

BOLTON SOCCER, INC. PROGRAM MANUAL

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Introduction

Bolton Soccer, Inc. (BSI) is responsible for organizing and administering the youth soccer program for the Town of Bolton.

Our program is relatively small but growing and it is our goal to provide an atmosphere that fosters opportunities for children along with their parents to learn the game of soccer to the best of their abilities in a safe, fun and learning environment.

We offer three different soccer programs:

1. At Kindergarten through Grade 2 (U6-U8) we offer an in-house **Instructional Program**.
2. We have a **Recreational Program (Division 5)** that begins at the U10 (generally Grade 3 and up) level. The Recreational Program competes against other local area towns with similar recreational programs. The Recreational Program is designed for those who are new to the sport of soccer and/or who simply enjoy the sport and its social aspect.
3. We have a **Competitive Program (Division 4)** that also begins at the U10 (generally Grade 3 and up) level. The Competitive Program competes against local area towns with similar competitive programs. As the name suggests, the Competitive Division 4 Program is designed for those players who have decided that soccer will be one of their primary sports and have the ability, determination, desire and commitment to a more competitive atmosphere.

Your primary contact throughout the season will be your coach. For administrative questions or complaints, your issues should be directed to the BSI Director in charge of the specific area in question.

Please visit the Bolton Soccer, Inc. website at <http://www.boltonctsoccer.com> for an updated list of contact information.

We sincerely hope that your experience with Bolton Soccer, Inc. is a rewarding and positive one. Please do not hesitate to contact the BSI Board of Directors with any issues or concerns.

This Manual will be reviewed yearly and appropriate changes, additions or deletions will be made as necessary and deemed appropriate by the BSI Board of Directors.

Instructional Program

The Instructional Program takes place in the fall (September and October) of every year and is open to children in Kindergarten through Grade 2 (U6-U8).

The program meets once per week (Saturday mornings) at the Bolton Center School. All registrants receive a t-shirt. Teams consist of boys and girls and are balanced as evenly as possible in this regard. For safety reasons, all players are required to wear shin guards and cleats. Each week teams practice for the first portion of their time slot and then play a game against one of the other town teams at the same grade level for the remaining time.

Kindergarten: This is the introductory level to soccer, which at times includes the parents and uses fun activities and games to promote enthusiasm for the game and the desire to continue in the program.

First Grade: This is the introductory level to soccer in a game/team setting. The micro-soccer format (3 vs. 3) increases the touches on the ball and involvement in the game. The primary focus is on technique, as dribbling, receiving and shooting skills are emphasized.

Second Grade: This is a developmental age in youth soccer where the focus will be maximizing the number of touches each player has on the ball. Laws of the game, receiving, passing, and dribbling/shooting development are all introduced and developed. Although there is still a great deal of focus on technique, individual and group tactics will begin to be introduced.

Division 5 - Recreational Program

The BSI Division 5 Recreational Program is designed for those who are new to the sport of soccer and/or who simply enjoy the sport and its social aspect. Our program has been developed to teach the basics skills needed to play the game of soccer and to learn the concepts of team play, leadership and sportsmanship. It is designed for fun and the love of the game.

Our program is an opportunity for players to meet and make new friends while participating in an active sporting environment. **All recreational players will play approximately 50% of each game provided they are not consistently disruptive to the team and attend practices and games regularly and on time.**

There are two recreational seasons per year (between September and November and between April and June). A team T-Shirt is included in the registration fee. Players must provide their own shorts and socks.

Generally recreational teams will have a practice once a week, usually after 5:00 PM that is scheduled by each individual team coach at the beginning of the season. Each team will play one game each weekend. The majority of games are held on Saturday; however, there will be an occasional Sunday game. If games are cancelled due to weather, every effort is made to make them up. There is also the potential opportunity for recreation teams to participate in district jamborees that take place during or each season.

There are no tryouts for the Division 5 Recreational Program. If your player is registered, he/she will be placed on a team. The number and size of each team will be dependant upon the number of registered players. Please note that if there are multiple teams in an age bracket, team placement will be random and no special arrangements will be accommodated. Exceptions to this rule will be for families with multiple children in a specific age bracket and for the volunteer coaches and will be regulated by the BSI Board of Directors. **Further, all recreational players will be required to play on a team that is grade and/or age appropriate.**

Preference is given to the establishment of single age group teams of the same gender. If there are an insufficient number of players to form a complete team, the BSI Board of Directors may decide to align teams by age/gender groups including the possibility of double age group teams.

Players must play in their age group.

The Recreation teams play small-sided games (7 v 7) on smaller than regulation fields. Small-sided soccer encourages faster development as it allows all players to be more active in a game and produces more touches on the ball. This format is consistent with the Connecticut Junior Soccer Association (CJSA) of which the BSI program is affiliated with.

