



ELA Soccer Club (ESC)

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Fall 2011 & Spring 2012 Rules Recreation League

<u>Age</u>	<u>Ball Size</u>	<u>Game Length</u>	<u># of Players</u>
U5	#3	12 min halves	4
U6	#3	15 min halves	4 + 1 goalie
U7	#3	10 min quarters	4 + 1 goalie
U8/9	#3	10 min quarters	5 + 1 goalie
U10/11	#4	25 min halves	7 + 1 goalie
U12/14	#5	30 min halves	10 + 1 goalie

U5 Information Summary

- Ball size # 3
- Standard Ela T-Shirts worn
- Players must wear shin guards under their socks
- 4 vs. 4 (no G.K.)
- 2 x 12 minutes
- Substitutions on the fly
- Each player should play a minimum of 50% of the total game
- All games end in a tie
- No Off sides or Penalty Kicks
- No corner Kicks
- All kicks are Indirect
- All out of bounds balls will be returned to play by a kick in from the nearest sideline where the ball went out

U6 Information Summary

- Ball size # 3
- Standard Ela T-Shirts worn
- Players must wear shin guards under their socks
- 5 vs. 5 (one player must be a G.K)
- 2 x 15 minutes
- Kick offs are taken from the center spot, the ball must go forward.
- Substitutions on the fly
- Each player should play a minimum of 50% of the total game
- It is strongly recommended that all players get the opportunity to play all positions
- All games end in a tie
- No Off sides or Penalty Kicks
- Corner kick rule will apply
- All kicks are Indirect
- All out of bounds balls will be returned to play by a throw in from the nearest sideline where the ball went out

U7 Information

Summary

- Ball size #3
- Maximum number of players on the field at any one time is 5 one of whom must be a goalie.
Minimum number is 4
- There are four 10 minute quarters with a 2 minute rest between each quarter
- Start each quarter with a kick from center - alternating between teams
- Kickoffs are taken from the center spot, the ball must go forward, a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- It is strongly suggested that all players PLAY all 4 field positions in each game.
- There should be a new goal keeper for each quarter - they should have a shirt or pennie that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES NOT** apply
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top with hoods tucked in, only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's

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U8/9 Information Summary

- Ball size #3
- Maximum number of players on the field at any one time is 6 one of whom must be a goalie.
Minimum number is 4
- There are four 10 minute quarters with a 2 minute rest between each quarter
- Start each quarter with a kick from center - alternating between teams
- Kickoffs are taken from the center spot, the ball must go forward, a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- It is strongly suggested that all players PLAY all 4 field positions in each game.
- There should be a new goal keeper for each quarter - they should have a shirt or pennie that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply - but not strictly enforced - as long as they are trying to comply with the rule there is no foul - no cherry picking allowed
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top with hoods tucked in, only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's

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U10/11 Information Summary

- Ball size #4
- Maximum number of players on the field at any one time is 8, one of whom must be a goalie.
Minimum number is 6
- There are two 25 minutes halves with a 5 minute half-time break
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot, the ball must go forward, a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- It is strongly suggested that all players PLAY all field positions in each game.
- There should be a new goal keeper for each half - they should have a shirt or pennie that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top with hoods tucked in, only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's

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U12/13/14 Information

Summary

- Ball size #5
- Maximum number of players on the field at any one time is 11, one of whom must be a goalie.
Minimum number is 7
- There are two 30 minute halves with a 5 minute half-time break.
- Substitutions are
 - prior to throw-in by either team
 - prior to a goal kick by either team
 - after a goal by either team
 - After an injury, by either team, when the referee stops the play
 - At half-time
- There is no guaranteed playing time. Playing time is awarded by attending practices and games on a regular basis
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot, the ball must go forward, a goal **MAY** be scored from the kick off
- Any injured player must be removed - if they are bleeding they must leave the field immediately and may not return until the bleeding stops
- There should be a new goal keeper for each half - they should have a shirt or pennie that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top with hoods tucked in, only safety glasses are allowed
- All players must stand 10 yards back from the ball for all direct and indirect penalty kicks except PK's

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PRE-GAME ROUTINE

- Referees, coaches and their teams should arrive 15 minutes before game time so that every game will begin on time. As Coaches, you must notify the parents of the 15 minute early arrival. This is especially important in bad weather as players need more time to prepare.
- Make sure that you are in the coaching area on the correct side of the field before the start of the game.
- Home team (blue) supplies the ball; and kicks off to start the game
- A non-rostered player violation will result in a forfeit for that team

PLAYER EQUIPMENT

- A player cannot wear anything dangerous, items include, but are not limited to; rings, earrings, bracelets, watch, etc.
- Players may wear gloves and knit hats in cold weather – no hooded sweatshirts or jackets will be allowed
- A player **MUST** wear shin guards under their soccer socks
- Only molded soccer cleats or gym shoes (NO BASEBALL OR FOOTBALL CLEATS)
- The goalie shirt must be a different color than either team.
- Only safety glasses will be allowed.

