



Midland Soccer Club

Recreational Program Manual

The information contained within this document is intended to provide Recreational coaches, parents, volunteers, trainers and referees with sufficient instruction on the procedures used within the Recreational program and their role and responsibility to their team and the Midland Soccer Club (MSC).

MIDLAND SOCCER CLUB

MISSION STATEMENT

“The Midland Soccer Club is a charitable and educational organization formed to organize, advance and foster the sport of soccer for players in the Midland, Michigan area.”

Points of emphasis:

- To provide educational opportunities to all players, coaches, referees and the community at large, regarding the sport of soccer.
- To make the sport of soccer available to all interested parties.
- To provide a level of competition commensurate with each participant’s ability, interest and desire.
- To provide all participants a healthy, safe and enjoyable environment.
- To provide recognition of players and teams at all levels of participation.
- To promote unity within the soccer community.
- To foster honesty, integrity, sportsmanship and good will through soccer.
- To provide administrative and/or technical assistance to individuals, in areas pertaining to the sport of soccer and to the management of the sports organization.
- To support, govern and administer the sport of soccer to the best of its ability.
- To affiliate with the national and international governing bodies for soccer.
- To be a positive role model sports organization and provide leadership to the community at large

Table of Contents

| | | |
|---------|---|---|
| ARTICLE | 1 | Team Formation <ul style="list-style-type: none">1.1 Divisions1.2 Eligibility1.3 Team Roster1.4 Playing Up1.5 Playing Down1.6 Recreation League Formation |
| ARTICLE | 2 | Coaching Criteria <ul style="list-style-type: none">2.1 Coaching Candidates2.2 Coaching License Requirements2.3 Risk Management2.4 First Aid |
| ARTICLE | 3 | Head Coach Responsibilities <ul style="list-style-type: none">3.1 Time Involvement3.2 Team Coaching Staff3.3 Referee fees3.4 Game Report3.5 Rules of Play3.6 Minimum Playing Time |
| ARTICLE | 4 | Team Training <ul style="list-style-type: none">4.1 Training4.2 Training Focus for U4-U104.3 Training Focus for U11-U124.4 Training Focus for U13-U144.5 Training Focus for U15-U194.6 Training Support & Resources for Coaches |
| ARTICLE | 5 | Coaches Meeting |
| ARTICLE | 6 | Team Practices <ul style="list-style-type: none">6.1 Practice Schedule6.2 Participants6.3 Off-season Practices & Games |
| ARTICLE | 7 | MSC Facilities <ul style="list-style-type: none">7.1 MSC Fields7.2 Safety7.3 Inclement Weather7.4 Scrimmages |

ARTICLE 8

Equipment

- 8.1 Uniforms/Apparel
- 8.2 Appearance
- 8.3 Safety
- 8.4 Team equipment
- 8.5 Field equipment

ARTICLE 9

Special Provisions

- 9.1 Coaches Liability
- 9.2 Modifications
- 9.3 Governance
- 9.4 Red and Yellow Card Discipline

Appendices

- 1. General MSC Recreational Playing Rules
 - Major Fouls and Minor Fouls
- 2. Age Group Playing Rules
- 3. Field Dimensions
- 4. Game Report Sheet

Article 1. Team Formation

Recreational Age Group Coordinators will form all teams in a division. Recreational Age Group Coordinators (AGCs) will be selected by the Director of Recreational Soccer. These Coordinators will place all new players on teams with the intent to seek a climate of balanced competition. This league strives to promote development, while fostering talent in a social and enjoyable environment.

Teams will be selected on the basis of **age first** and **geographic area second** (usually an elementary school district or adjoining districts). The AGCs responsible for recreational team selection will meet requests concerning these issues to the best of their ability.

- Members of a family playing in the same age bracket will be placed on the same team unless otherwise requested.
- Special placement requests are optional, at the discretion of the AGC. The AGC will honor requests, where possible, that are consistent with the mission of the Midland Soccer Club.

1.1 Divisions

Divisions shall be established for the following age brackets. (Age brackets may be combined if there are an insufficient number of players to form teams in a given group.)

| Boys | Co-ed | Girls |
|-------------|--------------|--------------|
| <u>U6</u> | <u>U4</u> | <u>U6</u> |
| <u>U7</u> | <u>U5</u> | <u>U7</u> |
| <u>U8</u> | <u>U14</u> | <u>U8</u> |
| <u>U10</u> | <u>U19</u> | <u>U10</u> |
| <u>U12</u> | | <u>U12</u> |

Up until the age of six, boys and girls will play together. After the age of six, separate age divisions will be made for boys and girls. The Board will have the overriding approval concerning matters where equal playing opportunities are in question.

1.2 Team Roster

Each coach will be assigned an appropriate number of players. (See below for recommended MSC Team sizes.)

| Group | Under 4 | Under 5 | Under 6 | Under 7 | Under 8 | Under 10 | Under 12 | Under 14 | Under 19 |
|---|---------|---------|---------|---------|---------|----------|----------|----------|----------|
| Typical Number of Players per Team Roster | 8 | 8 | 8 | 8 | 10 | 10 | 12 | 15 | 18 |
| Number of Players per Team on the Field | 3 | 3 | 4 | 4 | 7 | 7 | 9 | 11 | 11 |
| Ball size | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 |
| Recorded Score | No | No | No | No | No | No | Yes | Yes | Yes |

1.3 Eligibility

Participants will play in the age bracket corresponding to their age as of August 1st.

1.4 Playing Up

Players are allowed to play in an age group above the one designated by their birth date. Play up requests are submitted in the registration process.

1.5 Playing Down

Per Michigan State Youth Soccer Association (MSYSA) and US Youth soccer guidelines, the MSC does not permit players to participate in an age group lower than that designated by their birth date.

Final decisions on player placement will be at the discretion of the Age Group Coordinator and the Director of Recreational Soccer.

1.6 Recreational League Formation

Leagues will be formed as previously documented by the designated recreational coordinators. The leagues will create an atmosphere which promotes a love for the game, teaching sportsmanship and giving each player an opportunity to develop his/her soccer skills.

League Size Leagues shall consist of an even number of teams (when possible) and contain a reasonable number of players for each coach to work with. (Recommendation of no fewer than four teams per age group).

A game schedule of 8 games per season is recommended for leagues. Schedules are to be determined by the Recreational Soccer Committee.