Volunteers are extremely important and we encourage parents to actively participate as head coach or assistant coach for your child's team. We have developed a help program for the new coach who has little or no experience or for the experienced coach who would like a fresh viewpoint. Practice guides and experienced coaches are made available to help during the initial practice sessions. We

limit each team to one head coach and one assistant coach. BSI understands the importance of these volunteer coaches and to recognize their efforts offer a 50% discount off of their child's registration fee.

U10 Recreational Soccer: This is a developmental age in youth soccer where the focus will be on skills training and maximizing the number of touches each player has on the ball. Laws of the game, receiving and passing are emphasized as well as continued dribbling/shooting development. Some tactical game situations will be introduced.

U11 through U14 Recreational Soccer: This is for the player who enjoys playing soccer on a casual basis in a relaxed environment. Emphasis will be on field positioning, teamwork and sportsmanship.

Division 4 – Competitive Program

The BSI Division 4 Competitive Program is designed for those players who have decided that soccer will be one of their primary sports and have the ability, determination, desire and commitment to a more competitive atmosphere. Our program has been designed to help each individual player improve his or her technique and focus on the development of the tactical and physical aspects of soccer.

We do not strongly emphasize winning rather it is the goal of the program to achieve total player development and to see these players continue on in their careers to play quality soccer at the high school level and above.

There are two competitive seasons each year. The fall season occurs between September and November and the spring season between April and June. Uniform (shirt, shorts, one pair of socks, and t-shirt) costs are borne by the individual players. There is also the opportunity for competitive teams to participate in the district jamborees and tournaments that take place during or at the end of each season.

Tryouts

Tryouts for the competitive teams are mandatory and depending on the number of potential players, not all of those who tryout will make a Division 4 team. Those not making a Division 4 team will automatically be placed on a Division 5 recreational team. Parents will receive a telephone call to notify them of the status of their player prior to any posting of the teams.

All Division 4 players will be required to play on a team that is grade and/or age appropriate. Exceptions can be made for players currently participating in a premier league at the discretion of the BSI Board of Directors.

Tryouts will occur in the spring (June) for the following fall season and will be age/gender specific.

All players wanting to play on a Division 4 team must attend tryouts each year regardless of whether the player was on a Division 4 team the previous year. Participation on a Division 4 team does not guarantee a selection on the following year's team.

Every player who is selected on a team in the fall is guaranteed a position on the same spring team as long as a team is formed. If there is a spring tryout, returning fall players are not required to attend.

We fully understand that sometimes these tryouts can be stressful for the player, as well as the parents. Our tryouts are designed to be relaxed, low-key, fun and should not last more than 90 minutes. A second tryout date will be scheduled to account for those who missed the primary tryout date due to illness, vacation, etc. Your player only needs to attend one tryout.

Each potential player will be evaluated and graded on a numbering system designed to assess dribbling, receiving, passing and shooting. Small-sided games will be arranged to assess each player's knowledge of the game, movement and use of his/her skills in a game situation.

The spring season competitive team will be made up of those players continuing on from the fall season. Open slots on the teams due to players not returning will be filled on a case-by-case basis as determined by the BSI Board of Directors.

A player will not be denied a position on a team based on race, color, religion, national origin or financial ability.

Commitment

Generally the competitive teams will have practice twice a week, usually after 5:00 PM that is scheduled by each individual team coach at the beginning of each season. Each team will play one game each week either on a Saturday or Sunday. If games are cancelled due to weather, every effort is made to make them up.

At this level, the players are expected to have a high level of commitment to the game of soccer hence their attendance at all practices and games are very important. We do understand that absences will occur due to illness, educational requirements or family commitments, however absences due to commitments to other sports or extracurricular activities is not acceptable.

This commitment level is for the fall season only and is relaxed slightly during the spring season.

Regardless of the season, we do request that a strong effort to attend all practices and games be made and in the event that conflicts arise, please communicate these problems with the coaches as early as possible so that they may minimize any impact the absence will have on the team as a whole.

Playing Time

Our program is designed so that all competitive players are guaranteed to play at least 50% of each game provided they are not consistently disruptive to the team and attend practices and games regularly and on time.

Playing time and commitment are directly proportional, so if there are specific instances where the player commitment level is below expectations, the coach has the option at his/her discretion to reduce playing time. The player, their parents and the BSI Travel Team Director will be notified of this decision prior to the game so that all are aware of the situation. A meeting may be required between all parties in an attempt to resolve the commitment issue.

Positions

Specific positions on the soccer field are not guaranteed. Our program encourages the coaches to allow the players to play all positions so that they begin to better understand the game from every perspective.

We fully understand the glory behind being a striker and scoring goals, but equally important are the midfielders, defensive players and goalkeeper.

It is up to the coach's discretion to consider the good of the team when setting line-ups and making substitutions.

Coaches

Volunteers are extremely important and we encourage parents to actively participate as head coach or assistant coach for your child's team. Practice guides and experienced coaches are made available to help during the initial practice sessions. We limit each team to one head coach and one assistant coach. BSI understands the importance of these volunteer coaches and to recognize their efforts offer a 50% discount off of their child's registration fee.

