



RULES & REGULATIONS OF THE RECREATON DIVISION

ARTICLE ONE - GAME CONDUCT

WOODSTOCK UNITED SOCCER ASSOCIATION recreation games shall be conducted in accordance with the current FIFA *Laws of the Game* and decisions of the International Football Association Board (IFAB) in effect on August 1 each calendar year, with the following exceptions and clarifications:

A. COMPETITION

1. Coaches, officials and spectators shall not enter the field of play unless requested by the referee.
2. Except for short-sided games (Article I.I), a scheduled game shall not commence nor be continued unless both teams can field at least seven eligible players.

B. DURATION OF GAMES

1. Games shall be of two equal halves, not to exceed the following maximum durations:

<u>Division</u>	<u>Maximum Duration of Half</u>
U-5	10 minutes
U-6	15 minutes
U-8	20 minutes
U-10	25 minutes
U-12	30 minutes
U-14	35 minutes
U-16	40 minutes
U-19	45 minutes

2. Half-time periods shall be a minimum of five and a maximum of ten minutes as designated by the referee.
3. Where necessary due to scheduling time constraints, the duration of the two halves is to be reduced by an equal amount to allow for substitution in accordance with Article I.C.1.

C. PLAYING TIME AND SUBSTITUTION

1. Except as noted in Article I.C.3 all eligible team members in attendance at WOODSTOCK UNITED SOCCER ASSOCIATION games must play at least half of the game, excluding overtime. Such participation is controlled as follows:
 - a. At the discretion of the coaches the referee shall permit substitution. This normally occurs as a substitution during play, the player coming out will be asked to slap the hand of the player going into the game at the touchline. It is the coach's responsibility to ensure the correct amount of players is on the field. On occasion the referee may need to stop play for substitution while the ball is in play, in which case the game is resumed with a dropped ball.
 - b. Substitutions may also be made at half-time and at the start of any overtime periods.

PLAYING TIME AND SUBSTITUTION (continued)

- c. During such stoppages, the coach of each team may substitute as many team members, or none, including previously substituted team members, as long as all eligible team members meet the minimum playing requirements.
 - d. The referee shall allow for any time lost due to substitution or other cause by stopping his/her watch or adding playing time. (See Article I.B.3. regarding reducing the length of halves to permit proper substitution.)
2. Substitution for injury:
 - a. If a player is injured, the coach may provide a substitute for the player.
 - b. The coach may choose to not to allow the player to return to the game if they feel the players injuries do not allow them to safely continue.
 - c. The player and parent or guardian always have the final decision on a players well being.
3. Late arriving team members shall be substituted as follows:
 - a. If the team member arrives during the first "quarter", the team member must play a minimum of two of the remaining three "quarters".
 - b. If the team member arrives during the second or third "quarter", the team member must play a minimum of one "quarter".
4. Signed lineup cards must be completed by the referee and forwarded to the Division President or his/her designee.

D. OFFICIATING

1. Referees shall officiate in accordance with the WOODSTOCK UNITED SOCCER ASSOCIATION Rules & Regulations (the rules of competition), the FIFA *Laws of the Game* and decisions of the IFAB.
2. Referees shall officiate in a manner inducing clean competition and good sportsmanship, placing great emphasis on the welfare of the players. If a player is injured, the referee, at his/her discretion, may stop play to ensure the welfare of the player even if the ball has not gone out of play.
3. The goalkeeper shall not be harassed or interfered with while attempting to put the ball in play.
4. It is the duty of referees to protect the goalkeeper against dangerous play.
5. The *Laws of the Game* are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of referees to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators.

E. DUTIES AND RESPONSIBILITIES OF COACHES, REFEREES AND OFFICIALS

1. It shall be the duty of each coach, referee, and official to:
 - a. Conduct him/her self in a manner becoming a member of WOODSTOCK UNITED SOCCER ASSOCIATION.
 - b. Comply with the WOODSTOCK UNITED SOCCER ASSOCIATION Rules & Regulations.
 - c. Encourage clean competition and good sportsmanship.
 - d. Prohibit negative comments and complaints about officiating.
 - e. Present a healthy, athletic environment for team members by neither consuming alcoholic beverages nor using tobacco products during practices or games or in the immediate vicinity of the soccer fields.

