

PORTAGE COUNTY YOUTH SOCCER RECREATIONAL LEAGUE

Fall 2018 - U10 DIVISION

RULES AND REGULATIONS

This league is designed as a recreational youth soccer program rather than a competitive program. Managers and coaches should stress the recreational and sportsmanship aspect of the game of soccer. It is your responsibility as managers and coaches to set a good example, to conduct yourselves beyond question and to exhibit the kind of behavior we expect from your players.

1. PLAYER ELIGIBILITY

- A. Only those players on the Master Registration sheet shall be eligible for participation in the league.
- B. Once teams are formed no players will be moved to another team.

2. EQUIPMENT AND UNIFORMS

- A. The each community league shall furnish the following: #4 soccer balls, shirts, and rulebooks.
- B. All players, in order to be eligible to play, must wear the appropriate uniform: shirts, tennis shoes, shin guards, and mouthpiece if playing on field in Ravenna or any player roster on a Ravenna team playing at another community's field.
- C. Exposed jewelry such as wristwatches, bracelets including the rubber bracelets, earrings, barrettes, and neck chains, or any other item judged dangerous by the referee, may not be worn during the game.

3. MANAGER'S/COACH'S RESPONSIBILITIES

The Managers shall:

INSTRUCT THE PARENTS TO ENCOURAGE THEIR CHILDREN, NOT COACH THEM.

- A. Set an example of good sportsmanship (**this includes not yelling at the referees**).
- B. Be responsible for the conduct and safety of his/her players.
- C. Attempt to control unruly behavior of parents and spectators to the extent possible.
- D. Discourage and prohibit all harassment between managers, players and spectators.
- E. Exude positive behavior at all times.
- F. Concentrate on coaching, rather than the accuracy of the referee's decisions.
- G. Report all game-related injuries to the field coordinator at each location immediately also contact your league director within 24 hours of its occurrence. Please use accident report forms if your home league provides them.

There is NO smoking anywhere near the soccer field. (This includes the field and team benches). Exude positive behavior at all times. Concentrate on coaching, rather than on the accuracy of the referee's decisions.

4. SPORTSMANSHIP

"Sports do not build character. They reveal it." - **Heywood Hale Brown**

The good coach will never miss an opportunity to teach and emphasize the principles of good sportsmanship. The key to children gaining these benefits from recreational sports comes from coaches, parents, and others adults not only teaching children how to play the sport, but also supporting and demonstrating how to be a good sport. Coaches must guide our youth, reminding them what sportsmanship is all about, rewarding them for showing good sportsmanship and showing by our example.

Ways to Promote Sportsmanship

Coaches and parents can promote good sportsmanship by:

- Maintaining a "Fun is Number 1" attitude. If everyone is having fun, it'll make learning all aspects of the game more enjoyable and rewarding (Burnett, 1996).

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- Designing sport activities, which facilitate cooperation rather than just competition so that youth learn about fair play (Ewing, 1997).
- Teaching children the rules of the game and making sure that everyone (players, parents, fans) abides by those rules during competition (Ewing, 1997).
- Encouraging and supporting all players on a team (American Sport Education Program, 1994).
- Controlling emotions in frustrating situations (American Sport Education Program, 1994).
- Treating officials, coaches, players, teammates, and opponents with respect and avoiding ridicule and sarcasm (Burnett, 1996).
- Using moments from the game to teach about being a good sport ("I know it seemed like you got the runner at first out, but I was really proud of the way you didn't argue with the umpire.") (American Sport Education Program, 1994).
- Making sure there are consequences when poor sportsmanship is displayed (Sitz, 1998).
- Providing examples of good sportsmanship such as shaking hands with the opponent at the end of the game (Ewing, 1997).

5. **GAMES**

- A. We will play with 7 players, 1 of whom is the goalkeeper (number of players may vary depending on field size and number of players present for game with both coaches agreement).
- B. Score is kept.
- C. Play all players at least 1/2 the game or equal amount of time. Failure to do so will result in a forfeit of the game.

