

# H.A.C.



## SOCCER

### Boys/Girls Local Playing Rules

**HOWLAND ATHLETIC CLUB  
SOCCER RULES  
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## **INTRODUCTION**

The purpose of this organization is to help contribute to the emotional and physical maturity of the youth in our community within an athletic environment. It will offer the facilities, equipment and coaching guidance needed to assist in their development. The opportunity to learn Soccer skills, have fun and be part of a team is what Soccer "In the park" is all about.

Please note that Divisions 4 and 5 fall under the Trumbull County Soccer Association (TCSA) Rules and Regulations. When the HAC requirement is greater than the Trumbull County requirement the HAC guidelines are to be followed. TCSA Division 4 and 5, U-12 and U-15 is a competitive league however, HAC teams are to follow minimum playing guidelines.

## **I. ORGANIZATION**

### **A) LEAGUES**

The Howland Athletic Club will provide the following group of leagues for eligible players from 5 through 18 years of age (Date used to determine eligibility is August 1,) In division 5 High School Boys and Girls up to the age of 18 may be eligible to play as long as they are not participating on Varsity or JV Soccer:

<u>Divisions</u>	<u>Ages</u>	<u>Division</u>	
Division 1 Co-Ed	5	U-6	
Division 2 Boys and Girls	6-7	U-8	
Division 3 Boys and Girls	8-9	U-10	
Division 4 Boys and Girls	10-11	U-12	Trumbull County Travel
Division 5 Boys and Girls	12-14	U-15	Trumbull County Travel

## **II. TEAM SELECTIONS**

### **A) COACHES/ASSISTANT COACHES**

- 1) Each team must have a Coach prior to the draft or the draft will be postponed until a Coach is found.
- 2) All Coaches must be given a copy of the rules for review prior to the season.
- 3) The Coaches will appoint all Assistant Coaches after the draft.
- 4) Only the Coach or his appointed representative, approved by the President or Commissioner, may be present at the team selections. No person selecting players for a team shall receive assistance in the selection process from anyone outside of selection process during the team selections.
- 5) No children are permitted to attend the draft.

### **B) PLAYERS IN THE TEAM SELECTION**

- 1) All players will be in the selection process.

### **C) PLAYERS NOT in the TEAM SELECTION**

- 1) Late registration will be added to the wait list. ( See Section 1 Article C Line 2

### **D) TEAM/PLAYER SELECTION**

- 1) The purpose of the team selection process is to provide fair and balanced teams that allow for competition creating an equal opportunity for all the teams.
- 2) All of the kids will be rated based on a scale of A, B and C. (A players are the best of the best, B players make up the bulk of the league and the C players require additional training, a +- may also be used to describe the players.)
- 3) With all of the coaches or appointed representatives present (1 per team) the team selection process will start.
- 4) The person running the meeting will read the name of each child and their player rating from the previous year. The coaches will comment on any player that they feel may not have been properly rated and discuss the rationale behind their opinion. After the discussion the coaches can vote on what they feel the proper player rating is (A-B-C). If a unanimous decision can't be made the HAC representative running the meeting will make the final decision. If the Representative running the meeting is also a coach in the division then a different HAC representative will make the decision. Once all of the players have been rated they will be divided into groups based upon their player ratings. Any coach having a child in the league will at this time get their child. Once the piles are divided by ratings they will be turned over shuffled and evenly divided between all of the coaches with no coach requests.
- 5) Any player not rated or not known will go into a pile and will also be turned face down and passed out evenly.
- 6) If for example there a 5 teams and 3 A players the 2 teams without an A player will get the first 2 of the highest rated players in the B category to compensate. Again this will be done with the players face down. The amount of players in each category will be known prior to the distribution of players and agreed upon by the coaches in such a way as to maintain fair and even teams. A coach has the right to ask to pass on the higher rated player for 2 lower rated players. If any disagreement, the order will be picked via the hat selection process.
- 7) All players will be passed out until no players remain.
- 8) Late registration after team selection will be held in such a manner as to allow for even teams. If for example there are 5 even teams a player will not be added until there are enough players to equal out all of the teams. If a players rating is known and they are a late registration they will be placed on such a team as to allow for equal teams.
- 9) For the U-6 league the players will be named as noted above and then randomly passed out to the coaches as noted above. In the U-6 league and only the U-6

league the coaches will be permitted to have 1 assistant coach and their child on the team. If both of the players are said to be "A" players then the coaches will not be permitted to have their children on the same team.