COACHING AREA/ NEVER cross mid-field

- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- A verbal warning will be given if a player, coach or parent steps onto the field during live action, a caution card (yellow) will be give next, then a “send-off”, out of sight/out of sound.
- **NO ONE**, parents or coaches are allowed behind the goals. One warning will be issued then that person will be given a “send-off “,out of sight/out of sound.
- Coaches, players or parents may not approach a referee on the field during play, for any reason.
- No more than 3 coaches per team are allowed on the sidelines.

SLAUGHTER/SPORTSMANSHIP RULE

- Goes in effect when one team is ahead by 3 goals. Remains in effect until the score is less than a 3 goal spread
- This rule is **NOT OPTIONAL**
- It is the responsibility of the coaches to enforce this rule, referees will assist as needed
- The team behind, can add (1) additional player to the field of play or the team that is ahead may remove (1) player from the field of play
- The leading team will move their strongest player to a defensive position.

REFEREES and THE ZERO TOLERANCE RULE

- The referee is the only person who can make calls, with no interference from a coach, player, parent, or spectator.
- The coach is responsible for the behavior of this players and parents.
- ESC referees will not accept the slightest abuse (verbal or otherwise), unsportsmanlike-like conduct, or dissent by gesture, from any participant; including coach, player or parent. That behavior will be considered a “red” offense and an immediate “send-off”, out of sight/out of sound. The two minute warning (explained below) applies here.
- Other inappropriate behavior will be handled as follows:
 - **Disciplinary Committee**

The Vice-President shall chair the club disciplinary committee. The committee shall consist of the Vice-President of Recreation, the Referee Assignor, the Recreation Director of Coaches and the Director of Operations. This committee shall review all complaints lodged against any Ela Soccer recreation player, coach, or team.
 - **Permissible Sanctions**

The Disciplinary Committee shall have the authority by affirmative vote of at least three (3) members of the Committee to impose any, or all, of the following sanctions in matters where it deems appropriate. This may include one or more of the following:

 1. Issue a letter of reprimand to any recreation player, coach, member or team.
 2. Place on probation with such special conditions as are deemed appropriate any recreation player, coach, member or team.
 3. Suspend for a definite period of time not to exceed one (1) year from the date of the offense any recreation player, coach, member or team.

RED & YELLOW CARDS/2 MINUTE SEND-OFF (not at U6)

- The purpose of the “red card” is to eliminate any advantage gained by a player or coach by means of intentional violent conduct or serious foul play, verbal abuse or dissent, distraction of the referee by a team’s observers or family members, or a second violation of the U.S.S.F. rules after a caution was issued.
- The purpose of the “yellow card” is to indicate when a player has committed misconduct, as defined by FIFA laws.
- The “red card” is the most serious infraction of the U.S.S.F. rules and will have a prompting impact on both the players and the coaches when issued. A “red card” is an automatic one game suspension for the next played game, in addition to the “send-off” for the remainder of the current game. A “send-off” requires that the person leave the field of play, **out of sight, out of sound**, within 2 minutes. If that 2 minute warning is not complied with, the game will cease immediately and be forfeited by the team in violation.

- A “send-off” does not allow any opportunity for the player or coach to discuss or debate the matter nor continue unacceptable behavior. The referee will show the “red card” in as quiet a manner as they can. Accept it not as a “personal issue” but just a violation of the rules.
- Two “red cards” or 4 “yellow cards” in a 365 day time frame will prohibit that player or coach from participating in any ESC sponsored event or game for a period of 1 year from the date of the last violation.
- The **coach is responsible for his or her team’s observers**, and if an observer warrants a “red card”, that violation applies to the acting coach and both the offender and the coach **must leave** the field – out of sight/out of sound.
- All issued cards are final and will not be retracted. However if you have a questions about a card received, please contact the ESC office.