Competitive Division Format

U-10 Teams: This is the first program in the competitive division and focuses on the fundamentals of soccer. The games are played on a smaller field with 7 players from each team on the field, including the keeper. Maximum team roster size will be 12 unless changed by the BSI Travel Team Director.

U-11 and U-12: The majority of the players in these programs already have competitive playing experience, therefore allowing the coach to focus more on the physical and tactical aspects of soccer, as well as more advanced skills. The games are played on a smaller field with 7 players from each team on the field, including the keeper. Maximum team roster size will be 12 unless changed by the BSI Travel Team Director.

U13 and higher: The majority of the players in these programs already have competitive playing experience, therefore allowing the coach to focus on a higher level of the physical and tactical aspects of soccer as well as more advanced skills. The games are played on a regulation soccer field with 11 players from each team on the field, including the keeper. Maximum team roster size will be 16 unless changed by the BSI Travel Team Director.

Player's Responsibilities

1. Have **FUN** and enjoy the game.
2. **Be respectful** of your coaches, teammates, parents, game officials and your opponent. Sportsmanship is very important to this program.
3. **Listen.** It is important to listen to your coaches and the referees.
4. **Do not yell at or question a referee's call.** It should be remembered that the referee is in charge of the match and his or her judgment on the field is final. No amount of arguing will change that fact so forget about it and play the game.
5. Do not tease, taunt or make fun of your opponent.
6. **Support your teammates.** Instead of yelling at them after they make a mistake, try a more positive approach and encourage them to keep on working hard.
7. **Learn.** Learn the laws of soccer as well as how to receive, pass, dribble and shoot the ball.
8. **Work hard.** You are part of a team and your work ethic directly affects all your teammates.

Coach's Responsibilities

1. **COMMUNICATE.** Communicate clearly, often and directly all of your objectives, expectations and concerns to your players and their parents. Communicate calmly and in a professional manner when speaking to a game official. Communicate quickly with the BSI Board of Directors if you have or perceive there to be a potential concern.
2. Coach constructively using positive reinforcement.
3. Be courteous to your opponents and officials.
4. Encourage parents and spectators to cheer for good play by both teams. Strongly discourage parents and spectators from sideline coaching and yelling at players and officials.
5. ***You, not the game officials,*** are responsible for the sportsmanship of your players and spectators. Remove disrespectful, overly aggressive or irresponsible players from the practice field or game and take immediate steps to correct such behavior. You may do so at your discretion. Notify the BSI Board of Directors if necessary.
6. Ensure the safety of your players. Inspect all equipment and make sure that all players are wearing shin guards and the appropriate footwear. No jewelry is permitted – this includes starter earrings. Exceptions can be made for medical reasons, please consult the BSI Referee Assignor or the game official for guidance.
7. Address your concerns about officiating to the referee after the game in a calm, professional manner. Remember, the officials are human and do make mistakes, but rarely do these mistakes actually affect the outcome of a game at this level. Direct major complaints concerning fairness, bias, fitness and/or competence of a referee or linesman to the BSI Referee Assignor within 24 hours after the game.
8. Limit your discussions with parents to information and evaluations pertaining to their player only.
9. Most of all – HAVE FUN.

Parent's Responsibilities

1. Have FUN and enjoy watching your player.
2. Do not coach your player from the sideline; let the coaches coach and the players play.
3. Do not speak to or publicly question the judgment or integrity of a referee. If you have a problem, address it with the coach after the game.
4. Cheer and applaud good play by your player's team. It's perfectly understandable to groan at mistakes, just groan SILENTLY. It is also very acceptable to applaud good play by an opposing player.
5. Read and understand the laws of the game of soccer. There are only 17 of them.
6. Try not to act in the heat of the moment. If you have a concern or complaint, address it directly with the coach first in a calm manner. If this does not resolve the matter or you are uncomfortable talking to the coach, please feel free to contact the appropriate member of the BSI Board of Directors.
7. Make every attempt to get your player to practices and games on time. Late arrivals affect everyone. Conversely, picking your player up after practices and games is equally, if not more important.
8. Limit your discussions with the coach to information and evaluations pertaining to your player only. Comments and open discussion about other players on the team are inappropriate.
9. Understand that a coach or a referee may require you to leave the game if your behavior is deemed inappropriate.

Referees and Assistant Referees

The BSI program will not tolerate any form of abuse towards a referee or an assistant referee. Incidents of abuse by a coach, player or BSI team spectator could lead to immediate dismissal from the program.

It is important to remember that the referees and assistant referees at this level are still developing their officiating skills just like your player is developing soccer skills. Like your player, the referee will make the occasional mistake. Recognizing this basic fact early will help you enjoy the game in its entirety.

Knowing and understanding the 17 Laws of the Game will also help to enhance your enjoyment of the game, as well as help you see referee decisions from their point of view.

That being said, BSI is always looking for referees to add to our crew. If you as a parent or one of your children (**13** years and older) is interested, please contact the BSI Referee Assignor for more information on how to get certified and the referee pay grades.