Standings For U12/U14/U19, standings will be compiled based on play within each individual league. Three points will be awarded for a win, one for a tie and zero for a loss. The league champions are the team which has compiled the highest number of points at the end of the season. In the event of ties, those teams will be declared co-champions. Goal differential is NOT used as a tie breaker.

Article 2. Coaching Criteria

2.1 Coaching Candidates

The MSC encourages all interested adults to participate in coaching in the Recreational Soccer program. Parents may indicate an interest in volunteering as a coach while completing the registration process for their children. Other qualified adults may volunteer to coach a Recreational Team by contacting the MSC Office Personnel. It is not essential for any applicant who wishes to coach in the Recreational league to carry a qualification in soccer coaching. The club only asks that they sustain their willingness to coach, and strive to uphold a high standard for that position wherever possible. The coach should show enthusiasm for the game and display a professional attitude with all that they do.

2.2 Coaching License Requirements

No minimum requirement. However, recreational coaches may wish to pursue a coaching license to advance their coaching abilities.

2.3 Risk Management

The MSC, on behalf of the MSYSA, requires the Risk Management certification for all persons over the age of 18 that will directly work with youth players (e.g. head coach, assistant coach, team manager and trainers). The purpose of the Risk Management certification is to determine whether an individual has been convicted of crimes against children. The Risk Management card must be presented to the MSC Director of Recreational Soccer upon request. Additional information may be found at <http://www.msysta.net> in the Risk Management section.

2.4 First Aid

Although not compulsory, it is recommended that all coaches maintain an active certification for First Aid.

Article 3. Head Coach Responsibilities

3.1 Time Involvement

Coaching a recreational soccer team requires commitment. Typically, during the season, the head coach will spend 3 – 4 hours per week in practice for the older age groups, 2-4 hours in games and 2 hours in general administration. The time commitment for coaches of younger teams is considerably less.

3.2 Team Coaching Staff

It is recommended that each recreational Head Coach select an Assistant Coach to help with coaching duties. The acting Head Coach can choose, if he/she wishes, to work alone. However, in the event that a coach has more than one assigned team, it then becomes compulsory that an assistant coach be selected to share responsibility.

Duties of an Assistant Coach - It is recommended that the head coach outline specific duties for the assistant coach, mutually agreed upon by both individuals. The assistant coach will have responsibility for helping the head coach with games, practice situations, and administrative tasks.

3.3 Referee Fees

Referee fees are included in the player registration fees for the season. Referees are paid directly by the MSC. Individual coaches and teams are not responsible for compensating referees.

3.4 Game Report

For the U7 and higher age groups, the team staff (coach or assistant coach) is required to provide the center referee with a recreational game report sheet, complete with team information, prior to each game. Where required, the center referee is responsible for reporting scores in the game report. For age groups where scores are recorded, the team staff member is responsible for ensuring the proper game score has been recorded. A team staff member is responsible for reviewing and signing the game report sheet following each game.

3.5 Rules of Play

The Head Coach is responsible for knowing the “Laws of the Game” established by the MSC as the Recreational Playing Rules. These rules vary by age group. The rules of play for each of the age groups are included in the Appendix & are posted at the MSC website.

3.6 Minimum Playing Time

Coaches are responsible for ensuring that players are receiving an equal percentage of game time. The purpose of this requirement is to ensure that all players have the opportunity to develop their skills equally. Each player shall be permitted to play at least half of each game.

Article 4. Team Training

4.1 Training

The Head Coach will provide technical and tactical training for the team - developing and improving fundamental skills, ball control and knowledge of the game. The Recreational Committee and the Director of Training have expectations that specific areas of individual technical, tactical, group and team tactical training should be covered for different age groups and has been provided below for consideration. The Head Coach should first evaluate the players on his/her team before setting a season training program. A combination of drills and small-sided games are suggested to ensure reinforcement of technical/tactical skills being developed. Training plans are recommended.

4.2 Training Focus for U4 to U10

Recreational training for the younger age groups should be about enjoyment and developing a love for the game in a controlled environment. Training should encourage social interaction between the children, learning the fundamentals of soccer for further progression through easy going sessions.

4.3 Training Focus for U11 to U12

The focus for this age group is individual player development, with the introduction of technical soccer (see Soccer Training Manual for list of technical skills) and individual tactical skills. Individual tactical skills include penetration with the pass or dribble, the decision-making process (which to use and when) and the role of the pressuring defender.

4.4 Training Focus for U13 to U14

Coaches working with these age groups should look to transition from the individual to group tactics. Although technical skills at these age groups should not be forgotten, an evaluation of each player as well as match analysis reports should inform the coach which techniques still need to be worked on. Group tactics include, but are not limited to, passing combinations, possession, offensive and defensive shape as well as the roles of the cover and balancing defenders. Group tactics also include work with units of players, which are the defenders, midfielders and forwards.

4.5 Training Focus for U15 to U19

Coaches at these age groups should look to work on group and team tactics. As mentioned above, a thorough player and team evaluation should be completed during the early part of the season to determine the skill level for each team and the required focus of the training plan for that team during the season. Team tactics are tactics that involve two or more groups of players, for instance the midfielders linking up with the forwards or defenders as a unit.

4.6 Training Support & Resources for Coaches

Coaching support for player training / development is provided by the MSC Director of Training through the use of the MSC Recreational Training Manual. A variety of soccer literature and videos are also available from the MSC or the Grace A. Dow Library. Alternatively, web sites are available for additional support.

If interested in outside training, coaches are encouraged to use MSC trainers. Coaches may use other guest (3rd party) trainers to supplement technical and tactical training for their team at their team's expense. The Director of Recreational Soccer must be notified in writing prior to the use of 3rd party trainers. The Director reserves the right to restrict the use of specific trainers, but this use will not be unreasonably withheld. In the event that an external trainer is used, the coach shall be responsible for ensuring that the trainer submits the required information to the MSYSA and fulfills the risk management requirements.

Article 5. Coaches Meeting

MSC requires all head coaches to be in attendance at the coaches meetings. A coaches meeting is held prior to the start of each Spring and Fall session. The Director of Recreational Soccer will address the coaches to present information related to the season and program expectations of coaches, players, and parents.

Article 6. Team Practices

6.1 Practice Schedule

Practice schedules are the responsibility of the head coach. It is recommended that fall practices begin after the first of August and spring practices begin outdoors after the first of April.

