

**SOUTH TEXAS YOUTH SOCCER ASSOCIATION  
PROPOSED RULE CHANGE #11**

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**SECTION I: ADD OR CHANGE A RULE : EQUAL REST FOR PLAYERS**

Is there currently a rule that applies? \_\_\_\_\_ Yes  X  No

Page No(s): \_\_\_\_\_

Rule Location:

Title of Section:

**Rule as it presently reads:**

**Proposed Additions and/or Changes:**

Equal Rest for Players: On a recent weekend of play on our league, KYSC, we had a situation where team A (U12) played a game against team B at 1300 hours. Then, team A had another game against team C (this was the only game of the day for team C) at 1600 hours. Players from team A had less than 2 hours rest between games and the players from that team were walking the field during the second half of their second game. The players are very competitive but they did not have the energy to play another game so soon. Temperature that day was in the low 90's but temperature in the field was around 95 deg F. Also, humidity was very high. I propose that U14 (or maybe older – I leave this to the league consideration) teams and under could not play two games on the same day unless they have 4 hours rest in between. This is at the league recreational level. I do understand that they are different rules during tournaments and every one plays more than one game during it.

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**SECTION II - JUSTIFICATION FOR THE PROPOSED RULE CHANGE:**

The justification is the well being of the children and to avoid possible heat stroke, dehydration and other type of injuries associated with being exhausted for lack of rest

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**Rules Committee Recommendation:** Does not contain a specific rules change, merely a suggestion.

**Executive Committee Recommendation:** Recommends against passage  
The format of this submission is an opinion rather than a proposed rule change.