- 10) When agreements can't be made a hat selection process will decide players/coaches and or order as needed.

### **III. LEAGUE EXPANSION/CONTRACTION**

#### **A) EXPANSION**

- 1) Prior to the team selections, each League Director & Commissioner will evaluate the number of players in the league.
- 2) The Commissioner, will then determine how many total teams will be required.

### **IV. EQUIPMENT**

#### **A) PLAYING EQUIPMENT**

- 1) All players must Conform to FIFA with the following Additions:
- 2) All Players must wear approved shin guards with Socks covering them.
- 3) Metal spikes are not permitted
- 4) No cleats are permitted with a front spike.
- 5) No jewelry or items that may be deemed dangerous are permitted to be worn during the game. Soft casts are permitted or hard casts that are properly padded and approved by the official.
- 6) All players must be in full HAC uniform to play; including Tournament Teams.
- 7) All uniforms must be issued to players. Registration fee must be collected prior to issuing uniform. Hardships will be accommodated.
- 8) Coaches will be held accountable for use of illegal equipment by any player on his team.
- 9) Equipment is to be picked up and returned at designated times.
- 10) Coaches who have not turned in uniforms/equip. from the previous year will be withheld from coaching until said uniforms/equip. is turned in, or lost equip is paid for.
- 11) Division soccer ball usage:

<u>Division</u>	<u>Soccer Ball Size</u>
Division 1 Co-Ed U-6	Size 3
Division 2 Boys and Girls U-8	Size 3
Division 3 Boys and Girls U-10	Size 4
Division 4 Boys and Girls U-12	Size 4

## **V. SCHEDULES**

### **A) REGULAR SEASON**

- 1) All Leagues will follow the schedule format described below.
- 2) All team schedules will be prepared by the Club and implemented by the League Director.
- 3) A minimum of 12 games must be played in all leagues. Due to extraordinary situations the Commissioner along with the president may amend.
- 4) School Activity Rule: If 3 or more players from the same team are not present due to a school function, the game will be rescheduled at the discretion of the Commissioner and the League Director. Coaches should give notice and the names to the League Director at least one week prior to the function (sooner when possible).
- 5) U-10 may play some games in the TCSA (Trumbull County Soccer Association), which may require travel within Trumbull County.

### **B) SCHEDULE FORMAT**

- 1) Teams are placed in a single division with each team playing each other team at least once and some teams twice (or more).

### **C) GAME TIMES**

- 1) Weekdays 5:00, - 7:00 pm start times
- 2) Saturdays 9:00a.m - 2:00 p.m. with the exception of Competitive which may be later
- 3) Sundays No games (except post season, Competitive, Tournament or extreme weather makeups with the approval of the Commissioner and President) No Sunday games to begin prior to 1:00pm. Games will be forfeited after 10 minute grace period.

### **D) PRACTICE SCHEDULES**

- 1) During the school year, only two team events are permitted Monday through Thursday, and no more than 4 team events per week.

### **E) LENGTH of GAMES**

- 1) Regulation games shall be 4 periods. (For in house games)
  - a) Division 1 will have 4 equal periods of 10 minutes. 2 minute break between quarters and a 5 minute break at half.
  - b) Division 2 will have 4 equal periods of 10 minutes. 2 minute break between quarters and a 5 minute break at half.

- c) Division 3 will have 4 equal periods of 12 minutes. 2 minute break between quarters and a 5 minute break at half.
- d) Division 4 and 5 will have 2 equal periods of 25-30 minutes 10 minute break at half as designated by the Trumbull County Soccer Association that they play in.