DUTIES AND RESPONSIBILITIES OF COACHES, REFEREES AND OFFICIALS (continued)

2. It shall also be the duty of each coach to:
 - a. Train and coach his/her team to the best of his/her ability.
 - b. Remain within the coaches' area (Article I.H.2) during the game; a maximum of two coaches is permitted for each team.
 - c. Limit his/her sideline participation during WOODSTOCK UNITED SOCCER ASSOCIATION games to comments that are positive, instructional, and/or encouraging. Excessive coaching from the sidelines shall not be permitted.
 - d. Upon team formation, and during all subsequent team gatherings, practices, scrimmages, and games (Division, inter-Division, and tournaments), have in his/her possession a signed Player Registration Form for each team member.

F. SIZE OF BALL

Ball size for each division shall be as follows:

Age Division	Size	Circumference	Weight
U-5, U-6 & U-8	3	23.0 - 25.0 inches	10-12 oz.
U-10 & U-12	4	25.0 - 26.5 inches	12-14 oz.
U-14, U-16 & U-1	5	26.5 - 28.0 inches	14-16 oz.

G. FACILITIES

1. It shall be the responsibility of both teams for the first game each day to set up the goalposts and nets and both teams for the last game of each day to take down the goalposts and nets.
2. Each field shall be lined under the direction of the WOODSTOCK UNITED SOCCER ASSOCIATION President and/or the Field Director and each group of fields shall be provided with a first aid kit.
3. There will be an AED device located onsite of the Recreation Division Fields. All WOODSTOCK UNITED SOCCER ASSOCIATION Board members, age group coordinators, and referees shall be CPR and AED certified within 6 months of starting a season.
4. No trash should be left at the facility except in designated containers. Parking shall be limited to those areas designated at the fields.

H. FIELD OF PLAY

1. The dimensions and markings of the field of play and goals shall be at the discretion of the Division and, whenever possible, conform to the *FIFA Laws of the Game* or to WOODSTOCK UNITED SOCCER ASSOCIATION short-sided game requirements.
2. A coaches' area extending ten yards on each side of the halfway line shall be marked by two lines off the field of play and perpendicular to the touch line. Where possible, the coaches' area shall include two additional lines, with one line parallel to and at least one yard from the touch line, and a second parallel line no more than three yards from the touch line.
3. The field shall be marked, where possible, with a spectator control line parallel to the touch line at a distance of at least three yards from the touch line. Coaches and officials should help the assistant referees keep spectators behind the spectator control line.
4. Spectators shall not be allowed behind the goal lines, with the exception of photographers who have received authorization from the referee, and who must remain quiet and sufficiently back from the goal lines.

I. SHORT-SIDED GAMES

1. It is strongly recommended that U-5 through U-12 divisions play short-sided games, conducted in accordance with the current FIFA *Laws of the Game* as modified by the WOODSTOCK UNITED SOCCER ASSOCIATION WOODSTOCK UNITED SOCCER ASSOCIATION Rules and Regulations and the age appropriate WOODSTOCK UNITED SOCCER ASSOCIATION Coaching Manual. The Division chooses to allow goalkeepers in the U-8 division. Coaches beginning at the U-10 division are allowed to teach team members how to properly head the ball.
2. Short-sided games are permitted for all divisions.

ARTICLE TWO - TEAMS

- A. Retention of players on a Recreation Division team shall be limited to the head coach's child (ren). Otherwise there shall be no automatic retention of players on any specific team or with any specific coach from the previous season; in the case of an exceptions it must be approved by the WOODSTOCK UNITED SOCCER ASSOCIATION Board.
- B. Every attempt shall be made in the Recreation Division to balance the skill level of teams within each division.
- C. Team names shall bear no resemblance to a religion, race, or ethnicity.
- D. Teams shall participate only in games approved by WOODSTOCK UNITED SOCCER ASSOCIATION President, Recreation Director and/or presiding WOODSTOCK UNITED SOCCER ASSOCIATION governing authority.
- E. Team size:
 1. For full-sided (11-a-side) soccer (not recommended for U-12 and younger), the number of team members at any one time shall be:

<u>Age Division</u>	<u>Maximum</u>	<u>Minimum</u>
U-16 & U-19	18	12
U-14	15	12

2. The following are the recommended team sizes:

<u>Age Division</u>	<u>Players</u>	<u>Maximum no.</u>	<u>Minimum no.</u>
U-19 & U-16	11 v. 11	18	12
U-14	11 v. 11	15	12
U-12	9 v. 9	13	10
U-10	7 v. 7	11	8
U-8	6 v. 6	9	7
U-5/6		6	4

3. All divisions may play optionally with teams of smaller sizes for mini-soccer, indoor soccer or short-sided games, subject to rules established by the Division.
- F. The maximum number of team members listed in Article II.C may be increased with approval of the Recreation Director, but no more than would allow each team member to play at least half of each game.