EXCEPTIONS: illness, injury, or disciplinary purpose. Disciplinary purposes are defined as:

- A. Swearing, horseplay, not minding the manager/coach.
- B. Penalty may result in player not being permitted to participate in a league game, at the discretion of the manager/coach.
- C. Report all disciplinary actions related to league games to your home league director before the next game day.
- D. League director must notify the league director of the next team playing prior to the game.

THE GOALIE

Goalie plays in the goal and her/his job is to stop the ball from going into the goal. If they go outside of the goal box, they cannot use their hands. If they do use their hands outside of the goal box, the referee will award the ball to the opponents (a hand ball penalty). *The goalie must wear a pinney over their uniform shirt so players know who the goalie is.

The goalie can dribbled the ball all the way down the field. This is permitted according to FIFA Laws. Since we do not state a modification to this rule in our league rules, this will be permitted.

The goalkeeper has special protections inside the Penalty Box; the ball may not be kicked if he is touching it with his hand or arm and the referee will call a foul if the goalkeeper is endangered.

*Remember to teach your players that once the goalie has the ball they must stay back.

- A goalkeeper cannot take more than six seconds while controlling the ball with his hands before releasing it from his possession.
- A goalkeeper cannot touch the ball again with his hands after it has been released from his/her possession and has not touched any other player.
- A goalkeeper cannot touch the ball with his/her hands after it has been deliberately kicked to him by a teammate.
- A goalkeeper cannot touch the ball with his/her hands when receiving it directly from a throw-in taken by a teammate.

PENALTY KICK

*A penalty kick is awarded if any offenses are committed by the goalie **inside his/her own penalty area**, no matter the position of the ball, provided it is in play.

The ball is placed on the penalty spot, in front of the center of the goal. All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked. If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is "live" and anyone can play it.

6. GAME SCHEDULE AND TIME

- A. Games are scheduled for Sundays, Saturdays AND WEEKNIGHTS.
- B. Each game will consist of four (4) equal, 12-minute quarters, with a 2-minute break in between. (This is a running clock).
- C. Game time is forfeit time. Teams must have 4 players to start the game. Amount of players on the field should be within one of the other team but cannot exceed 7 players.

7. OTHER LAWS

- A. Score is kept during the game. This is an instructional league to teach the youth the game of soccer. No team records will be kept.
- B. The spirit of the league and the game should be maintained at all times. Teaching, learning and having fun!
- C. The objective of coordinators, referees and coaches must be:
 - Teaching the game
 - Teaching teamwork
 - Teaching good sportsmanship and fair play
- D. The basic laws of the game of soccer must be followed at all times as published by FIFA.
- E. The additional rules of the game for this league must also be followed at all times.

8. FIFA LAWS OF THE GAME

- A. Referee
 - The decisions of the referee regarding facts connected with play are final.
 - The referee may only change a decision upon realizing that it is incorrect or at his/her discretion, on the advice of an assistant referee, provided that play has not restarted.
- B. Ball out of Play
 - The ball is out of play when it has completely crossed the goal line or touchline whether on the ground or in the air.
 - The ball is out of play when the referee has stopped play.
- C. Fouls and Penalties

CERTAIN FOULS ARE MORE SERIOUS THAN OTHERS. SOME ARE DIRECT, SOME ARE INDIRECT. PLAYERS NEED TO BE MADE AWARE OF WHAT ARE THE MORE SERIOUS FOULS AND THE PENALTIES FOR THEM. There are seven (7) major fouls (direct) and six (6) minor (indirect) fouls.

1. DIRECT Free Kick Penalties

A direct free kick is awarded to the opposing team for the following offenses if committed in a manner considered by the referee to be careless, reckless, or using excessive force.