6.2 Participants

Under no circumstances shall a youth player who is not registered as a MSC player for the current season participate in a practice session.

From time to time, a Recreational player may participate in a Select practice or training session with the approval of the Head Coach of the Select team. Continual participation by a Recreational player in a Select practice or training session is not permitted without the approval of the Director of Select and Director of Recreational Soccer.

6.3 Off Season Practices or Games

Indoor practices during November, December, January, February and March are allowed, but availability of space is limited. Indoor soccer centers, school gymnasiums, community centers and other facilities are options for coaches. Winter training with a recreational team does NOT guarantee team placement on that team in the Spring Season. There may be fees involved with the use of these facilities and they are the responsibility of the coach/team. Player and coach participation in indoor soccer leagues is not covered by MSYSA medical or liability insurance. 'Official' MSC indoor facilities and sponsored training sessions are offered during the winter, but MSC and MSYSA do not offer insurance coverage for indoor training sessions. The MSC and MSYSA insurance policy will only cover a player's injury during the MSC playing seasons; August 1st – Nov 2nd, April 1st – June 15th.

Article 7. MSC Facilities

7.1 MSC Fields

MSC fields are open to all MSC Recreation and Select teams. Space availability at these fields requires courtesy and cooperation between coaches and teams.

Practice Fields

- Practice fields are open on a “first come – first serve” basis for practice sessions. Coaches shall cooperate with one another to share field space with other teams.
- Impromptu games occupying a fully marked field may only take place if no other coach and team needs any part of that space. Any planned games shall be organized through the MSC.
- Limit drills in goal areas whenever possible to reduce wear.

Game Fields

- MSC practice fields open in the spring at the discretion of the Director of Operations and Daily Operations Supervisor.
- MSC game fields are open for play at discretion of Director of Operations and Daily Operations Supervisor.
- Game fields may be scheduled for use by Recreational team practices at the discretion of the Director of Recreational Soccer.

7.2 Safety

Safety is paramount for all involved. Protective equipment is required for all players. Players are required to wear shin guards, covered by socks, during all practices sessions and games. Goals are not to be climbed on or swung from. Please be sure to secure the Culver goals with sand bags to prevent these from falling over.

7.3 Inclement Weather

Refer to the MSC Severe Weather Policy.

7.4 Scrimmages

Scrimmages between MSC teams may be held on MSC fields with the prior approval of the Director of Recreational Soccer. Any referee fee shall be determined prior to the match and will be the responsibility of the participating teams. A list of potential referees may be obtained by contacting the MSC office. No two (2) whistle officiating system is permitted at any time.

In the event that a scrimmage or game is held between one (1) MSC team and another club (e.g. Saginaw, Bay City, etc.) on an MSC game or practice field, a USSF certified referee is required.

In the event that a scrimmage or game is held between one (1) MSC team and a non-sanctioned MSYSA team (i.e. non-league teams), approval must be obtained from the Director of Recreational soccer, the Registrar or MSC President for the game to be sanctioned and covered by MSYSA player/coach medical or liability insurance. If approved, a USSF certified referee is required.

Article 8. Equipment

8.1 Uniforms/Apparel

All teams must wear the MSC's official uniform package, which consists of the reversible green/white MSC recreational jersey. Players should not wear clothing articles on top of the uniform or alter it in any way by putting patches, names or markings on it. In inclement weather, warmer clothing may be worn underneath the uniform. The minimum player clothing requirement for games includes: MSC jersey, shorts or pants, shin guards, socks, and shoes.

8.2 Appearance

Players are representatives of Midland, the MSC, their team, as well as themselves. They should dress in an appropriate manner. This implies that they should tuck their shirts in and have their socks pulled over their shin guards.

8.3 Safety

The wearing of jewelry, including metal barrettes, is not permitted due to safety concerns. Players who wear a cast or other supporting equipment may be permitted to play as long as the cast or equipment is well padded and approved by the head referee before the start of the game. For all play, shin guards shall be completely covered with socks.

8.4 Team Equipment

Equipment will be provided to each coach at the beginning of the session. Coaches may obtain additional practice balls and cones as needed based upon availability. All equipment shall be returned at the end of each season.

8.5 Field Equipment

Coaches or teams shall refrain from moving permanent equipment (e.g. goal posts, corner flags, etc) from their assigned positions.

Article 9. Special Provisions

9.1 Coaches' Liability

Players, team officials and head coaches that are registered with the MSC are covered by MSYSA liability insurance for both practices and games. Coaches who intend to use external guest trainers, not sponsored by the MSC, are required to submit the appropriate forms to the Director of Training and MSYSA. Failure to submit this form may subject the coach to un-necessary personal liability in the event the trainer or individual players are injured during training exercises. All guest trainers must have a current Risk Management card.

9.2 Modifications to the Recreational Program Manual

Modifications to this document will be subject to prior approval by the Recreational Committee and MSC Board of Directors.

Any Recreational coach may submit suggested modifications to the Recreational Program Manual by first presenting the modification at the next coaches meeting, and then submitting the modification in writing to the MSC Director of Recreational Soccer for consideration. No verbal suggestions will be considered.

Modifications to the Program Manual that have been approved by the MSC Board shall be incorporated quarterly or sooner as determined by the Director of Recreational Soccer.

9.3 Governance

In the event of conflict between the MSC By-Laws and this document, the MSC By-Laws shall govern.

9.4 Red and Yellow Card Discipline

When a red card ejection is issued, that player must exit the field areas for the duration of the game. If the player's parents are not at the game, the player should remain in the bench area under the Coach's supervision. All red cards will be referred to the MSC Recreation Director for review.

Cases brought to the attention of the MSC Recreation Director (through a referee's report or through other written communication) in which any player engages in spitting against other players, referees, spectators or any league official before, during or after a game, shall receive a minimum four game suspension. If a player commits a second similar offense within two seasonal years, he will appear before the MSC Recreation Review Board (Recreation Director, MSC President, and at least one other MSC Board Member) and could be suspended for at least 12 months.

Cases brought to the attention of the Recreation Director (through a referees report) in which a player is accused of inappropriate behavior above and beyond a card-able offense before, during or after a game will be subject for review.