## **VI. PLAYING RULES**

### **A) LOCAL PLAYING RULES**

- 1) No score or standings will be kept in Divisions 1-3.
- 2) We encourage both teams to be on the same side of the field near the mid field line to allow for easy substitution. Team sides will be designated.
- 3) One (1) coach is allowed on the fields during the games for Divisions 1-2. We ask the second coach stay out of bounds behind or next to the goal or next to the team. This coach is allowed to go onto the field to reset players or instruct when the ball has left the area.
- 4) The purpose of the coaches on the field is for better instruction and communication with the players. It is not to be a cheerleader. Coaches are expected to stay on their side and out of the way of the players. Coaches should never be in the Goalie box unless the ball is on the other side of the field and instruction is being given to the players.
- 5) No parents or additional coaches are permitted to stand behind or next to the goals.
- 6) No slide tackles or rear tackles are allowed in Divisions 1-3.
- 7) All players are to play at least 50% of the game and should be rotated to allow for equal playing time. If the amount of players on a team permits, each player is required to play 75% or more of the game.
- 8) All players are expected to play all positions with the exception of goalie. The HAC requires players to be rotated to allow for exposure of all positions.
- 9) Coaches, who feel it necessary to take any disciplinary action against a player, will do so only after consulting League Director and Soccer Commissioner. Any disciplinary action taken by a Referee during a game will be reported to the League Director and Commissioner within 24 hours after the completion of the Soccer game.
- 10) Divisions 1 and 2 players are permitted to be substituted on the fly. This should only be done to allow for a child that is slightly injured and needs to come out or a child that is in desperate need of a break. Otherwise, substitutions should be made during a stop in play such as a throw in or penalty kick, or ideally between the quarters.
- 11) Division 3 substitutions are only permitted during a throw in or stop in play for a penalty kick or between quarters. Division 4 and 5 shall allow for a substitution based upon rules provided by Trumbull County Soccer Association (TCSA).

- 12) The Coach is responsible for his behavior, the behavior of his team, and the behavior of his team's fans. If necessary, the Chief Referee may call time out to warn a Coach and/or fans. If warranted, he has the right to stop play and clear the sidelines before play is resumed. He will also report any unsportsmanlike conduct of a Coach, Assistant Coach, Player or Team to the League Director and Commissioner.
- 13) Players, Coaches and Assistant Coaches may be suspended for continued displays of poor sportsmanship. Referees may take the following action to control fan abuse.
  - a) Any parent, fan Coach or Assistant Coach who voices strong and persistent displeasure with a Referee's decision or who loudly criticizes any player may be first warned by the Referee.
  - b) If such acts are flagrant or are repeated, the fan/coach will be asked to leave the park.
  - c) If a parent/coach refuses to comply with the Referee's request, the referee will suspend for the duration of the game the son or daughter he or she is supporting, and both will be asked to leave.
  - d) In extreme cases, the Referee may cause the game to be forfeited to the offended team.
  - e) Coaches may be suspended from future games if action is warranted. Decision made by Commissioner and President.
- 15) The HAC non traveling program is designed to be a recreational league that provides for an equal opportunity for all of the kids. There are no standings to encourage the development of all of the players.
- 16) The coaches will be asked to keep a record for each game that represents the amount of time each child plays each game. A simple spread sheet broken down by quarter with a list of each child that played in each quarter is adequate. This is to ensure the minimum time requirement has been maintained for each child. If this record is not kept disciplinary measurements may be imposed by the director or commissioner. This will also serve as support for the coaches if a parent questions the amount of time a child has played. (We all make mistakes and this may help to ensure fairness).
- 17) Coaches are not allowed to argue or criticize the referee during the game. A coach can ask for clarification but not to do so in such a manner as to slow down play. Questions may be asked at the end of periods or prior to or after the games. Comments should be directed to the appropriate HAC officials.
- 18) Players in U-11 programs and younger shall not engage in heading, either in practices or in games.

