

EWG Youth Soccer Association Recreational Rules & Regulations

General Information:

- It is the Association's philosophy to promote fun, skill development and good sportsmanship. All are of equal importance, however, good sportsmanship goes a long way. It teaches more than field behavior and extends into daily life in the form of good personal relationships. The Association and all its members should set the example for the players by displaying good decorum at all times. This experience is for fun: no scores, no standings, and a rewarding learning experience.
- Volunteerism is the heart of this Association. All are encouraged to seek opportunities to provide the best program for the players. All are encouraged to kick in and help the Association reach that goal.

General Rules & Regulations:

- All participants (players, coaches, and spectators) will exhibit exemplary sportsmanship. Endorsement of good sportsmanship is a priority of our association.
- Drivers should be cautious when entering and leaving the parking area, as children do not always pay attention.
- Pets are not allowed in the soccer complex.
- Tobacco and/or alcohol are not allowed in the soccer complex, including the parking lot and surrounding fields.
- All litter will be disposed of in the proper containers.
- In order to protect property, there shall be no hanging from goals, digging up of the fields or any other malicious activities.
- Players and coaches should be on one side of the field and spectators on the other side. The exception to this is the Under 5 games where spectators may watch from any side of the field. For all age groups, no one will view any game at the goal ends of the field.
- The Executive Committee establishes registration fees. The committee will consider requests to adjust the fee on a case-by-case basis.
- A player is considered registered when the Registrar has received a completed registration with payment in full. Players not registered by the team formation date will be placed on a waiting list and assigned to teams with vacancies, if available.
- A player's parent/guardian may request that he/she play up an age group but not down an age group. The executive committee can assign a player of limited skills or physical limitations to a lower age division, if the parent/guardian requests it.

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- Players will be objectively assigned to teams within each age group, as equitably as possible, based on their previous experience and/or rating from the previous season. Inexperienced players will be assigned randomly, with some consideration for age and gender. The association's intent is to create teams that are equal in quality thereby providing the most benefit to recreation, sportsmanship, reward, growth and competitiveness.
- Parents and coaches cannot recruit, trade or assign players to a team. The registrar and the vice president must approve all player assignments.
- Parents and spectators will show good sportsmanship at all times.
- Parents and spectators are not allowed on field.
- Parents and spectators will refrain from confrontation.

All EWGYSA members have the right to bring concerns to an Executive Committee member. The EC meets every other Tuesday during the season (less frequently out of season) and will address the concerns as quickly, and fully, as possible.

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Rules & Regulations for Players:

- Players will be required to remain with the team and coach throughout the duration of the games and practices unless there are extenuating circumstances.
- For safety reasons, players will practice and play games with protective and covered shin-pads.
- Players will insure proper dress and appearance for all games. This includes and is not limited to shirts tucked in shorts, shin pads inside soccer socks. Red shirts are for home games; gray shirts are for away games. Black shorts are preferred for all games. Hats are not allowed. Exemptions will be made for unseasonably cold weather and medical conditions.
- Players will not wear any jewelry during games and practices.
- Cleats (if worn) will be rubber (no metal spikes) and have no cleat on toe of shoe. Cleats are not required; athletic shoes (sneakers) are acceptable.
- Players will be fully equipped prior to the start of the game and evaluated by the referee. The referee will evaluate late arrivals at a convenient time before allowing them to participate in any game.

Guidelines for Players:

- Players are to arrive 10 to 15 minutes prior to the start of the game.
- Players should bring a water bottle and ball to games and practices.

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Rules and Regulations for Coaches:

- All coaches must complete a Risk Management Form (see Risk Management Form) authorizing a background check prior to assuming control of a team. Any issue that surfaces as a result of the background check will be administered by the Risk Management Manager and adjudicated by the Executive Committee in an executive session.
- In reference to a player injury, referees will signal to the coach to administer to the player.
- Coaches should change the method of play whenever there is a four-goal differential in the score. Methods may include removing a player (for the team in the lead), adding a player (for the team not in the lead) or making three passes prior to taking a shot on goal (for the team in the lead). Other accommodative methods may be used.
- Coaches will insure that team members play at least 50% of the time during a game. This may be altered for disciplinary problems or injuries only.
- Coaches are responsible for setting up the goals and flags if their team is scheduled for the first game. Likewise, coaches are responsible for removing the goals and flags if theirs is the last game scheduled.
- Coaches will counsel players when it is perceived that un-sportsmanlike conduct is exhibited, including behavior on the sidelines. Examples include slide tackling from behind, holding or pushing, tripping, taunting or any other actions considered to be unnecessary and/or unsportsman-like.
- Coaches will refrain from arguing calls or otherwise delaying the play of the game. Questionable calls or actions by the referee should be directed to the referee coordinator by completing a Referee Evaluation Form or to an Executive Committee member at the field immediately after the game. All concerns should be directed to an Executive Committee member after the completion of the game.
- Coaches and players will shake hands at the end of the game.
- All coaches are required to notify the Risk Management Manager of all injuries requiring visits to the doctor's office, emergency room or hospital. All Association players and coaches are insured for injury.