Points for card-able offenses will be assigned as follows:

| <u>Offense</u> | <u>Points</u> |
|---|---------------|
| Yellow Card without Red Card in same game | 2 |
| Red Card without Yellow Card in same game | 6 |
| Yellow Card and ejection due to second Yellow Card in same game | 6 |

Stand-alone Red Card in same game where a Yellow card was issued

8

- When a player accumulates 6 points in a given season he will be suspended for the next scheduled recreation game.
- If a referee designates that a red card is issued for violent conduct or serious foul play, then a two consecutive game suspension is issued for that player.
- When a player receives 12 points in a given season he will be suspended for 4 consecutive games.
- If a player receives 16 or more points during a given season, he/she will be suspended for 12 months.
- At any point during the season, the MSC may suspend a player above and beyond the number of games outlined above.

Red card suspensions will be carried over to the future season(s).

Based on the offense and specific circumstances, different sanctions may be given.

Coaches are subject to the same rules described above.

Appendix 1

General MSC Recreational Playing Rules

1. **The Field** – (see field diagram below).
2. **The Ball** – The Home Team shall furnish the game ball. Size varies with age bracket.
3. **The Players** –
 - a) Each player shall play at least 50% of the game. In as much as possible, the coach shall provide equal playing time for each player during the season.
 - b) The Home Team shall wear white jerseys, the Visiting (Away) Team, green.
 - c) The goalkeeper shall wear a jersey which is different from the other players.
 - d) Substitutions shall be unlimited (see Substitution section)
4. **Coaches & fans** - All coaching must be done from one side of the field only. Coaches and fans should not position themselves behind or adjacent to the goals.
5. **Players Equipment** - Shoes, socks, shorts, shirt and shin guards (worn under the socks) are ALL REQUIRED. It is the responsibility of the coach to ensure that his/her players are properly equipped prior to the start of the game.
 - a) Extra clothing worn for warmth should be under the uniform.
 - b) Players may not wear anything which could be dangerous to others or themselves:
 - 1) Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc.).
 - 2) Dangling or loose items or items with metal parts (clips on gloves, scarves, earmuffs with metal bands etc.).
 - 3) Street shoes other than sneakers or tennis shoes
 - 4) Cleated shoes having:
 - Cleats (spikes) with sharp or rough edges.
 - Shoes with a cleat at the very tip of the toe (Baseball cleats).
 - Shoes where the cleat base has separated from the toe.
 - Shoes with missing replaceable cleats or exposed metal showing.
 - Shoes with replaceable cleats which have the screw base as part of the sole.
 - b) It is recommended eyeglasses be secured with a safety strap.
 - c) Barrettes, hairpins, and hard plastic hairclips are not allowed.
 - e) Dental guards, hearing aids are permitted.
 - f) Artificial limbs are permitted if they do not pose a hazard to others.
 - g) Braces, casts, or splints may be worn with medical approval and provided they are wrapped with a soft and yielding material and if they are not used in a manner dangerous to others.
 - h) "Do rags", bandannas, or ball caps worn backward are not permitted.
6. **Referee** - The referee shall be a USSF registered official (except see special rules for U4 to U7 games). The referee's decisions regarding the facts connected with play are final. Only the "one whistle" system is allowed at the MSC.
7. **Assistant Referees**
 - a) USSF registered assistant referees shall assist the referee indicating when the ball goes out of play, which side should receive possession, if a player is in offside position and when the ball crosses the goal line.
 - b) When USSF registered assistant referees are not available, the referee may, at his/her discretion, designate "club" linesmen who will assist the referee by indicating when the ball goes out of play.
8. **Duration of the Game** - The length of the halves vary with the age bracket. Time shall not be stopped except for serious injury
9. **Player Substitutions** – (See special rules for U4 to U7 teams)
 - a) Substitutions are unlimited and should be made at the following stoppage times:
 - Before a goal kick for either team
 - Before a throw-in in your favor, or if both teams are substituting, on either teams' throw in.
 - At beginning of any period of play
 - In case of injury for the injured player
 - b) Be prepared for the substitution: players need to be at the half line and make substitutions quickly.
 - c) Do not slow the game down or waste time with multiple substitutions.

10. Start of Play – Kick-off

- a) Prior to the game a coin toss shall be held: the winner has the choice of goal to defend and the other team takes the kick-off.
- b) At the start of the second half the teams shall switch ends and the team which did not kick off initially will do so now.
- c) After a goal, play is restarted with a kick-off by the team having been scored upon.
- d) Players must be in their own half at the taking of a kick-off. Defensive players may not be within the center circle.
- e) At the kick-off, the ball must move forward on the initial touch.
- f) A goal may be scored directly from the kick-off.

11. Method of Scoring - Goals

- a) A goal is scored if the whole of the ball crosses the whole of the goal line and passes between the uprights and under the crossbar having been propelled with any body part except the hand or arm.
- b) Tie games will stand. No overtime shall be played.

12. Ball In and Out of Play

- a) The ball is out of play when the WHOLE of the ball has crossed the WHOLE of the line, either in the air or on the ground. The position of the player has no bearing.
- b) Corner flags, goal posts, crossbars, referees and linesmen are considered part of the field and play does not stop if the ball rebounds off them unless it then crosses completely over a boundary line.

13. Throw-In - When the ball goes out of play on the sideline, the team last touching the ball loses possession. Any member of the opposing team may put the ball into play by taking a throw-in from the spot on the touchline where the ball left the field of play.

Technique: ALL or part of BOTH FEET must be in CONTACT with the GROUND and ON or BEHIND the touchline at the moment the ball is released. The throwing motion is made with both hands used equally. Starting from behind the head, in a continuous motion, the ball is released IN FRONT of the body.

- a) If the throw-in is taken incorrectly, a player from the opposing team shall take the throw-in from the same location (see special rules for age groups U4-5, U7-8, U9-10).
- b) A goal cannot be scored directly from a throw-in.

14. Fouls and Misconduct - (See "The TEN Major Fouls" below.)**15. Free Kicks** - FREE KICKS are awarded as a penalty for the commission of a foul. There are two Free Kicks – DIRECT and INDIRECT.

- a) **DIRECT FREE** (DFK) is given when one of the ten major fouls has been committed. A goal can be scored directly from a DFK
- b) **INDIRECT FREE KICK** (IFK) is awarded when one of the five minor fouls has been committed. A goal cannot be scored directly from an IFK; the ball must first touch another player.
- c) Free kicks are taken from the spot of the foul.
- d) Free kicks can be taken by any player of the offended team and in any direction.
- e) A team cannot score against itself directly from a free kick.
- f) An IFK awarded to an attacking team within the defenders goal area must be moved to the top of the goal area perpendicular to the point at which the foul occurred.