**B) Division 1 Co-Ed U-6**

- 1) The Ball: Size 3

- 2) Maximum number of players on the field at any one time will be decided with the coaches prior to the start of the season to ensure maximum playing time.
- 3) All penalty kicks shall be indirect
- 4) A second Throw in must be allowed if the player commits a foul on the initial attempt. If a second throw in is failed it will go to the other team.
- 5) All coaches shall do a game line up to ensure a minimum of 50% playing time while 75% is encouraged when possible
- 6) Substitution: Can be made on the fly when necessary, during throw-ins or due to injury. Preferred time is between quarters.
- 7) Referee:
  - a) Registered/Associated/Coach/Assistant/Parent
  - b) Referee's decision on points of fact connected with the game shall be final
  - c) Only 1 referee is required
  - d) Linesman are not typically used
- 8) Offside:
  - a) Warn of infraction to avoid goals by cherry picking
  - b) Indirect kick permitted after warning to coach
- 9) Fouls
  - a) All fouls result in an indirect kick
  - b) No penalty kicks
- 10) Throw In
  - a) Conform to FIFA with following exceptions:
    - i. A second throw-in must be allowed if the player commits a foul on initial attempt. The referee shall explain the proper method before allowing the player to re-throw. If the second throw-in fails the ball is awarded to the other team.

### **C) Division 2 U-8 Boys and Girls**

- 1) The Ball: Size 3
- 2) Maximum number of players on the field at one time: will be decided with the coaches prior to the start of the season to ensure maximum playing time.
- 3) All coaches shall do a game line up to ensure a minimum of 50% playing time while 75% is encouraged when possible
- 4) Substitution: Can be made on the fly when necessary, during throw-ins or due to injury. Preferred time is between quarters.
- 5) Referee
  - a) Registered/Associated/Coach/Assistant/Parent
  - b) Referee's decision on points of fact connected with the game shall be final
  - c) Only 1 referee is required
  - d) Linesman are not typically used

- 6) Offside
  - a) Warn of infraction to avoid goals by cherry picking
  - b) Indirect kick permitted after warning to coach
- 7) Fouls
  - a) All fouls result in an indirect kick
  - b) No penalty kicks
- 8) Throw In
  - a) Conform to FIFA with following exceptions:
    - i. A second throw-in must be allowed if the player commits a foul on initial attempt. The referee shall explain the proper method before allowing the player to re-throw. If the second throw-in fails the ball is awarded to the other team.

**D) Division 3 U-10 Boys and Girls**

- 1) The Ball: Size 4
- 2) Maximum number of players on the field at one time will be decided with the coaches prior to the start of the season to ensure maximum playing time.
- 3) All coaches shall do a game line up to ensure a minimum of 50% playing time while 75% is encouraged when possible
- 4) Substitution: Can only be made during a quarter due to injury. All other substitutions shall be made between quarters.
- 5) Referee
  - a) Registered/Associated/Coach/Assistant/Parent
  - b) Referee's decision on points of fact connected with the game shall be final
  - c) Only 1 referee is required
  - d) Linesman are not typically used
- 6) Offside
  - a) Warn of infraction to avoid goals by cherry picking
  - b) Indirect kick permitted after warning to coach
- 7) Fouls
  - a) All fouls result in an indirect kick. Another player must touch the ball before a goal can be scored.
  - b) No penalty kicks
- 8) Throw In
  - a) Conform to FIFA with following exceptions:
    - i. A second throw-in must be allowed if the player commits a foul on initial attempt. The referee shall explain the proper method before allowing the player to re-throw. If the second throw-in fails the ball is awarded to the other team.