- G. Each primary season, every effort shall be made to balance team strengths within each age division, within a reasonable geographical area.
- H. The division shall not form leagues on a major and minor basis within any age division.
- I. The only team member(s) a head coach may specify be on his/her team is his/her own child or children. Unless there is a specific need and it is approved by the board.

ARTICLE THREE - REGISTRATION

- A. The standard age divisions for the Boys and Girls programs are as follows:

Age Division

Under 5 years but not younger than 4 years	U-5
Under 6 years	U-6
Under 8 years	U-8
Under 10 years	U-10
Under 12 years	U-12
Under 14 years	U-14
Under 16 years	U-16
Under 19 years	U-19

- B. The effective date of age determination shall be the registrant's age as of July 31st immediately prior to the start of the membership year as defined in Article V. Registrants who have reached the age of four years as of this date are eligible to participate in the program. Individuals who are nineteen years of age or older as of this date are not eligible to participate.

Exception: upon approval by the board, they may allow registration and participation of children who have reached the age of four as of the date of the Division's first organized activity (camp, practice or game) in any season, split season or sub-season.

- C. U-5 and U-6 divisions are primarily for the introduction of soccer skills.
- D. In the event where there are not enough registrants to make any or all standard age divisions, divisions may be combined so that teams may be formed. Such divisions shall be classified on the basis of the oldest registrant and shall not, after the start of the season of play, be reclassified to a lower age division should the oldest registrant(s) then be removed from the roster.
- E. No potential team member may register without the written consent of his/her parent or guardian, unless the registrant is of legal age.
- F. A registrant becomes an official team member upon:
 1. Payment to the Division of its required registration fee and;
 2. Acceptance of his/her registration form by the WOODSTOCK UNITED SOCCER ASSOCIATION President, Recreation Director or the President's designated representative and;
 3. Placement on a team by the WOODSTOCK UNITED SOCCER ASSOCIATION President, Recreation Director or the President's designated representative.
- G. The WOODSTOCK UNITED SOCCER ASSOCIATION President and Recreation Director are responsible for assuring the eligibility of all team members on teams within the Division. Upon request of the WOODSTOCK UNITED SOCCER ASSOCIATION President or Recreation Director, a team member must present his/her birth certificate or other legal proof of age.

- H. An individual team member is limited to one WOODSTOCK UNITED SOCCER ASSOCIATION primary season team.
- I. Boys and girls may play on the same teams where there are an insufficient number of registrants to establish separate teams with reasonable application of Article III.D. It is strongly recommended, however, that separate boys and girls teams be instituted and maintained wherever possible.

ARTICLE FOUR - TRANSFER OF TEAM MEMBERS

- A. A team member may transfer from one team to another within a Division, or from one Division to another, after the following three conditions have been met:
- B. Approval of both coaches of the teams involved.
- C. Approval of Division President(s), Recreation Director, and or Travel Director.
- D. Approval of team member and parent/guardian; parent/guardian approval is not required if team member is of legal age.

ARTICLE FIVE - DURATION OF REGISTRATION

The period of official membership shall be from August 1st through the following July 31st each year.

ARTICLE SIX - PROPER DRESS

- A. WOODSTOCK UNITED SOCCER ASSOCIATION shall provide for team members to wear a matching team uniform consisting of a jersey, shorts and socks. Such uniform shall be properly marked with the WOODSTOCK UNITED SOCCER ASSOCIATION logo, located on the upper left front of the jersey. The WOODSTOCK UNITED SOCCER ASSOCIATION logo is not required on goalkeepers' jerseys but is highly recommended.
- B. The WOODSTOCK UNITED SOCCER ASSOCIATION uniform, including goalkeepers' jerseys, may bear a manufacturer's name and/or logo. The manufacturer's name and/or logo must not be displayed more prominently than the WOODSTOCK UNITED SOCCER ASSOCIATION. In no event shall a manufacturer's name and/or logo appear in the area designated for the WOODSTOCK UNITED SOCCER ASSOCIATION logo. No other markings may appear on the uniform without the prior approval of the WOODSTOCK UNITED SOCCER ASSOCIATION Board.
- C. The WOODSTOCK UNITED SOCCER ASSOCIATION uniform may bear an optional emblem representing the Division, skills, sponsor or sportsmanship on the upper right sleeve and/or the lower right front of the shorts. Such emblems shall be no more than three inches in diameter (or equivalent diagonal) and shall be approved by the WOODSTOCK UNITED SOCCER ASSOCIATION President.
- D. WOODSTOCK UNITED SOCCER ASSOCIATION uniforms may bear a team member's name, or team name, league name, or program name.
- E. The team member's uniform number shall appear on the back of the jersey in a color that contrasts with the jersey color, and (optionally) may be placed on the front of the uniform below the standard manufacturer's name and/or logo on the jersey or on the left side of the shorts. The number on the front of the uniform shall not exceed four inches in height.