Certification classes are routinely taught and schedule information can be found on the Connecticut State Referee Program website at www.ctreferee.org.

Rules and Regulations

The following rules are excerpted from “CJSA Northeast District Rules of Competition”. To complete text can be found at <http://www.cjsaned.org/> (Rules Book For 2006).

Division 4

Division Play

It is the intent of Division 4 to provide full-sided formal and competitive play in the district in a results oriented format. The league is intended to be a competitive environment for the State Cup eligible teams within the district. The rules of competition for this division comply with those defined as noted below.

Division 4 U10 Exceptions

U10 and U9 matches are played short sided, 7 versus 7. Match rule modifications for U9 or U10 teams playing in this Division are set forth at the end of this section. Results are reported to the league administrator but no standings are kept.

Rosters

- Players rostered to a Division 4 team are not allowed to be rostered to any Division 5 team.
- A team cannot play up two age groups older without permission from the Club President and the League Commissioner.
- No more than 3 players on a roster can be younger than the two year age specific range (and none younger than U8).
- U8 Teams and younger are not allowed in Division 4.

Passes

Passes are required for all players and coaches. Any number of adults may be associated with any one (1) Division 4 team; however, the maximum number of adults on the sidelines for any match is four (4).

Match Logistics

- Match duration for U9 and U10 is 35-minute halves and use a #4 ball.
- Match duration for U11 and U12 is 40-minute halves and use a #4 ball.
- Match duration for U13 and U14 is 40-minute halves and use a #5 ball.
- Match duration for U15 thru U19 is 45-minute halves and uses a #5 ball.
- No overtimes are played for any regular season match.
- Home team wears pinnies or changes jerseys if both teams are wearing the same colors upon arrival at field.

Match Results

- Results are reported for all age groups. Results are to be reported by both coaches to the league administrator by 10:00PM Monday night immediately following the designated weekend of the scheduled match. Standings are kept for ages U11 and older only.
- Failure to report results shall result in a \$25 fine and repeated neglect can result in elimination from the League as determined by the Competition Committee.

Results and Standings

- **Scoring:** 3 match pts for a win, 1 match pt for a tie, 0 match pts for a loss.
- **Standings:** Teams with the most Points (Pts) are ranked higher in the standings. The tiebreakers for determining league standing position at the end of the season are: (1) best adjusted goal differential (up to 3 per match); (2) least goals allowed; The tiebreakers for determining league champion if tied for most Pts are (1) most points in head-head competition-* (2) best adjusted goal differential (up to 3 per match); (3) least goals allowed; and if still tied, then co-champs will be declared. * - When more than two teams are tied for most Pts, compute Pts accumulated for matches between just those teams that are tied. If two or more teams are still tied, drop to tiebreaker (2) with ONLY those teams still tied. I.E. Eliminate any teams with fewer Pts than the leaders for the balance of the tiebreaking computation.
- **AGD** = adjusted Goal Differential (no more than 3 for or 3 against per match).
- **Blowout Penalty:** Team penalized 1 match point for any blowout win (win by seven (7) or more goals). Team penalized 2 match points for 2nd and subsequent "blowout" offenses.
- **Forfeiture of Matches:** Any match forfeited will result in a win for the team that was scheduled to play, appeared at the field and had at least seven (7) players on the field at the designated playing time plus fifteen (15) minutes. The result will be recorded as a 4-0 win and the appropriate team will be awarded 3 Points for the win.
- The **league champion** for the fall playing season will be determined by a season ending playoff that includes 3 teams from Division 3 and one team from Division 4 for any age group. This would be a two day event where 1st in Div 3I plays 1st in Div 4, and 2nd in Div 3 plays 3rd in Div 3 on Saturday. The winners play on Sunday immediately following the 3rd place match. This tournament would be held at a predetermined venue selected to host this event. Saturday matches will be a format that produces a winner (two five minute golden goal overtime periods, followed by penalty kicks in the event of a tie) while the championship match could conclude in co-champs. This would be held in the Fall playing season only for ages U11, U12, U13 and U14, Boys and Girls, and if at least five teams enter an age division. The league champion will be invited to the fall banquet. The Div 4 champion will be recognized with a team trophy at the start of the first playoff match.

Sportsmanship

The Competition Committee is extremely concerned about matches with very lopsided scores. Please take extended measures to keep from running up the score on an outmatched opponent. Play shorthanded, even several players shorthanded; play players out of position; Play 5 -10 touches before a shot is taken; stop taking shots completely. We have asked all club presidents to be more diligent in classifying the caliber of team so this shouldn't occur so much. Nevertheless, there will be a 1 match point PENALTY for any blowout win. This

means you will be awarded 2 points instead of 3 for that match. A blowout win is categorized by a goal differential of seven (7) or more. Offenses beyond the first offense in one season will be penalized 2 points.