## **E) Division 4 U-12 Boys and Girls Traveling**

- 1) The Ball: Size 4
- 2) Maximum number of players on the field at one time: 11 with one of whom may be the goal keeper.
- 3) All coaches shall do a game line up to ensure a minimum of 50% playing time while 75% is encouraged when possible
- 4) Substitution: Due to injury or at the start of the next quarter.
- 5) Referee: (2) Follow FIFA Guidelines
  - a) Registered/Associated/Coach/Assistant/Parent
  - b) Referee's decision on points of fact connected with the game shall be final
  - c) 2 referees are required
  - d) Linesman are not typically used
- 6) Offside:
  - a) Called if offensive player is seeking advantage or interfering with play on opponents side of play
  - b) Player cannot be offside
    - i. In own half of field/On a goal or corner kick/On throw in or drop ball/If two or more opponents are nearer own goal line
    - ii. If he is possession of the ball
  - c) Offside position
    - i. Nearer to opponent's goal line than the ball – unless he is in his own half of field or there are at least 2 defensive players between him and the opposing goal
    - ii. Punishment is an indirect kick from where the penalty occurred
- 7) Fouls and Misconduct
  - a) Major Fouls – Result in Direct Kicks
    - i. Kicks/Attempts to Kick/Trip use of feet
    - ii. Jumps at Charges violently or dangerously/Charges from behind (unless opponent is obstructing) – use of body.
    - iii. Strikes/Attempts to strike/Spits at/Holds/Pushes/Carries/ Strikes or propels the ball with hand or arm – use of hands
  - b) Minor Fouls – Results in Indirect Kicks
    - i. Dangerous Play
    - ii. Charging Fairly – when the ball is not in playing distance
    - iii. Obstructing - Using the body to obstruct opponent intentionally
    - iv. Charging the goalie inside the goal area
    - v. Goalkeeper exceeding 6 seconds after gaining possession of the ball with their hands
  - c) Free Kicks – Conform to FIFA
    - i. Kicker cannot play the ball twice

- ii. Taken from where the penalty occurred (exception is penalty kicks)
- d) Penalty kicks – Conform to FIFA
  - i. Occurs when a defender commits a major foul in own penalty area.
  - ii. One on One situation Goal Keeper v 1 opponent (kicker)
  - iii. Keeper can move feet but only laterally on the line. Kicker cannot play the ball a second time until it has been touched by another player.
  - iv. Players not involved must be on the field but outside of the penalty area/Arc
  - v. Time may be extended for kick
  - vi. Infringements on the kick
    - 1. By defense – if goal is scored allow (Advantage)/ otherwise rekick
    - 2. By kicker – Opponent gets an indirect free kick
    - 3. By offensive player other than the kicker – If goal is scored disallow, retake the kick
- 8) Throw In
  - a) Conform to FIFA no Exceptions:
- 9) Goal Kick
  - a) Conform to FIFA no Exceptions
- 10) Corner Kick
  - a) Conform to FIFA no Exceptions

#### **F) Division 5 U-15 Boys and Girls**

- 1) The Ball: Size 5
- 2) Maximum number of players on the field at one time: 11 with one of whom may be the goal keeper.
- 3) All coaches shall do a game line up to ensure a minimum of 50% playing time while 75% is encouraged when possible
- 4) Substitution: Due to injury or at the start of the next quarter.
- 5) Referee: (2) Follow FIFA Guidelines
  - a) Registered/Associated/Coach/Assistant/Parent
  - b) Referee's decision on points of fact connected with the game shall be final
  - c) 2 referees are required
  - d) Linesman with 1 referee is acceptable
- 6) Offside: Conform to FIFA
  - a) Called if offensive player is seeking advantage or interfering with play on opponents side of play
  - b) Player cannot be offside
    - i. In own half of field/On a goal or corner kick/On throw in or drop ball/If two or more opponents are nearer own goal line