<u>FOUL</u>	<u>PENALTY</u>
Tripping	Free Kick
Pushing	Free Kick
Charging	Free Kick

FOUL	PENALTY
Holding	Free Kick
Obstruction	Free Kick
Offside	Free Kick
A player plays in a dangerous manner	Free Kick

- Raising the foot, in an attempt to play the ball, to the level of an opponent's chest or higher when the opponent is in a normal position; or
- Using a double kick (scissors, bicycle, or hitch kick) within six feet of an opponent; or
- Lowering the head to the level of the waist or lower in an attempt to head the ball in the presence of an oncoming player after first warning for headers and continuing to attempt to head the ball; or
- Playing or attempting to play the ball while lying on the ground within six feet of an opponent.

"Dangerous Play" is always a judgment call, which is made at the discretion of the referee. These examples are not exclusive. They are for illustration only and are not meant to limit the use of discretion by the referee.

- Charging fairly when the ball is not within playing distance of the players concerned.
- When not playing the ball, interposing the body so as to obstruct an opponent's movement.

2. **INDIRECT Free Kick**

An indirect free kick is awarded to the opposing team for the following offenses:

- A player impedes the progress of an opponent who is not in possession of the ball; or
- A player prevents the goal keeper from releasing the ball from his/her hands; or
- A goalkeeper takes more than six seconds while controlling the ball with his hands before releasing it from his possession; or
- A goalkeeper touches the ball again with his hands after it has been released from his/her possession and it has not touched any other player; or
- A goalkeeper touches the ball with his/her hands after it has been deliberately kicked to him by a teammate; or
- A goalkeeper touches the ball with his/her hands when receiving it directly from a throw-in taken by a teammate.

Once the referee indicates the spot of the free kick, a player may set the ball on the spot and take the kick as soon as he/she wishes.

3. **THROW-IN**

The throw-in is method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touchline, either on the ground or in the air.
- From the point where it crosses the touch line.
- To the opponent of the player who last touched the ball.

Throw-in Procedure

At the moment of delivering the ball, the thrower:

1. Faces the field
2. Has part of each foot on the ground outside the touch line
3. Uses both hands
4. Delivers the ball from behind and over his/her head

Remember: Two feet must be in contact with the ground and not touching end lines to be a good throw-in. The thrower may not touch the ball again until it has touched another player

4. PENALTY KICK

A penalty kick is awarded if any of the direct free kick offenses are committed by a player inside his own penalty area, no matter the position of the ball, provided it is in play.

5. DISCIPLINARY SANCTIONS

Only a player or substituted player may be shown the red or yellow card.

Yellow Card: Player must be substituted out of the game.

Red Card: Player will be ejected from the game, team must play short one player and red-carded player receives a one (1) game suspension. The second offense will be cause of removal from the program for the remainder of the season.

6. CAUTIONABLE OFFENSES

A player is cautioned and shown the yellow card and must be substituted if he/she commits any of the following offenses.

- Guilty of unsporting behavior
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick
- Enters or re-enters the field of play without the referee's permission
- Deliberately leaves the field of play without the referee's permission

7. SENDING-OFF OFFENSES

A player is shown the red card, sent off the field and may not return to the game if he/she commits any of the following offenses:

- Guilty of serious foul play;
- Guilty of violent conduct;
- Spits at an opponent or any other person;
- Denies the opposing team a goal or obvious goal-scoring opportunity by deliberately handling the ball (except goalkeeper within his own penalty area);
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick;
- Uses offensive, insulting or abusive language and/or gestures;
- Receives a second caution in the same game