Blowout Rule (all ages): In the event that a team wins by seven (7) or more goals, the match is considered a blowout. The head coach of the winning team is obligated to write a match report to the competition chair, their own club president and the division coordinator indicating why the score got out of hand and what measures were taken to keep the score in check. This report must be submitted prior to the team's next match or such match will be considered a forfeit loss. The report can be submitted electronically when the score is reported.

Each league may additionally recognize one team for most outstanding sportsmanship.

Scheduling

Each team is expected to meet the district obligation of play before scheduling any out of district matches.

A missed game is subject to forfeiture of the club's entire \$100 performance bond. Changes to scheduled games must be arranged at least 72 hours prior to the scheduled kickoff, including notification of the league commissioner and opposing coach, subject to \$25 fine.

Each club must post a \$100 annual performance bond subject to forfeiture for any occurrence of not showing up for a scheduled match; for not providing enough notice for a change in a match (at least 72 hours); for not reporting scores appropriately (by 10pm Monday following the match).

The policy for *rescheduling makeup matches* centers around making a very reasonable effort on both teams part to accommodate a date and time that both teams can play. All league matches including league make-ups take precedence over friendly matches. The state Connecticut Cup tournament takes precedence over league matches. A team planning to participate in the Connecticut Cup should make every attempt to schedule their league matches on Sundays, or at least leave the Sunday of the same weekend available for a makeup. Weather related postponements should be considered only in the event of extreme weather conditions or unplayable fields, especially for league matches. Each team is expected to offer at least three reasonable makeup dates in order to have met the reasonableness criterion. If the home club cannot secure a field on dates that are otherwise open for the teams, the away club can host the match and the original home club is responsible for paying the referee team. The next available Saturday or Sunday as identified as open for both teams on the league schedule shall be the default playing date for any postponement. This can be modified by mutual agreement as long as the makeup is scheduled before the last playing date of the season. The last playing date of the season shall be clearly noted on the schedule at the beginning of the season. If unusual weather circumstances warrant an extension to the season, the League Commissioner shall notify each team representative via email as soon as that determination is made. Further, the league standings and schedule shall further indicate the last playing date. Teams are encouraged to play all scheduled matches where at all practical. Note that unplayed games result in no points awarded to both teams. In the extreme case that one team makes a reasonable effort to play and the other team does not, a forfeit victory will be awarded to the team that makes a reasonable effort to play. It is strongly encouraged that the competition committee meets as a group to attempt to resolve a situation where a forfeit may be impending.

Division 4 U10 Match Rules Modifications

- Applies to boys and girls competitions U9, 10, 11 & 12.
- 7v7 (six field players plus goalie)
- Certified Referee is required for the middle only. Can use club referees for lines.
- No coaches allowed on the playing field during the game

General

- Scores will not be kept.
- **NO RUNNING UP THE GOALS**
- Field size is approximately 50 x 70 yards but intended to fit on half of a full sized field
- 7x12 foot goals are recommended; 6x18 foot goals are acceptable.
- Normal CJSA substitution rules. Any stoppage of play, from the halfway line and when the referee beckons the players onto the field.
- Ball size is #4 for U10, U11, U12; #5 for all others
- Off-sides rules apply to all ages
- Match Duration: 4-15 min. periods; 5 min. between periods
- No goal kicks or distribution by goalkeeper over half field, ball must touch a player or field in your own half.
- Refereeing system is one center but three-man system is always encouraged.
- Licensed or certified coaches are encouraged.

Rules for U10 Only

- Throw in retakes allowed
- Goal kicks can be taken from top of penalty area

Division 5 Player Eligibility

Players on teams playing in the NED Division 5 league MUST be properly registered with CJSA and rostered to one or more Division 5 teams within the club. Players rostered to any district Division 3 or 4 team are not eligible to play with a Division 5 team at any age level. Rosters will be generated by the respective clubs and signed by either the Club President or the Club Registrar attesting to the proper registration of said player. The club registrar must hold a copy of every roster validated for the club. The coach must present the roster to the opposing coach prior to each match for inspection in the presence of the referee.

Upon request, any roster can be inspected by the Division 5 League Commissioner(s). All Division 5 coaches will be instructed on the player eligibility rules and process for insuring conformance at the seasonal scheduling meeting. Complete instructions are included as part of the Division 5 roster form as a reminder. The coach instruction is mandatory at the scheduling meeting prior to each season. The instruction reviews the Division 5 playing rules and the Division 5 club roster and pregame player/roster inspection process. The instruction emphasizes the need to enforce the rules and the nature of the exposure to coaches, club and league officials when ineligible players are allowed to participate. Violations reported are subject to review by the disciplinary committee. The entire club will be placed in bad standing upon repeat occurrences, at the discretion of the disciplinary committee, and therefore affecting the eligibility of any teams to participate in district competitions at all levels.