16. Penalty Kick - when the DEFENDING TEAM is penalized for a MAJOR foul COMMITTED WITHIN its own penalty area, a penalty kick is awarded to be taken from the penalty mark inside the penalty box.

- a) All players except the kicker and the keeper must remain outside the penalty area and the penalty arc until the ball is played. All players except the defending team's goal keeper must also be behind the ball.
- b) The kicker must approach and kick the ball in a smooth continuous motion. The kicker may not touch the ball again until another player has touched the ball.
- c) The goalkeeper must remain on his/her goal line until the ball is played.

17. Goal Kick - When the ball, having last been touched by the attacking team, crosses the opponents' goal line (but not in the goal) a goal kick is awarded.

- a) The kick may be taken from any point inside the goal area.
- b) The ball is not in play until it has left the penalty area.
- c) Opponents may not enter the penalty area until the ball is in play.

18. Corner Kick - When the ball, having last been touched by the defending team, crosses the goal line (but not inside the goal) a corner kick is awarded.

- a) The ball must be placed within the corner arc on that side of the field where it went out of play.

19. Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS

- a) The player taking the kick may not touch the ball a second time until it has been touched by another player.
- b) Kick-offs, corner kicks, and free kicks are in play when the ball is kicked and moves.
- c) Opponents may not be within 4 yards (U4 to U6), 6 yards (U7-U8), 8 yards (U9 to U12) or 10 yards (U13 to U19) of the ball until it is put in play.
- d) Goal kicks and free kicks taken from a team's own penalty area are not in play until the ball leaves the penalty area.

20. Drop ball

Interruptions in play due to foreign objects (dogs, young children, parents, debris, etc.) or stoppages due to injury result in a drop ball restart. The referee drops the ball at a position where the ball was when play was stopped. The ball may not be played until after it touches the ground.

21. Offside

The offside law is enforced for ages 11 and up. It is NOT AN OFFENSE for a player to be in an offside position! A player is in an offside position if he/she is nearer to the opponents' goal line than both the ball and the second to last opponent.

A player is NOT in an offside position if he/she is:

- a) On his/her half of the field or
- b) Level with the second to last opponent or last two opponents.

An offense occurs when a player is in an offside position (see above) and is involved in active play by:

- a) Interfering with play or
- b) Interfering with an opponent or
- c) Gaining an unfair advantage by being in that position.

The referee will award an indirect free kick to the opposing team to be taken from the place where the offside offense, indicated by the assistant referee, occurred.

A player will not be penalized for being in an offside position if, in the opinion of the referee, he/she is not involved in active play.

The Ten MAJOR FOULS

If a player commits any of the following seven offenses in a manner CONSIDERED by a REFEREE to be CARELESS, RECKLESS, or INVOLVING EXCESSIVE FORCE

- a) Kicks or attempts to kick an opponent
- b) Trips or attempts to trip an opponent
- c) Jumps at an opponent
- d) Charges an opponent
- e) Strikes or attempts to strike an opponent
- f) Pushes an opponent
- g) Tackles an opponent – makes contact with the opponent before contact is made with the ball

Or commits any of the following three offenses

- h) Spits at an opponent
- i) Holds an opponent
- j) Handles the ball deliberately (except the keeper within his or her own penalty area)

The offending player shall be penalized by the award of a DIRECT FREE KICK by the opposing team from where the offense occurred.

Should a player of the defending team commit one of the above offenses within the penalty area, a PENALTY KICK shall be awarded.

The MINOR FOULS

A player committing any of the following offenses:

- a) Playing in a manner considered by the referee to be dangerous
- b) Impeding the progress of an opponent
- c) Preventing the goalkeeper from releasing the ball from his hands
- d) Commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player

The offending player shall be penalized by the award of an INDIRECT FREE KICK by the opposing team from the place where the offense occurred.

An indirect free kick is awarded to the opposing team if a **goalkeeper**, inside his own penalty area, commits any of the following four (4) offenses:

- (i) Takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession
- (ii) Touches the ball again with his hands after it has been released from his possession and has not touched any other player
- (iii) Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- (iv) Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate

Appendix 2

Age Group Playing Rules

Playing Rules: Under 4 to Under 5 (3 v 3)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 3.
3. **The Players** – 3 to a side with no goalkeeper.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee -**
 - a) EACH TEAM shall provide a co-official for the match.
A co-official performs both the duties of coach and referee. He/she may be the team coach, assistant coach or a parent.
 - b) The co-official shall:
 - 1) LOOK to the SAFETY of the players.
 - 2) ALLOW THE TEAMS TO PLAY, keeping coaching to a minimum.
 - 3) INSTRUCT, but don't criticize.
 - 4) DEMONSTRATE SPORTSMANSHIP by example.
 - 5) Use a whistle to CONTROL play and ensure the safety of players.
 - 6) Seek to GET ALL PLAYERS INVOLVED and participating.
 - 7) PRAISE and ENCOURAGE good play.
7. **Assistant Referees** – none.
8. **Duration of the Game**
 - a) The game shall consist of 4 quarters at 6 minutes each.
 - b) After 6 minutes, a co-official shall stop play at a normal dead ball (throw-in, free kick, corner kick, and kick-off) for the quarter-break and allow substitution.
 - c) The substitution break should not exceed 2 minutes.
 - d) The half-time break should not exceed 5 minutes.
 - e) Time shall not be stopped except for serious injury.
9. **Substitutions**
 - a) Substitutions shall be made between quarters or at half time.
 - b) An injured player can be substituted at any time.
10. **Start of Play – Kick-off** - See General Rules section.
 - a) The 2nd & 4th quarters shall begin with a restart with a kick-off by the same team that had possession at the quarter stoppage.
 - b) At the start of the second half (3rd quarter) the teams shall switch ends and the team which did not kick off initially will do so now.
11. **Method of Scoring** – See General Rules section.
An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in**
In the event the initial attempt is taken improperly, a second attempt shall be given:
 - a. The co-official shall instruct prior to the second attempt.
 - b. If the second throw-in is performed improperly – **Play on** (work on technique at practice).
14. **Fouls and Misconduct** - (See "The TEN Major Fouls" section.)
 - a) **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play.
 - b) Heading is Not permitted, and are penalized as dangerous play.
 - c) Co-officials should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.
ALL free kicks are considered **DIRECT**.