Guidelines for Coaches:

- Coaches should hold 1 practice per week. Any additional practice sessions are not encouraged. Coaches should refer to the Guidelines for Practice Sessions or contact the Training Director for information.
- Practice length guidelines:

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U5 – 20 mins

U6 – 45 mins

U8 and above – 1 hour

- Coaches should provide every player the opportunity to play every position on the field. This is recreation soccer and is to be fun yet challenging. The opportunity to play numerous positions teaches the players the importance of each position and provides a better understanding of the game. However, coaches should never force a player to play a particular position or punish a player for refusing to play the position.
- Coaches should insure that their team leaves no debris, clothing or equipment on the sidelines after a game or practice.
- Coaches should check their mailboxes before their games on a weekly basis at the information/concession stand and distribute the contents of the folder as required. Items to be picked up include (but are not limited to) fundraising events, game time changes, policies and procedures, team pictures, EWG Sweeper Newsletters, etc.
- Coaches should return any forms requesting information or a confirmation of information in a timely fashion to the folder or individual indicated on the form.
- Coaches CANNOT cancel games due to inclement weather. The decision to cancel is made ONLY by the executive committee. The game cancellation hot line number is 397-4308 and the website is www.ewgsoccer.org. Coaches must make every effort to get their players to scheduled games, despite weather conditions. If games are canceled, coaches must relay this to their players.
- Coaches should decide when practices are canceled and how this information is relayed to players and parents.
- Coaches should establish a system to manage snacks, fundraising, etc. for the team prior and during the season. Recruitment of one or more parents to assist or manage these tasks is recommended.
- Coaches should provide input or information to the Association through written suggestion or by speaking to an Executive Committee member.
- Coaches should explain Association policy to parents whenever needed. When not possible, coaches should direct the parent to an Executive Committee member.
- Coaches may attend age specific training conducted and/or endorsed by the United States Youth Soccer Association (USYSA) Sanctioned State Association (SSA). A copy of the certificate and a request for reimbursement must be submitted to the EC for consideration.
- Coaches may receive local training as publicized in the EWG Sweeper newsletter or by calling the Training Director.

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Rules and Regulations for Referees:

- Referees must arrive at least fifteen minutes prior to the game.
- Referees will inspect the players and their equipment 10 minutes prior to the start of the game. Latecomers must be inspected at the referee's next opportunity before they are allowed to participate in the game.
- Referees will wear the proper uniform with shirt tucked in shorts and conduct themselves in a professional manner.
- Referees must have a whistle, stop watch, pens, cards and, if applicable, flags. The cards should be kept in the pocket. Flags are required only if an assistant referee is needed to officiate the lines.
- Referees should have the appropriate size game ball with them.
- Prior to the start of the game, referees should have the coaches complete the "sign-in card". At that time, the referee should introduce himself or herself.
- Referees should check their mailbox prior to their first game every week. It will include the schedule as well as additional information.
- Referees will follow and employ all Laws of the Game and this Association.
- Referees will provide clear direction and sound the whistle with authority.
- Referees will keep game time.
- Referees will insure the safety and security of all players at all times.
- Referees have the right and obligation to "card" for infractions in accordance with the Laws of the Game.
- Referees should refuse to discuss any call with spectators. They should always remain non-confrontational.
- Referees will remain at game field between quarters and halves (attending to exceptional requirements is acceptable). Personal items (a water bottle, etc.) should be kept off to the side for any break.
- Referees should remain impartial throughout each game. Objectivity is a paramount requirement. Personal correspondence with players, coaches and friends should be delayed until the game is over.
- Referees should comply with time requirements, that being a two-minute break between quarters and five-minute break between halves. No overtime periods are authorized.
- Referees should show respect to all including players, spectators, coaches and other referees.
- Referees should maintain control, be assertive, use common sense, apply the Laws of the Game and exercise good judgment.

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Referees should be aware that failure to comply with the above rules will result in forfeiture to officiate future games. The assignment to officiate games will be allocated based on a rotation that will include how the referee complies with the association's rules, performance, behavior and dedication to service.

Selection of Referees:

The Executive Committee will advertise for candidates to fill vacancies. Selection will be based on the following criteria:

- Number of vacant referee positions.
- Soccer experience.
- The candidate's association with EWG Youth Soccer Association.
- Attending the appropriate training for certification and re-certification.
- Commitment to work all games assigned.
- Commitment to abide by the SSA's and EWGYSA's rules stipulated in the Rules for Referees Section.