Sportsmanship

The Competition Committee is extremely concerned about matches with very lopsided scoring or grossly uneven play. It is mandatory that play adjustments be made if the score differential is 4 or higher. The type of adjustment(s) made is at the coaches' discretion. Some suggested adjustments are; play a player down at 3-0, play 2 down at 5-0, 5 passes before going forward, all players have to touch ball before going forward, put high scorer in goal, change forwards to defense and defense to forwards, limit attackers to 2 or 3 over mid-field as situation dictates. GK cannot play ball with hands except for saves, GK can only hand feed the balls into own half, etc. Please take extended measures to keep from running up the score on an outmatched opponent.

Each league may additionally recognize one team for most outstanding sportsmanship.

Division V Match Rules Modifications

- 50% playing time minimum for every player must be honored.
- 7v7 (six field players plus goalie) for ages U9, U10, U11, U12.
- 6v6 (five field players plus goalie) for age U14.
- Certified Referee is required for the middle only. Can use club referees for lines.
- No coaches allowed on the playing field during the game
- Throw-ins – Illegal throw-ins will be retaken, unlimited for U9 and U10, once for U11-U14.
- Offsides WILL BE enforced in accordance with FIFA rules.
- Normal CJSA substitution rules. Any stoppage of play, from the halfway line and when the referee beckons the players onto the field.
- Field dimensions (guideline), typically half a full-sized field:
Width: 35 yds. min.; 50 yds. max. and Length: 50 yds. min.; 75 yds. Max.
- Penalty area: 10 yards from endline and 10 yards wide of each goal post.
- Goal Box/Area: 4 yards from endline and 4 yards wide of each goal post.
- Size of Goal: 6'x18' permitted; 7'x12' recommended
- Corner kicks taken from edge/corner of field
- Goal kicks taken from within goal box/area, except for U9 and U10 where they are taken from the top of the penalty area. Goal kicks must touch a player or the field prior to passing over half field. The restart is an indirect free kick from the midfield spot closest to where the ball crossed.
- Penalty kicks from 8 yard line
- On free kicks, defenders must be at least 6 yards from ball
- All teams play 15 minute quarters
- Goalie restrictions applied in accordance with current FIFA rules.
- **Coaches are REQUIRED TO CHECK OPPOSING TEAM for properly validated rosters prior to each match in the presence of the referee.**
- **Coaches are REQUIRED TO PRESENT A COPY OF THESE RULES to, and review with, the referee prior to each match.**

Laws of the Game

There are 17 “Laws of the Game” consisting of:

1. The Field of Play
2. The Ball
3. The Number of Players
4. The Players’ Equipment
5. The Referee
6. The Assistant Referees
7. The Duration of the Match
8. The Start and Restart of Play
9. The ball In and Out of Play
10. The Method of Scoring
11. Offside
12. Fouls and Misconduct
13. Free Kicks
14. The Penalty Kick
15. The Throw-In
16. The Goal Kick
17. The Corner Kick

A complete explanation of these laws can be found at <http://www.fifa.com/en/index.html> (under “Regulations and Directories”).

Definitions

Knowing the basic soccer terminology is very important for parents. A big part of helping your child succeed at soccer is in supporting them. And to support them you need to educate yourself on the basics of soccer. This is an abbreviated list. There are many on-line sources for a complete glossary.

Advantage rule: a clause in the rules that directs the referee to refrain from stopping play for a foul if a stoppage would benefit the team that committed the violation.

Advantages: situations where a team has possession of the ball and outnumbers the opposition near the opposing goal.

Assist: the pass or passes, which immediately precede a goal: a maximum of two assists can be credited for one goal.

Attacking midfielder: the most forward-playing midfielder, playing right behind the forwards; he supports the offense by providing passes to forwards to set up goals.

Attacker: any player on the team that has possession of the ball.

Attacking team: the team that has possession of the ball.

Back: a defender.

Back tackle: an attempt by a defender to take the ball away from a ball carrier by swinging the defender's leg in front of the ball from behind.

Ball carrier: a player that has possession of the ball.

Behind the defender: the area between a defender and his goal.

Break: when a team quickly advances the ball down the field in an attempt to get its players near the opponent's goal before the defenders have a chance to retreat; also called an advantage.

Breakaway: when an attacker with the ball approaches the goal undefended; this exciting play pits a sole attacker against the goalkeeper in a one-on-one showdown.

Carrying the ball: a foul called on a goalkeeper when he takes more than 4 steps while holding or bouncing the ball.

Center: a pass from a player located near the sideline towards the middle of the field; used to get the ball closer to the front of the goal; also called a cross.

Center circle: a circular marking with a 10-yard radius in the center of the field from which kickoffs are taken to start or restart the game.

Center spot: a small circular mark inside the center circle that denotes the center of the field from which kickoffs are taken to start or restart the game.

Central defender: a player who guards the area directly in front of his own goal in a zone defense; does not exist in a man-to-man defense.

Charge: to run into an opponent; legal if done from the front or side of the ball carrier; illegal against a player without the ball or from behind.

Chest trap: when a player uses his chest to slow down and control a ball in the air.

