1st offense - 1 game 2nd offense - 1 or more games 3rd offense - 2 or more games Additional offenses - full season or more
Playing while suspended (in any IPSL match)	1st offense - additional 3 games 2nd offense - 5 or more games 3rd offense - full season or more

SECTION 3: COVID-19 PROTOCOLS

Per the NY Governor’s guidance statement on COVID-19, “The virus that causes the Coronavirus 2019 Disease is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety. COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.” **These protocols apply to all members including those that have received a COVID-19 vaccine.**

Pending further guidance from the NY Health Department, the content and enforcement of these protocols are subject to change. Any modifications to these protocols will be communicated to the IPSL community via email. Until further notice, these COVID-19 protocols shall take precedence over any existing IPSL rules and regulations outlined in this document.

The current website link for NY:

<https://coronavirus.health.ny.gov/covid-19-guidance-repository>

1. Guidelines

The below guidelines are based on a review of the Governor of New York’s Guidance for COVID-19 and the CDC’s response to COVID-19 .

The guidelines are not intended to be all-encompassing, as teams may feel the need to institute stricter guidelines for their teams. However, it is imperative that, for the safety of all players, the items listed below are maintained at a minimum. It is important that we all take these protocols seriously to ensure the safety of the players, referees, and everyone’s immediate families.

We all have a responsibility to ourselves to maintain these guidelines. The referees at each game have the authority to penalize any player for failure to follow any guidelines that occur within the field of play during match play. The responsibility to follow guidelines that occur outside the field of play (including bench areas and travel between the parking lot and field) falls on the captains and players to police themselves. Referees will have the ability to penalize players for any severe violation of the guidelines that occurs outside the field of play.

The referees will stop play and address any infraction to these guidelines. Play will not resume until all players are in compliance with the current guidelines.

Guidelines enforced by referees within the field of play during match play and severe violation of the guidelines that occurs outside the field of play include:

- Limit physical contact where possible, including goal celebrations, unnecessary contact with teammates, shaking hands pre-game, team huddles, etc.
 - Will result in a verbal warning if deemed excessive
- Encroaching on another player's personal space in reaction to a bad foul/tackle, unsportsmanlike play, etc
 - Will result in a straight yellow card being shown.
 - Includes any off field altercations including but not limited to clashes by the player/bench areas.
- Care should be taken when spitting, clearing noses, or expelling other bodily fluids
 - If performed on field not in the direction of another player, will result in a verbal warning
 - If performed intentionally in the direction of another player, will result in a straight red card being shown.
- Anything else at the referee's discretion that is deemed in violation of the guidelines within the field of play during match play.
- Guidelines self-enforced by player/coaches/referees that occur outside the field of play include:
 - Review of the CDC guidelines on COVID-19 found here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - If a player, coach, or spectator feels ill, do not attend any IPSL sporting event .
 - If any of the aforementioned participants test positive for COVID-19, you must reach out to the primary point of contact (noted above) for tracking purposes and to ensure containment within the league. Your information will be kept confidential. We encourage players to take their temperatures prior to the match to ensure that they are not sick before attending a IPSL event.
 - Players should arrive at the field at staggered times. IPSL recommends carpooling should be limited where possible.
 - **Masks/face coverings may be worn in New York, including on the field of play, on the sidelines and arriving / departing from the field. This extends to coaches, referees, and spectators. Any spectators should be social distancing, and remain on the side of the field opposite of the players, within bleacher/spectator areas.**
 - Bags and equipment should be placed at least six feet apart. This applies to the bench area as well; six feet of separation is required.

- IPSL prohibits the use of team water coolers. Do not share water bottles, towels, or other items. Players must bring their own water to matches.
- Anyone not on the field should maintain social distancing.
- Captains will be required to wipe down their bench area before and after the match with a IPSL provided set of sanitizing wipes.

The first and second incidents of noncompliance within the field of play will result in a verbal warning, the third will result in a yellow card, and the fourth will result in a red card and immediate ejection from the game and facility. Referees have the authority to give straight yellow or red cards for incidents within the field of play that are deemed severe violations of the aforementioned guidelines. Referees have the authority to end a match if they feel the playing conditions have become unsafe. An incident is defined as any disregard for the aforementioned guidelines based on the referee's interpretations. Continued non-compliance by any team will be reviewed by the Gameday Disputes Committee should additional team sanctions be necessary.

2. Plan of Action

Should any player test positive for COVID-19, the Governor of New York guidelines require organizations to maintain a Plan of Action to ensure the safety and wellbeing of all individuals participating. In the event that a player, coach, or referee tests positive for COVID-19, they have an obligation to report such instances to league administrator DJ Roberts (Ithacapremiersoccer@gmail.com). Appropriate contact tracing will allow us to inform the league participants of any possible exposure to COVID-19. All active members will be notified if a member has tested positive in the league. This process identifies close contacts: individuals who spent at least 10 minutes within six feet of a person who has tested positive or is presumed positive. All players and referees identified will be required to receive a COVID-19 test prior to returning to any IPSL event. Confidentiality will be of the highest importance and any player with a positive testing will remain anonymous. In the event of unforeseen game or season cancellations, IPSL retains all decision-making authority in regards to allocation of registration fees. Should you have any questions on anything outlined above, feel free to contact your league administrator DJ Roberts (Ithacapremiersoccer@gmail.com).

3. COVID-19 Waiver

I agree that I am personally responsible for my safety and actions while participating in the IPSL Soccer League (IPSL). I agree to comply with all IPSL policies and rules, including but not limited to all IPSL policies, guidelines, signage, and instructions. Because the IPSL soccer matches increase interactions between individuals, I recognize that I am at higher risk of contracting COVID-19.

1. With full awareness and appreciation of the risks involved, I, for myself and on behalf of my family, spouse, estate, heirs, executors, administrators, assigns, and personal representatives, hereby forever release, waive, discharge, and covenant not to sue the IPSL, its board members, officers, agents, servants, independent contractors, affiliates, employees, successors, and assigns (collectively the "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, or injury, including death, that may be sustained by me related to COVID-19 whether caused by the negligence of the Released Parties, any third-party using the IPSL, or otherwise,

while participating in any activity while in, on, or around the IPSL and/or while using any IPSL rented facilities, tools, equipment, or materials.

2. I agree to indemnify, defend, and hold harmless the Released Parties from and against any and all costs, expenses, damages, claims, lawsuits, judgments, losses, and/or liabilities (including attorney fees) arising either directly or indirectly from or related to any and all claims made by or against any of the Released Parties due to bodily injury, death, loss of use, monetary loss, or any other injury from or related to my use of the IPSL rented, tools, equipment, or materials, whether caused by the negligence of the Released Parties or otherwise specifically related to COVID-19.

3. By signing below I acknowledge and represent that I have read the foregoing Waiver of Liability, understand it and sign it voluntarily as my own free act and deed, including without limitation the IPSL COVID-19 protocols contained in this document; I am sufficiently informed about the risks involved in playing IPSL to decide whether to sign this document; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this document for full, adequate, and complete consideration fully intending to be bound by the same. I agree that this Waiver of Liability shall be governed by and construed in accordance with New York law, and that if any of the provisions hereof are found to be unenforceable, the remainder shall be enforced as fully as possible and the unenforceable provision(s) shall be deemed modified to the limited extent required to permit enforcement of the Waiver of Liability as a whole. This waiver remains in effect until the State of New York lifts all COVID-19 related mandates.