- 16. Penalty Kick** –Penalty kicks are not taken.
If a foul is committed inside the goal box, a direct kick is awarded and the ball is placed at the edge of the goal box for the kick.
- 17. Goal Kick** – See General Rules section.
- 18. Corner Kick** – See General Rules section.
- 19. Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **4 yards** of the ball until it is put in play.
- 20. Drop ball** – See General Rules section.
- 21- Offside** – none, but no player shall be allowed to “camp out” in an opponents goal area when the ball is in the other half of the field.

Playing Rules: Under 6 to Under 7 (4 v 4)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 3.
3. **The Players** – 4 to a side with no goalkeeper.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** -
 - b) EACH TEAM shall provide a co-official for the match. One co-official will supervise the game on the field for one half of the game. The co-official from the opposing team shall supervise the game on the field for the second half of the game. All coaching of players will be conducted from the sidelines.
 - b) The co-official shall:
 - 1) LOOK to the SAFETY of the players.
 - 2) ALLOW THE TEAMS TO PLAY.
 - 3) DEMONSTRATE SPORTSMANSHIP by example.
 - 4) Use a whistle to CONTROL play and ensure the safety of players.
 - 5) Seek to GET ALL PLAYERS INVOLVED and participating.
 - 6) PRAISE and ENCOURAGE good play.
7. **Assistant Referees** – none.
8. **Duration of the Game**
 - a) The game shall consist of 4 quarters at 8 minutes each.
 - b) After 8 minutes, the referee shall stop play at a normal dead ball (throw-in, free kick, corner kick, and kick-off) for the quarter-break and allow substitution.
 - f) The substitution break should not exceed 2 minutes.
 - g) The half-time break should not exceed 5 minutes.
 - h) Time shall not be stopped except for serious injury.
9. **Substitutions**
 - a) Substitutions shall be made between quarters or at half time.
 - b) An injured player can be substituted at any time.
10. **Start of Play – Kick-off** - See General Rules section.
 - a) The 2nd & 4th quarters shall begin with a restart with a kick-off by the same team that had possession at the quarter stoppage.
 - b) At the start of the second half (3rd quarter) the teams shall switch ends and the team which did not kick off initially will do so now.
11. **Method of Scoring** – See General Rules section.

An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in**

In the event the initial attempt is taken improperly, a second attempt shall be given:

 - a. The co-official shall instruct prior to the second attempt.
 - b. If the second throw-in is performed improperly – **Play on** (work on technique at practice).
14. **Fouls and Misconduct** - (See "The TEN Major Fouls" section.)
 - a) **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play.
 - b) Heading is Not permitted, and are penalized as dangerous play.
 - c) Co-officials should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.

ALL free kicks are considered **DIRECT**.
16. **Penalty Kick** –Penalty kicks are not taken.

If a foul is committed inside the goal box, a direct kick is awarded and the ball is placed at the edge of the goal box for the kick.
17. **Goal Kick** – See General Rules section.

- 18. Corner Kick** – See General Rules section.
- 19. Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within 4 yards of the ball until it is put in play.
- 20. Drop ball** – See General Rules section.
- 21- Offside** – none, but no player shall be allowed to “camp out” in an opponents goal area when the ball is in the other half of the field.

Playing Rules: Under 7 and Under 8 (6 v 6)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 3.
3. **The Players** – 6 on a side, one of which must be a goalkeeper. A game may not start if either team has fewer than 4 players.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** – See General Rules section.
7. **Assistant Referees** – none
8. **Duration of the Game**
 - a) The game shall consist of two 20 minute halves.
 - b) The half-time break should not exceed **5** minutes.
 - c) Time shall not be stopped except for serious injury.
9. **Substitutions** – See General Rules section.
10. **Start of Play – Kick-off** - See General Rules section.
11. **Method of Scoring** – See General Rules section.

An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in**

In the event the initial attempt is taken improperly, a second attempt shall be given:

 - a. The referee shall instruct prior to the second attempt.
 - b. If the second throw-in is performed improperly – **Play on** (work on technique at practice).
14. **Fouls and Misconduct** - (See “The TEN Major Fouls” section.)
 - a) **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play.
 - b) Referee should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.

ALL free kicks are considered **DIRECT**.
16. **Penalty Kick** –Penalty kicks are not taken.

If a foul is committed inside the goal box, a direct kick is awarded and the ball is placed at the edge of the goal box for the kick.
17. **Goal Kick** – See General Rules section.
18. **Corner Kick** – See General Rules section.
19. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **6 yards** of the ball until it is put in play.
20. **Drop ball** – See General Rules section.
- 21- **Offside** – none, but no player shall be allowed to “camp out” in an opponents goal area when the ball is in the other half of the field.

Playing Rules: Under 8-10 (7 v 7)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 4.
3. **The Players** – 7 on a side, one of which must be a goalkeeper. A game may not start if either team has fewer than 4 players.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** – See General Rules section.
7. **Assistant Referees** – Assistant referees are not required, but they may be assigned by the referee assignor.
8. **Duration of the Game**
 - a) The game shall consist of two 25 minute halves.
 - b) The half-time break should not exceed **10** minutes.
 - d) Time shall not be stopped except for serious injury.
9. **Substitutions** – See General Rules section.
10. **Start of Play – Kick-off** - See General Rules section.
11. **Method of Scoring** – See General Rules section.

An official score is not kept. No team shall be declared a winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in**

In the event the initial attempt is taken improperly, a second attempt shall be given:

 - a. The referee shall instruct prior to the second attempt.
 - b. If the second throw-in is performed improperly a throw-in shall be awarded to the other team at the same location.
14. **Fouls and Misconduct** - (See "The TEN Major Fouls" section.)
 - a) **Sliding tackles** are NOT permitted, even if properly executed, and are penalized as dangerous play (IFK).
 - b) Heading is Not permitted, and are penalized as dangerous play.
 - c) Referee should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.

As a penalty for the commission of a foul **Direct and Indirect** free kicks are awarded. (See "The TEN Major Fouls" section.)
16. **Penalty Kick** – – See General Rules section.

The penalty mark inside the box is at **7 yards** from the end line.
17. **Goal Kick** – See General Rules section.
18. **Corner Kick** – See General Rules section.
19. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **6 yards** of the ball until it is put in play.
20. **Drop ball** – See General Rules section.
- 21- **Offside** – See General Rules section.