Candidates must be at least 12 years of age.

New referees will obtain training and become certified as courses are available. All returning referees will obtain training for re-certification as courses are available.

Referees will be evaluated on a seasonal basis to insure that their skills and responsibilities are meeting the Association's needs.

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Game Rules and information:

All EWGYSA games will be played as scheduled. The Executive Committee determines the cancellation of games. **Coaches or referees may not cancel a game.** Call the EWGYSA hotline at 397-4308 or check our website at ewgsoccer.org for information:

All games will follow the Laws of the Game with the exceptions noted below for each age group:

Modified Laws for U5 play

Ball Size: 3

Number of Players: 3 field players, no goal keeper

Substitutions: Substitutions are unlimited and may be made at any time, even if play has not stopped, without the approval of the referee

Duration: 2 halves of 8 minutes each

Start and Re-Start:

- **Goal Kick** – When a ball played by the attacking team crosses the goal line, whether or not a goal is scored, a goal kick is awarded. The defending team must retreat to mid field until the ball crosses the mid field line.
- **Corner Kick** – When the defending team plays a ball past their own goal line and a goal is not scored, a corner kick will be awarded.
- **Kick-in** – When the ball crosses the touch line a kick-in is awarded. Defending players must remain at least 5 yards from the player performing the kick-in.
- **Direction of Play** - The direction of play will not change for the second half of play.

Offside: Offside will not be called

Defenders acting as Goal Keepers: A defensive player may not act as a goal keeper. A defensive player may not enter the goal box unless play is in the immediate area.

Coaches' Positioning: Coaches may position themselves on the field of play to provide guidance and support.

Coaches and Referees are to work together!

EWG Youth Soccer Association Recreational Rules & Regulations

Modified Laws for U6 play

Ball Size: 3

Number of Players: 4 field players, no goal keeper

Substitutions: Substitutions are unlimited and may be made at any time, even if play has not stopped, without the approval of the referee

Duration: 4 quarters of 8 minutes each

Start and Re-Start:

- **Goal Kick** – When a ball played by the attacking team crosses the goal line, whether or not a goal is scored, a goal kick is awarded. The defending team must retreat to mid field until the ball crosses the mid field line.
- **Corner Kick** – When the defending team plays a ball past their own goal line and a goal is not scored, a corner kick will be awarded.
- **Kick-in** – When the ball crosses the touch line a kick-in is awarded. Defending players must remain at least 5 yards from the player performing the kick-in.
- **Direction of Play** - The direction of play will change for the second half of play.

Offside: Offside will not be called

Defenders acting as Goal Keepers: A defensive player may not act as a goal keeper. A defensive player may not enter the goal box unless play is in the immediate area.

Coaches' Positioning: Coaches may position themselves on the field of play to provide guidance and support for **ONLY** the first 4 games of the season. After that, coaches must remain on his or her half of the sidelines during the game.

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Modified Laws for U8 play

Ball Size: 3

Number of Players: 4 field players, no goal keeper

Substitutions: Substitutions are unlimited. Players must enter the field of play at the mid field and only after being granted approval from the referee. Substitutions may be made:

- Prior to a kick-in by the team in possession
- Prior to a kick-in by BOTH teams if the team in possession is substituting
- Prior to a goal kick by either team
- After an injury, when the referee stops play, by either team
- Between quarters and halves

Substitutions are not allowed on corner kicks.

Substitutions must be made as quickly as possible. The referee should not allow substitutions to unnecessarily delay the game.

Duration: 4 quarters of 10 minutes each

Start and Re-Start:

- **Goal Kick** – When a ball played by the attacking team crosses the goal line, whether or not a goal is scored, a goal kick is awarded. The defending team must retreat to mid field until the ball crosses the mid field line.
- **Corner Kick** – When the defending team plays a ball past their own goal line and a goal is not scored, a corner kick will be awarded.
- **Kick-in** – When the ball crosses the touch line a kick-in is awarded. Defending players must remain at least 5 yards from the player performing the kick-in.
- **Direction of Play** - The direction of play will change for the second half of play.

Offside: Offside will not be called. However, an attacking player may not enter the goal box unless play is in the immediate area.

Defenders acting as Goal Keepers: A defensive player may not act as a goal keeper. A defensive player may not enter the goal box unless play is in the immediate area.

Coaches' Positioning: Coaches must remain on his or her half of the sidelines during the game.