Chip pass: a pass lofted into the air from a player to a teammate; used primarily to evade a defender by kicking the ball over his head.

Chip shot: a kick lofted into the air to try to sail the ball over the goalkeeper's head and still make it under the crossbar into the goal.

Clear: to kick the ball away from one's goal.

Corner arc: a quarter-circle with a radius of 1 yard located at each of the 4 corners of the field; on a corner kick, the ball must be kicked from inside this arc.

Corner flag: the flag located at each of the 4 corners of the field, inside the corner area.

Corner kick: a type of restart where the ball is kicked from the corner arc in an attempt to score; awarded to an attacking team when the ball crosses the goal line last touched by the defending team.

Counterattack: an attack launched by a defending team soon after it regains possession of the ball.

Creating space: when a player from the attacking team moves without the ball to draw defenders away from the ball carrier and give him space.

Cross or crossing pass: a pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field; used to give the teammate a good scoring opportunity.

Cut down the angle: when the goalie comes out of the goal several feet to make himself closer and larger to an attacker, leaving the attacker less net to shoot at.

Cut off: when a defensive player keeps his body between an attacker and the defender's goal, forcing the attacker out towards the sidelines.

Dangerous play: when a player attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalie's hands, even if no contact is made.

Defenders: the players on the team that does not have possession of the ball.

Defending team: the team that does not have possession of the ball.

Defense: a team's function of preventing the opposition from scoring.

Defensemene: the 3 or 4 players on a team whose primary task is to stop the opposition from scoring; also called fullbacks.

Defensive midfielder: the player positioned just in front of his team's defense; he is often assigned to mark the opposition's best offensive player; also called the midfield anchor.

Defensive pressure: when one or more defenders closely mark a ball carrier to harass him into losing the ball.

Deflection: the ricochet of a ball after it hits a player.

Direct free kick: a kick awarded to a player for a serious foul committed by the opposition; the player kicks a stationary ball with no opposing players within 10 yards of him; a goal can be scored directly from this kick without the ball touching another player.

Dribbling: the basic skill of advancing the ball with the feet while controlling it.

Drop ball: a method of restarting a game where the referee drops the ball between 2 players facing each other.

Drop kick: when a goalie drops the ball from his hands and kicks it just after it hits the ground.

Fake or feint: a move by a player meant to deceive an opposing player; used by a ball carrier to make a defender think the ball carrier is going to dribble, pass or shoot in a certain direction when he is not.

Far post: the goalpost furthest from the ball.

FIFA: Federation Internationale de Football Association — the official governing body of international soccer since 1904, which established the World Cup tournament; helps set and revise rules of the game, called the 17 Laws.

Foot trap: a player's use of his foot to control a rolling or low-bouncing ball.

Formation: the arrangement into positions of players on the field; for example, a 4-3-3 formation places 4 defenders, 3 midfielders and 3 forwards on the field.

Forward line: the 3 or 4 forwards who work together to try and score goals; consists of two wingers and 1 or 2 strikers.

Forward pass: a pass made towards the opposition's goal.

Forwards: the 3 or 4 players on a team who are responsible for most of a team's scoring; they play in front of the rest of their team where they can take most of its shots; strikers and wingers.

Foul: a violation of the rules for which an official assesses a free kick.

Free kick: a kick awarded to a player for a foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of him.

Front tackle: an attempt by a defender to kick the ball away from an attacker by approaching him from a head-on position.

Goal: a ball that crosses the goal line between the goalposts and below the crossbar for which a point is awarded; also, the 8-foot high, 24-foot wide structure consisting of two posts, a crossbar and a net into which all goals are scored.

Goal area: the rectangular area 20 yards wide by 6 yards deep in front of each goal from which all goal kicks are taken; inside this area, it is illegal for opposing players to charge a goalie not holding the ball.

Goal kick: a type of restart where the ball is kicked from inside the goal area away from the goal; awarded to the defending team when a ball that crossed the goal line was last touched by a player on the attacking team.

Goal line: the field boundary running along its width at each end; also called the end line; runs right across the front of the goal; the line which a ball must completely cross for a goal to be scored.

Goalkeeper: the player positioned directly in front of the goal who tries to prevent shots from getting into the net behind him; the only player allowed to use his hands and arms, though only within the penalty area.

Hand ball: a foul where a player touches the ball with his hand or arm; the opposing team is awarded a direct free kick.

Hat trick: 3 or more goals scored in a game by a single player.

Header: the striking of a ball in the air by a player's head.

In play: when a ball is within the boundaries of the field and play has not been stopped by the referee.

Indirect free kick: a kick awarded to a player for a less-serious foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of him; a goal can only be scored on this kick after the ball has touched another player.

Juggling: keeping a ball in the air with any part of the body besides the hands or arms: used for practice and developing coordination.

Kickoff: the method of starting a game or restarting it after each goal; a player passes the ball forward to a teammate from the center spot.

Lead pass: a pass sent ahead of a moving teammate to arrive at a location at the same time he does.