The offside law is enforced. The referee shall penalize all players in an offside position involved in active play.
22. **Build Out Line** – 14 yards from end line.

The Build Out Line (BOL) is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the BOL. Once the opposing team is behind the BOL, the goalkeeper can pass, throw or roll the ball to a

teammate. **NO PUNTING is ALLOWED.** After the ball is put into play, the opposing team can cross the BOL and play can resume as normal.

Playing Rules: Under 11-12 (9 v 9)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 4.
3. **The Players** – 9 on a side, one of which must be a goalkeeper. A game may not start if either team has fewer than 5 players.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** – See General Rules section.
7. **Assistant Referees** – Assistant referees are required,. In case there are not ARs assigned, the center referee may, at his/her discretion, designate “club” linesmen who will assist the referee by indicating when the ball goes out of play.
8. **Duration of the Game**
 - a) The game shall consist of two 30 minute halves.
 - b) The half-time break should not exceed **10** minutes.
 - e) Time shall not be stopped except for serious injury.
9. **Substitutions** – See General Rules section.
10. **Start of Play – Kick-off** - See General Rules section.
11. **Method of Scoring** – See General Rules section.

An official score is kept. A goal is worth 1 point. The team getting the most goals shall be declared the winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in** – See General Rules section.
14. **Fouls and Misconduct** - (See “The TEN Major Fouls” section.)
 - a) **Sliding tackles** are permitted, but if not properly executed, they will be penalized as dangerous play and the opposing team awarded an Indirect Free Kick. Slide tackles performed in a reckless manner or that endangers the safety of the player may be considered a misconduct and penalized as a cautionable (yellow) or send-off (red) offense respectively.
 - b) Heading is permitted. However, coaches are responsible for instructing players under the age of 11 not to head the ball.
 - c) Referee should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.

As a penalty for the commission of a foul **Direct and Indirect** free kicks are awarded. (See “The TEN Major Fouls” section.)
16. **Penalty Kick** – – See General Rules section.

The penalty mark inside the penalty area is **8 yards** from the goal line.
17. **Goal Kick** – See General Rules section.
18. **Corner Kick** – See General Rules section.
19. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **8 yards** of the ball until it is put in play.
20. **Drop ball** – See General Rules section.
- 21- **Offside** – See General Rules section.

The offside law is enforced. The referee shall penalize all players in an offside position involved in active play.

Playing Rules: Under 13-19 (11 v 11)

1. **The Field** – (see field diagram below)
2. **The Ball** – Size 5.
3. **The Players** – 11 on a side, one of which must be a goalkeeper. (Some divisions may play with smaller teams on a smaller field if enrollment warrants.) A game may not start if either team has fewer than 7 players.
4. **Coaches & Fans** – See General Rules section.
5. **Players Equipment** – See General Rules section.
6. **Referee** – See General Rules section.
7. **Assistant Referees** – Assistant referees are assigned. In case there are no available, the center referee may, at his/her discretion, designate “club” linesmen who will assist the referee by indicating when the ball goes out of play.
8. **Duration of the Game**
 - a) U13-14 - The game shall consist of two 35 minute halves.
 - b) U15-19 - The game shall consist of two 40 minute halves.
 - c) The half-time break should not exceed **15** minutes.
 - d) Time shall not be stopped except for serious injury.
9. **Substitutions** – See General Rules section.
10. **Start of Play – Kick-off** - See General Rules section.
11. **Method of Scoring** – See General Rules section.

An official score is kept. A goal is worth 1 point. The team getting the most goals shall be declared the winner.
12. **Ball In and Out of Play** – See General Rules section.
13. **Throw-in** – See General Rules section.
14. **Fouls and Misconduct** - (See “The TEN Major Fouls” section.)
 - a) **Sliding tackles** are permitted, but if not properly executed, they will be penalized as dangerous play and the opposing team awarded an IFK. Slide tackles performed in a reckless manner or that endangers the safety of the player may be considered a misconduct and penalized as a cautionable (yellow) or send-off (red) offense respectively.
 - b) Referee should EXPLAIN the infraction to the player(s).
15. **Free Kick Play** – See General Rules section.

As a penalty for the commission of a foul **Direct and Indirect** free kicks are awarded. (See “The TEN Major Fouls” section.)
16. **Penalty Kick** – – See General Rules section.

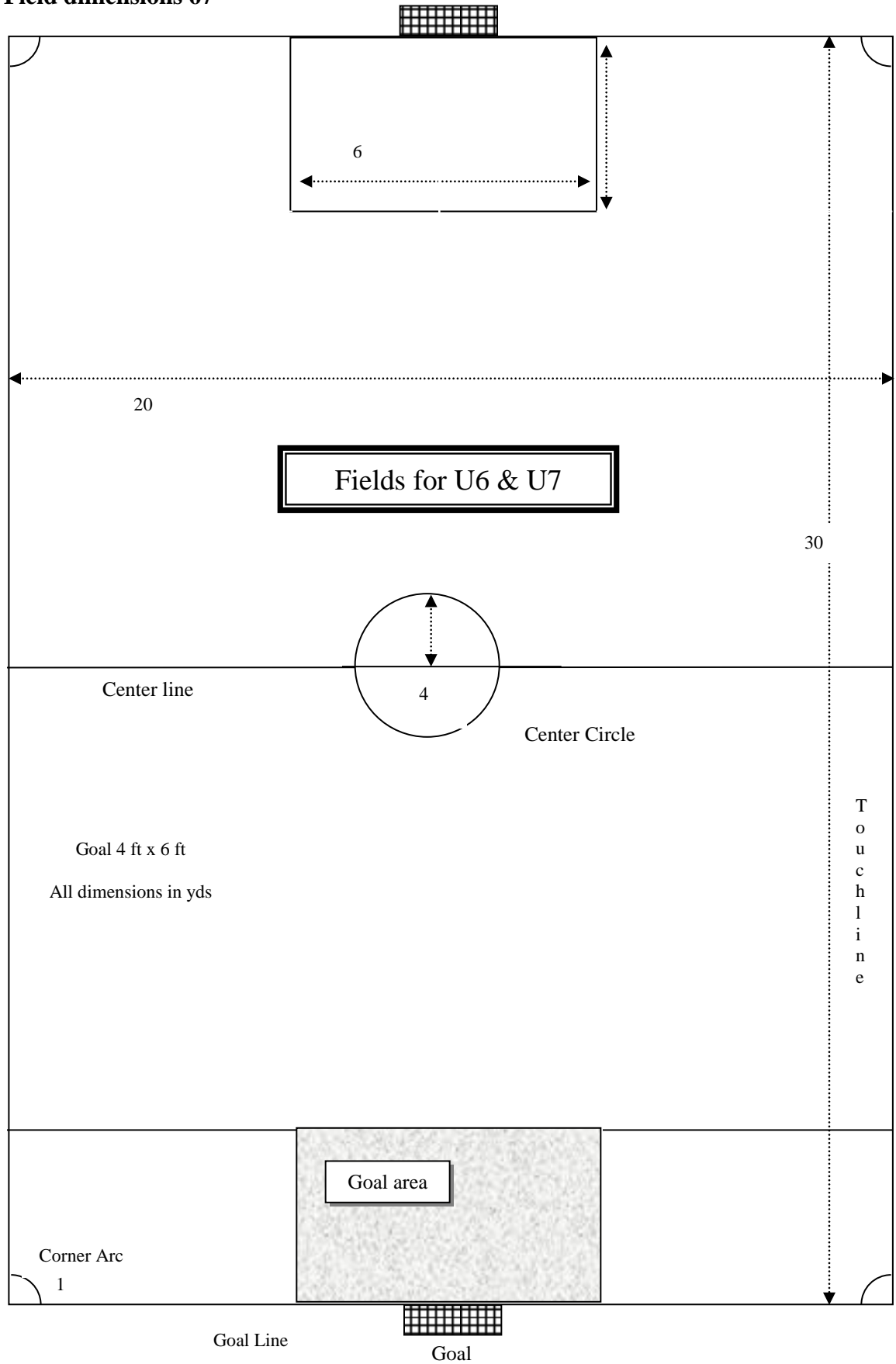
The penalty mark inside the box is at **12 yards** from the goal line.
17. **Goal Kick** – See General Rules section.
18. **Corner Kick** – See General Rules section.
19. **Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS** – See General Rules section.
 - a) Opponents may not be within **10 yards** of the ball until it is put in play.
20. **Drop ball** – See General Rules section.
- 21- **Offside** – See General Rules section.