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Modified Laws for U10 play

Ball Size: 4

Number of Players: 6, one player may be designated as a keeper

Substitutions: Substitutions are unlimited. Players must enter the field of play at the mid field and only after being granted approval from the referee. Substitutions may be made:

- Prior to a throw-in by the team in possession
- Prior to a throw-in by BOTH teams if the team in possession is substituting
- Prior to a goal kick by either team
- After a goal by either team
- After an injury, when the referee stops play, by either team
- Between quarters and halves

Substitutions are not allowed on corner kicks.

Substitutions must be made as quickly as possible. The referee should not allow substitutions to unnecessarily delay the game.

Duration: 4 quarters of 10 minutes each

Start and Re-Start:

- ***Direction of Play*** - The direction of play will change for the second half of play.

Offside: Offside will be called. There is no offside on corner kicks or throw-ins

Coaches' Positioning: Coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

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EWG Youth Soccer Association Recreational Rules & Regulations

Modified Laws for U12 play

Ball Size: 4

Number of Players: 6, one player may be designated as a keeper

Substitutions: Substitutions are unlimited. Players must enter the field of play at the mid field and only after being granted approval from the referee. Substitutions may be made:

- Prior to a throw-in by the team in possession
- Prior to a throw-in by BOTH teams if the team in possession is substituting
- Prior to a goal kick by either team
- After a goal by either team
- After an injury, when the referee stops play, by either team
- At half time

Substitutions are not allowed on corner kicks.

Substitutions must be made as quickly as possible. The referee should not allow substitutions to unnecessarily delay the game.

Duration: 2 halves of 25 minutes each

Start and Re-Start:

- ***Direction of Play*** - The direction of play will change for the second half of play.

Offside: Offside will be called. There is no offside on corner kicks or throw-ins

Coaches' Positioning: Coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

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EWG Youth Soccer Association Recreational Rules & Regulations

Modified Laws for U14 (and older) play

Ball Size: 5

Number of Players: 6, one player may be designated as a keeper

NOTE: The association may increase the number of players when playing other associations or clubs.

Substitutions: Substitutions are unlimited. Players must enter the field of play at the mid field and only after being granted approval from the referee. Substitutions may be made:

- Prior to a throw-in by the team in possession
- Prior to a throw-in by BOTH teams if the team in possession is substituting
- Prior to a goal kick by either team
- After a goal by either team
- After an injury, when the referee stops play, by either team
- At half time

Substitutions are not allowed on corner kicks.

Substitutions must be made as quickly as possible. The referee should not allow substitutions to unnecessarily delay the game.

Duration: 2 halves of 25 minutes each

Start and Re-Start:

- ***Direction of Play*** - The direction of play will change for the second half of play.

Offside: Offside will be called. There is no offside on corner kicks or throw-ins

Coaches' Positioning: Coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

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Injury Policy:

The association has adopted a policy for injured players to make clear the responsibilities of the referee, coaches, players and parents should a player be injured on the field. The new policy is in keeping with FIFA (Federation International de Football Association) Law 5, from *Laws of the Game*, the rulebook that governs competitive soccer play for all ages worldwide. The following EWG YSA policy is modified to recognize the less stringent standards of the recreational soccer program.

- A player who is injured and cannot continue should kneel, sit or lay on the field. Play continues until the referee stops it. All other players should keep their distance.
- The referee will allow play to continue until the ball is out of play if he or she considers the injury to be minor and if the player is not at further risk of injury. If the referee considers the injury serious, he or she will stop the match. If the referee does not see the injured player, the coach should bring the situation to his or her attention.
- Once play is stopped, the referee will allow the coach on the field to tend to the injured player. The referee may also allow on the field the player's parents or a licensed "first responder," such as a doctor, nurse, EMT, physical therapist or athletic trainer.* Both coaches are responsible for keeping their players at a distance from the injured player.
- If the injury is considered minor the player should be escorted off the field as quickly as possible to minimize stoppage of play. The player must leave the field even if no further attention is required. First aid such as ice or a bandage should be done on the sidelines. A player bleeding from a wound can only return once the referee is satisfied the bleeding has stopped.
- If the referee, coach or parents consider the injury serious, they should request a bystander to call for medical assistance. A player unconscious or who may have sustained a head, neck or spinal injury should NEVER be moved. Only a licensed first responder as described above should provide first aid to a seriously injured player.
- The referee will allow the coach to make an immediate substitution for the injured player.
- The referee will allow for the full amount of time lost through injury to be played at the end of that quarter's play.

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- The coach must ask the referee for permission to return the injured player to the game. The referee can deny permission if he or she feels the injury was severe enough to warrant further medical attention. Coaches should use caution when deciding whether to put an injured player back in the game, especially if there is a chance of a concussion.
- * Parents trained in first aid or licensed as a health care provider should make themselves known to the association so their skills can be called upon should a serious injury occur.