Linesmen: the 2 officials who assist the referee in making his decisions; they monitor the sidelines and goal lines to determine when a ball goes out of bounds and they carry a flag to signal their observations.

Man-to-man: a type of defense where each defender is assigned to mark a different forward from the other team; the most common type of defense for national-level teams.

Marking: guarding a player to prevent him from advancing the ball towards the net, making an easy pass or getting the ball from a teammate.

Midfield: the region of the field near the midfield line; the area controlled by the midfielders.

Midfield line or center line: a line that divides the field in half along its width.

Midfielders: the 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forwards.

Near post: the goalpost closest to the ball.

Obstruction: when a defensive player, instead of going after the ball, uses his body to prevent an offensive player from playing it.

Offense: the function of trying to score goals.

Officials: the referee and 2 linesmen who work together to make sure the game is played according to the rules of soccer; responsible for stopping and restarting play, keeping track of the score and the time remaining and citing violations of the rules, called fouls; they wear uniforms that distinguish them from the players on both teams.

Offside: a violation called when a player in an offside position receives a pass from a teammate; an indirect free kick is awarded to the non-offending team.

Offside position: an attacking player positioned so that fewer than 2 opposing defensive players (usually the goalie and 1 other defender) are between him and the goal he is attacking; a player is not offside if he is exactly even with one or both of these defensive players.

Outlet passes: when a goaltender or defender passes the ball from close to his own goal toward the other team's goal; used to start a counterattack.

Overlap: when a winger moves away from the sideline towards the center of the field to create space for a teammate to advance the ball undefended along the side of the field.

Passing: when a player kicks the ball to his teammate; used to move the ball closer to the opposing goal, to keep the ball away from an opponent or to give the ball to a player who is in a better position to score.

Penalty: short for penalty kick; also, a punishment given by the referee for a violation of the rules.

Penalty area: a rectangular area 44 yards wide by 18 yards deep with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area.

Penalty shot: a kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away; awarded for the most severe rule violations and those committed by the defense within its own penalty area; also taken in a tiebreaker to decide a match.

Play on: a term used by referees to indicate that no foul or stoppage is to be called; used by referees when applying the Advantage Rule.

Possession: control of the ball.

Push pass: when a player pushes the ball with the inside of his foot to a teammate.

Receiver: a player who gets a pass from a teammate.

Red card: a playing card-sized card that a referee holds up to signal a player's removal from the game; the player's team must play the rest of the game shorthanded; presented for violent behavior or multiple rule infractions (two yellow cards = one red card).

Referee: the chief official; he makes all final decisions, acts as timekeeper, calls all fouls and starts and stops play.

Save: the act of a goalkeeper in blocking or stopping a shot that would have gone into the goal without his intervention.

Shielding: a technique used by a ball carrier to protect the ball from a defender closely marking him; the ball carrier keeps his body between the ball and the defender.

Shoulder charge: minimal shoulder-to-shoulder contact by a defender against a ball carrier; the only contact allowed by the rules unless a defender touches the ball first.

Side tackle: an attempt by a defender to redirect the ball slightly with his foot away from a ball carrier running in the same direction.

Sideline or touchline: a line that runs along the length of the field on each side.

Sliding tackle: an attempt by a defender to take the ball away from a ball carrier by sliding on the ground feet-first into the ball.

Substitution: replacement of one player on the field with another player not on the field.

Sweeper: the defender that plays closest to his own goal behind the rest of the defenders; a team's last line of defense in front of the goalkeeper.

Tackling: the act of taking the ball away from a player by kicking or stopping it with one's feet; only a minimal amount of shoulder-to-shoulder contact, called a charge, is permitted to knock the ball carrier off balance.

Through pass: a pass sent to a teammate to get him the ball behind his defender; used to penetrate a line of defenders.

Throw-in: a type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline; taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline.

Trap: when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet.

Turnover: the loss of possession of the ball.

Volley: any ball kicked by a player when it is off the ground.

Wall: a line of 2 to 6 defending players pressed together shoulder-to-shoulder to protect their goal against a close free kick; creates a more difficult shot by reducing the amount of open goal area the kicker has to shoot at.

Wall pass: a pass by a ball carrier who sends the ball to a teammate, then runs behind his own defender and quickly receives a pass back; used to get a player past his defender without having to dribble by him; same as the "give-and-go" in basketball.

Wings or wingers: the outside forwards who play to the sides of the strikers and whose primary task is to provide them with accurate crossing passes so they can shoot at the goal; often the fastest players and best dribblers on a team.

Yellow card: a playing card-sized card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also called a caution; 2 yellow cards in one game earns a player an automatic red card, signaling his removal from the game.

Zone: a type of defense that assigns each defender to a particular area in front of or around his team's goal in which he is responsible for marking any attacker that enters; often used in youth league games but rarely in professional competition.

Soccer Field Diagram

This diagram is not to scale. It is for the purpose of showing the names of parts of the field; not for showing dimensions.