The offside law is enforced. The referee shall penalize all players in an offside position involved in active play.

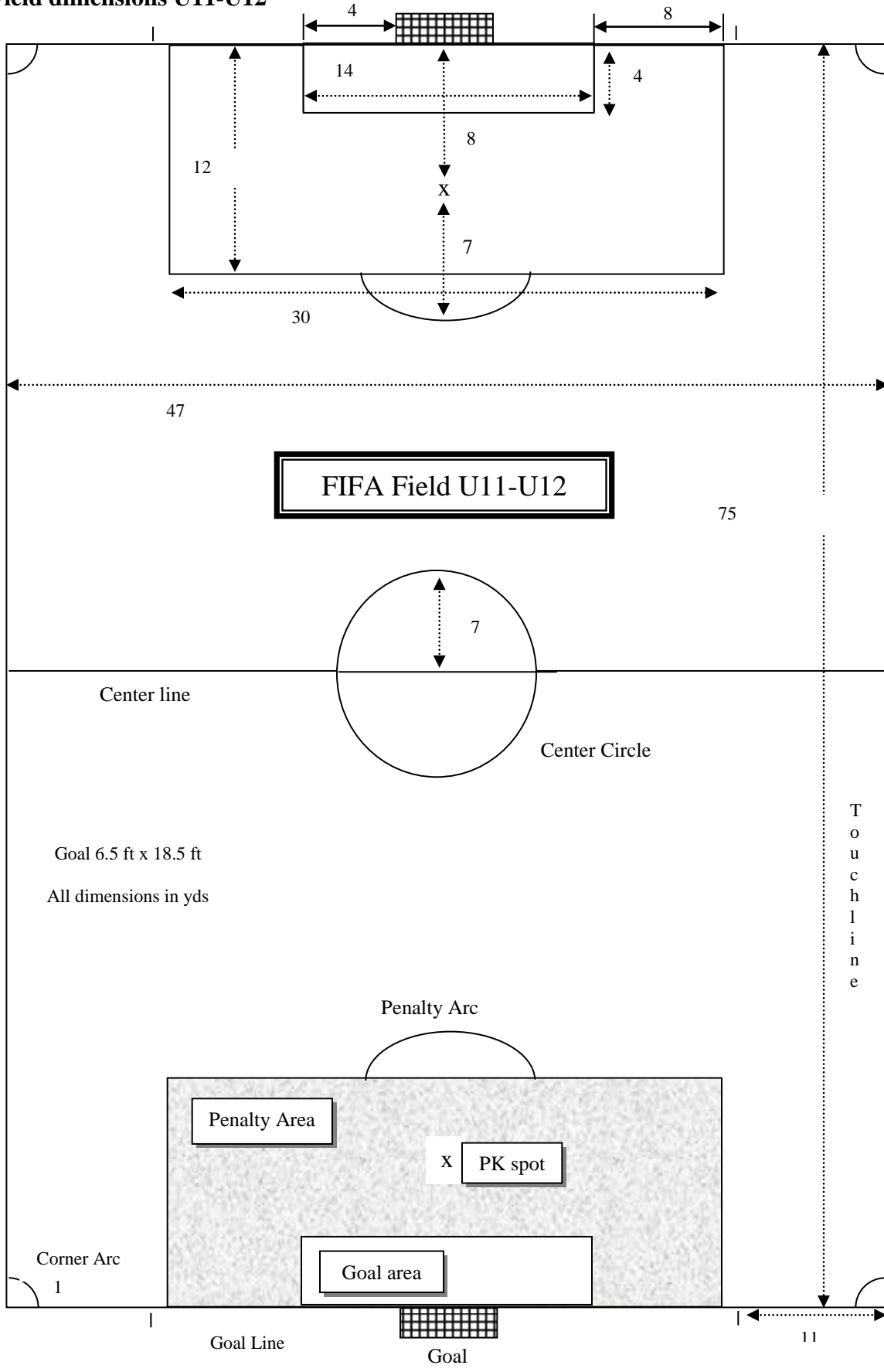
Appendix 3
Field Dimensions

Field dimensions U4 – U 5

Field dimensions 67



Field dimensions U11-U12



Goal 6.5 ft x 18.5 ft
All dimensions in yds

T
o
u
c
h
l
i
n
e

Field Dimensions U13 - U19