9. SOCCER ADDITIONAL LEAGUE RULES

- ABSOLUTELY no slide tackling. Penalty: First time, warning and yellow card – direct kick. Thereafter, red card – direct kick and suspended for the next game.
- Players must back off the ball if it is inside the one (1) yard goalkeeper safety circle and the goalkeeper is attempting to pick up the ball, diving for the ball or is on the ground attempting to gain possession of the ball with his/her hands.
- Headers are **NOT** permitted. Portage County Youth Soccer Recreational League teams are not permitted to attempt or perform headers. First offense – warning and drop ball; Additional offense – direct kick.
- The playing field may vary from community to community thus the number of players on the field.
- The offside rule is enforced. Offside Rule simplified below.
A player is in an offside position if he or she is:

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- Ahead of the ball, and
- Not in his or her own half of the field, and,
- There are fewer than two opponents even with or ahead of him/her (usually the goalkeeper and one defender)

If, in the opinion of the referee, the player is in an offside position and lays the ball, an offside will be called, resulting in an indirect free kick for the opposing team. There is no offside called from a throw-in, corner kick, or goal kick.

- **Mercy Rule:** This is a recreational/instructional league. Good Sportsmanship requires consideration of the other team's abilities. Soccer is a game. It is intended to be fun for all participants, not just the winning team. Without a worthy opponent, no purpose is served in playing any competitive game, running up a score either by accident or to embarrass an opponent, is pointless. Any game that has a goal differential of four (4) the coach must do any of the following to control the score;
 1. CALL OFF THE OFFENSE AND MAKE YOUR TEAM HAVE THREE (3) CONSECUTIVE PASSES BEFORE THEY CAN SHOOT OR THEY HAVE TO TRY AND DRIBBLE THE BALL OVER THE END LINE;
 2. Switch players around;
 3. Establish a minimum number of touches by a team and/or each player before attempting to score;
 4. Pull one or more players off the field until some parity between teams is achieved;
 5. Limit players from the winning team to the defensive half of the field.
- Substitutions may occur:
 1. Between halves;
 2. Prior to a throw-in, in your favor;
 3. Prior to a goal kick, by either team;
 4. After a goal, by either team;
 5. An injury, by either team, when the referee stops play
- The goalie can dribbled the ball all the way down the field. This is permitted according to FIFA Laws. Since we do not state a modification to this rule in our league rules, this will be permitted.

10. **OFFICIAL REPRESENTATIVES**

- A. The coaches/managers are the official representatives of their team.
- B. In the absence of the coach/manager, a designate must be reported to the referee prior to the beginning of the game.
- C. Only the coach or designate may confer with the game officials. (THIS MUST BE DONE IN A POSTIVE RESPECTFULL MANNER.)
- D. During the game, any questions a player may have must be channeled through the coach. Officials will not debate calls with players. A team coach may discuss calls between halves, or when the official calls "time-outs" during the progress of the game.
- E. All coaches and teams are to sit and stay on the sidelines opposite of the spectators on the inside of the fields. No parent or spectators are allowed on this area.
- F. Coaches should become aware of all rules. This will help to avoid questions of the officials.

11. **OFFICIALS/REFEREES**

- A. Officials/Referees will be scheduled by the home team. Whenever possible league will schedule two officials/referees per game.
- B. Every official/referee, including volunteers in no-show cases, has complete and total authority for the conduct of the match and to enforce discipline from the moment he/she arrives at the field until he/she leaves. This includes all pre-game and post-game activities. The authority and judgment of an official/referee shall not be challenged, nor may his/her judgment be appealed.

12. **ADDITIONAL RULES**

- A. No person may move up and down the length of the touchline for the purpose of coaching and instructing players.
- B. Except for the officials/referees and players in a game no other person is allowed on the field unless, and until, authorized by the official/referee.

13. **END OF SEASON**

The end of the season will consist of an all-star game instead of a tournament.

1. The coach from each team will choose a pre-determined number of players to participate.
2. All other players will take part in a separate game.
3. All games will be held on the same day, in the same community but at different times.
4. Details to be announced by the end of the season.

The Soccer Advisory Committee is comprised of a representative from each community and reserves the right to make any and all changes and decisions concerning the administration of this league by a majority vote of the committee.