- F. The WOODSTOCK UNITED SOCCER ASSOCIATION logo must appear in a color that contrasts with the player's primary uniform color. The WOODSTOCK UNITED SOCCER ASSOCIATION logo must have a prominent appearance on the uniform.
- G. No person may use any of the WOODSTOCK UNITED SOCCER ASSOCIATION trade names, trademarks or logos for any use other than WOODSTOCK UNITED SOCCER ASSOCIATION-authorized activities without the prior written consent of the Board. This includes having the WOODSTOCK UNITED SOCCER ASSOCIATION logo stamped on soccer balls, soccer shoes or other equipment, or used in association with the products or services of any person. Any approved use shall require that an ® should be placed next to the WOODSTOCK UNITED SOCCER ASSOCIATION registered trade name or trademark or, if the trade name is not registered, a ™ should be placed next to such trade name or trademark. These symbols serve notice that the trade names and trademarks belong to WOODSTOCK UNITED SOCCER ASSOCIATION.
- H. Regulation soccer shoes, gym shoes, or sneakers (with or without cleats) are permissible in all WOODSTOCK UNITED SOCCER ASSOCIATION competitions subject to the referee's approval regarding their safety.
- I. Team members must wear shin guards that provide a reasonable degree of protection, and that are completely covered by their socks, to participate in any practice or game.
- J. Team members shall not be allowed to practice or participate in any game with any type of cast or splint. Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the team member from practice or game participation.
- K. Players shall not wear anything that is dangerous to either themselves or other players.

ARTICLE SEVEN - OWNERSHIP AND RESPONSIBILITY OF UNIFORMS AND EQUIPMENT

The custodianship and disposition of equipment and supplies purchased by WOODSTOCK UNITED SOCCER ASSOCIATION shall be the responsibility WOODSTOCK UNITED SOCCER ASSOCIATION.

ARTICLE EIGHT - Player Conflicts between WOODSTOCK UNITED SOCCER ASSOCIATION and Other Activities.

WOODSTOCK UNITED SOCCER ASSOCIATION has no policy restricting its players from participating in other programs or activities that take place during the same season as the WOODSTOCK UNITED SOCCER ASSOCIATION program. The Division has the right to excluded children from WOODSTOCK UNITED SOCCER ASSOCIATION programs where the dual participation results in the inability of such child to participate effectively in the WOODSTOCK UNITED SOCCER ASSOCIATION program. That means that, if a child is continuously unable to adequately participate because he or she is enrolled in another program or activity, then the Division, under the recommendation of the player's coach may require such child to choose between WOODSTOCK UNITED SOCCER ASSOCIATION and the other program. Of course, the Division should take such action only as a last resort, and every effort should be made to accommodate every child who wishes to participate in the WOODSTOCK UNITED SOCCER ASSOCIATION program.

ARTICLE NINE - All-Star Programs

An "All-Star" program is a secondary program hosted by the recreation division, which includes only team members who have participated as players in the just-concluded primary program and which selects players for participation based primarily on their ability, who are not a carded member of the travel division. "All Stars" involves a specific set of competitions in WOODSTOCK UNITED SOCCER ASSOCIATION (indoor soccer season) and should not be confused with "select" or "tournament" programs or other competitions. The "All-Star" program shall be, to the extent permitted by its size and available resources including volunteers: An All-Star program, if implemented, shall abide by the following policies:

1. It shall not be allowed to become more extensive or important than the primary program.
2. Team members must have participated as players in the primary program. (It is recommended that, to be eligible for participation in an All-Star program, a team member should have played in a minimum of one-half of the primary program games.)
3. All-Star programs must be self-supporting and not use general Club funds. Club membership fees do not include participation in the "All-Star" program.
4. All-Star programs shall not involve U-5.
5. WOODSTOCK UNITED SOCCER ASSOCIATION principles, including those of fair play, everyone plays (one-half of every game), good sportsmanship, and positive coaching, shall continue to be stressed during All-Star competition.

