



ANSONIA SOCCER CLUB

DIVISION 1	DIVISION 2	DIVISION 3
4 vs 4	6 vs 6	8 vs 8
U-6	U-8	U10
4 – 8 Minute Quarters	2 -25 Minute Halves	2 -25 Minute Halves
Abe Stone Field C or D	Abe Stone Field A or B	Abe Stone Field A or B
NO Goalkeepers	Goalkeeper	Goalkeeper
Size 3 Soccer Ball	Size 4 Soccer Ball	Size 4 Soccer Ball
NO Offsides	Offsides – Ref Discretion	Offsides will be Enforced
Build Out Lines – Midfield Line	Build Out Lines – Midfield Line	Build Out Lines - No
Stationary Throw-Ins	Stationary Throw-Ins	Stationary Throw-Ins
NO Head Balls	NO Head Balls	NO Head Balls
Substitutions - Unlimited	Substitutions - Unlimited	Substitutions - Unlimited

Every player should play a minimum of 50% of the time in each game

All players are required to wear protective Shin Guards underneath their socks and only Soccer Cleats at all practices and games. All jewelry is prohibited and must be removed.

Build Out Line (Divisions 1 and 2)

The build out line promotes playing the ball out of the back in a less pressured 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 build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper and the team with possession crosses midfield the opposing team can attack and play resumes as normal.

Heading Restrictions

- No player within **Divisions 1-3** (U6, U8, and U10) may deliberately head the ball. This includes all activities where CJSA insurance applies, such as practices, scrimmages, and competitions at all levels.

5 Goal Rule

The Ansonia Soccer Club tries to make sure teams are evenly rostered to make for better competition. This sometimes goes out the window when games are played and scores become lopsided. We encourage our coaches to practice good sportsmanship,

- If a game reaches a 5 goal difference, we encourage coaches to add an extra player onto the field. This can also be achieved by the team with more goals to remove a player from the field. If additional goals are made additional players should be added or removed.
- Place your less experienced players into scoring positions
- Coaches can challenge your players to pass to other players. Set a # of passes before a shot can be taken, a great way to keep the players engaged is create a 5 pass rule before a shot can be taken.
- Defenses should not just sit back in front of their own goals, push those players up the field, get them engaged in pass backs and moving the ball from one side of the field to the other. Soccer is not always about going forward.