- ii. If he is possession of the ball
- c) Offside position
  - i. Nearer to opponent's goal line than the ball – unless he is in his own half of field or there are at least 2 defensive players between him and the opposing goal
  - ii. Punishment is an indirect kick from where the penalty occurred
- 7) Fouls and Misconduct: Conform to FIFA
  - a) Major Fouls – Result in Direct Kicks
    - i. Kicks/Attempts to Kick/Trip use of feet
    - ii. Jumps at Charges violently or dangerously/Charges from behind (unless opponent is obstructing) – use of body.
    - iii. Strikes/Attempts to strike/Spits at/Holds/Pushes/Carries/ Strikes or propels the ball with hand or arm – use of hands
  - b) Minor Fouls – Results in Indirect Kicks
    - i. Dangerous Play
    - ii. Charging Fairly – when the ball is not in playing distance
    - iii. Obstructing- Using the body to obstruct opponent intentionally
    - iv. Charging the goalie inside the goal area
    - v. Goalkeeper exceeding 6 seconds after gaining possession of the ball with their hands
  - c) Free Kicks – Conform to FIFA
    - i. Kicker cannot play the ball twice
    - ii. Taken from where the penalty occurred (exception is penalty kicks)
  - d) Penalty kicks – Conform to FIFA
    - i. Occurs when a defender commits a major foul in own penalty area.
    - ii. One on One situation Goal Keeper v 1 opponent (kicker)
    - iii. Keeper can move feet but only laterally on the line. Kicker cannot play the ball a second time until it has been touched by another player.
    - iv. Players not involved must be on the field but outside of the penalty area/Arc
    - v. Time may be extended for kick
    - vi. Infringements on the kick
      - 1. By defense – if goal is scored allow (Advantage)/ otherwise rekick
      - 2. By kicker – Opponent gets an indirect free kick
      - 3. By offensive player other than the kicker – If goal is scored disallow, retake the kick
- 8) Throw In:
  - a) Conform to FIFA no Exceptions:
- 9) Goal Kick

- b) Conform to FIFA no Exceptions
- 10) Corner Kick
  - c) Conform to FIFA no Exceptions
- 11) Size of teams
  - d) The size of the teams and number of players on the field can change from year to year based on amount of coaches and players available.

## **VII. Rec TOURNAMENT**

### **A) TOURNAMENT**

- 1) In the U8 and the U10 rec divisions we will try to hold an end of the season single elimination tournament with trophies for 1<sup>st</sup> and 2<sup>nd</sup> place. The other teams who do not win a trophy will receive participation medals.

### **B) BRACKETS**

- 1) The Brackets will be set by random draw at the end of the draft. The bracket laid out with numbers filling the positions. The coaches (or their representative for the draft) will pull a number out of a hat and they will get that spot on the bracket.

## **VIII. COMPETITIVE SOCCER PROGRAM**

### **A) FORMATION OF TEAMS**

- 1) Coaches shall be selected by the league commissioner based on proper licensure, ability, knowledge, attitude and clean record of incidence with the HAC
- 2) Players wishing to attend tryouts must be registered in the HAC prior to tryouts.
- 3) Teams will be selected by an open tryout process at the beginning of the season at a time and place to be determined. Accommodations will be made for families on vacation during tryouts.
- 4) Players are permitted to roster on multiple teams

### **B) SIZE OF TEAMS**

- 1) The maximum and minimum roster size will be determined by the YAYSL rules and regulations

### **C) AGE BRACKETS**

- 1) Age brackets will be determined by YAYSL rules and regulations
- 2) Your player must be at least 8 years old to try out for the U9 competitive teams.

#### **D) TOURNAMENTS**

- 1) Teams may enter tournaments throughout the year with approval of the League Commissioner.
- 2) Teams will be responsible for funding their own tournaments. At the discretion of the league Commissioner and the president, the HAC may elect to have the HAC pay for tournaments at their discretion.

#### **E) PLAYING TIME**

- 1) Playing Time is not guaranteed in the competitive program

#### **F) EXEMPTIONS**

- 1) U-10 and below players that participate on the competitive teams will also be required to play in the HAC rec division in order to maintain the integrity of the recreational division. If a child is playing on multiple HAC competitive teams and one of those teams is also the U-10 competitive team they may ask the commissioner and President for an exception from playing in the U-10 Rec program. Also if a player is already playing on a traveling club program and our U-10 competitive team they do not have to play on our U-10 rec program.

#### **G) APPEALS**

- 1) If you feel your child was unfairly cut from a team you may appeal it to the President, League Director, or another HAC trustee to further determine and explain the decision.