ARTICLE TEN - Tournaments

- A. All tournaments sponsored by the WOODSTOCK UNITED SOCCER ASSOCIATION recreation division or with which the WOODSTOCK UNITED SOCCER ASSOCIATION name is associated must comply with the letter and spirit of the WOODSTOCK UNITED SOCCER ASSOCIATION Tournament Handbook.
- B. All tournaments, excluding primary program and All-Star playoffs, which involve teams from more than one Club, must have prior written approval of the WOODSTOCK UNITED SOCCER ASSOCIATION President.
- C. The WOODSTOCK UNITED SOCCER ASSOCIATION Board, on recommendation from the Club Tournament Director, may approve a fee to be submitted with a Tournament Authorization packet for all teams competing from outside the Club.
- D. Referees for said tournaments by WOODSTOCK UNITED SOCCER ASSOCIATION, funds to cover referees cost will be included in tournament registration fees.
- E. For the WOODSTOCK UNITED SOCCER ASSOCIATION tournament outside clubs must have a healthy financial standing with WOODSTOCK UNITED SOCCER ASSOCIATION. Outside clubs must not have outstanding debts, balances or invoices due WOODSTOCK UNITED SOCCER ASSOCIATION. Failure to comply in bringing accounts current may result in the club not being allowed to participate in the tournament and all collect monies to be non refundable.
- F. The WOODSTOCK UNITED SOCCER ASSOCIATION treasurer will be responsible for completing the financial accounting of the tournament and assisting the Tournament Director with submitting the Tournament Income and Expense Statement to the WOODSTOCK UNITED SOCCER ASSOCIATION Board within 90 days after the event. This form must be submitted with sign-off approvals by the President and Recreation Director. This financial statement shall be made immediately available to anyone requesting it.

- G. Tournament proceeds may only be used for approved WOODSTOCK UNITED SOCCER ASSOCIATION-related purposes which are consistent with WOODSTOCK UNITED SOCCER ASSOCIATION's not-for-profit, IRS Code 501(c) (3) status. This includes program operation and/or enhancement such as: registration scholarships, equipment purchases, field development, acquisition and maintenance, etc. Tournament proceeds may also be allocated to a region's secondary season teams ("All-Stars") for uses including, but not limited to, tournament fees, team parties and player and/or coach mementos, as long as such items are approved WOODSTOCK UNITED SOCCER ASSOCIATION-related expenditures.
1. All tournament sponsorship letters and solicitations, as well as all businesses being contacted, must first be approved by the WOODSTOCK UNITED SOCCER ASSOCIATION President.
 2. The intended use of tournament proceeds must be indicated on all advertising and sponsorship solicitations, and proceeds must be used as stated.
 3. The Recreation Director, with approval of the Board, is ultimately responsible for all funds collected and disbursed in the name of WOODSTOCK UNITED SOCCER ASSOCIATION at the recreation level. Therefore, the Recreation Director can disallow any disbursement that he/she deems inappropriate.
- H. Prior to final approval at the appropriate level, only proposed tournament dates and notification that approval is pending may be posted on the tournament or Club Website. E-mail blasts are permitted but must include the caveat that applications will not be accepted until the tournament is approved. The following activities are prohibited prior to approval:
1. Posting on the tournament or Club Website anything other than the tournament date and its status (pending approval)
 2. Mailing or e-mailing tournament applications, rules, etc.
 3. Soliciting or accepting applications to the tournament
 4. Accepting payment of tournament entry fees. Any tournament not in compliance with this policy will be required to cease all advertising, including removing all tournament information from the Web. Noncompliance with this policy may result in tournament cancellation and/or sanctions on future tournament events.

ARTICLE ELEVEN - INCIDENTS AND INJURIES

All incidents, injuries or property damage involving a WOODSTOCK UNITED SOCCER ASSOCIATION participant or occurring at a WOODSTOCK UNITED SOCCER ASSOCIATION event shall be reported to, and by, the WOODSTOCK UNITED SOCCER ASSOCIATION President, Recreation Director or Safety Director on the WOODSTOCK UNITED SOCCER ASSOCIATION Incident Report Form.