

# Upper Makefield Newtown Soccer Club



## 2011 Intramural League Handbook

## 1. INTRODUCTION

The purpose of the Intramural Program is to provide players at all skill levels with an opportunity to learn, appreciate and enjoy soccer. In this spirit, coaches are encouraged to provide equal playing time to all players and play them in all positions. **At a minimum, all players must play 50% of each game.**

Travel players may not play in intramurals unless they have left their travel team and the league has informed their old team and their new team of the switch to the intramural program.

FIFA is the international governing body of soccer. All FIFA Rules (Laws of the Game) shall apply except as modified in this document by UMNSC. FIFA Laws of the game can be found at [www.fifa.com](http://www.fifa.com) or <http://www.fifa.com/worldfootball/lawsofthegame.html>

## 2. SPORTSMANSHIP

Good sportsmanship is one of the most important character traits we hope to develop and strengthen in our players, coaches and parents. Sportsmanship should be displayed in every aspect of the game, and in all interactions by and between players, parents, coaches and referees.

During regular season games, if a team gets a three-goal lead, that team must pull one player off the field or, at the election of the team that is trailing, the other team has the option of adding a player but for only so long as the three goal lead is maintained. If a four-goal lead is achieved, the leading team must remove another player from the field or the opposing team can add a second player. Coaches are asked not to run up scores!

If a team is short a player in any age group, the opposing team may lend a different player each period to the team that is short players. In the alternative, the coaches may agree to play with fewer players on the field, e.g., play 5 v 5 instead of 6 v 6. In no event shall the teams have a different number of players on the field at any time.

## 3. CONDUCT

Referees have absolute authority on the field. No coach, parent or player may question a referee's call. If you have a complaint with a referee, file the complaint with your age group coordinator. Sideline conduct of parents and players is the responsibility of the coach. Coaches, parents, or spectators are not allowed near the goal posts or behind the goals.

Coaches are responsible for the actions of their players and their player's parents. Coaches have the right to and should suspend players in the event players display improper and unsportsmanlike conduct. The referee has the right to eject any coach, parent, or player for harassment – NO QUESTIONS ASKED. Any player or coach ejected by the referee can face possible suspension from further games upon review by the Officers of the Club. Please report any coach or spectator showing unsportsmanlike conduct to your age group coordinator or to the Girls or Boys Intramural Coordinator.

The only way bad conduct can be addressed meaningfully is if parents and coaches report such conduct. Coaches should encourage sportsmanlike behavior at all times.

Prior to the game each coach will introduce the referee to one parent from their team to be a linesman. The linesman job is to raise their hand or flag when the entire ball crosses over the sideline. They must then objectively indicate which team gets to throw the ball in play.

#### 4. SCHEDULE

Coaches and Referees must make every effort to get games started on time. Please have your players at the game at least 15 minutes prior to start. Remember that any delay in the start of a game means a delay in the start of every game that is scheduled to come after it.

In the event of cancellations, all rescheduling must be coordinated thru the age group coordinator and opposing team coach. In the event that a full day of games is canceled, the Club will attempt to reschedule games. If the Club elects to cancel games, notice will be posted on the website, but coaches or team managers are encouraged to contact their players directly. If the Club elects not to cancel games, coaches may still elect to cancel games if they feel the weather or other conditions so warrant. However, in such a situation, the coaches who elect to cancel a game must make their own arrangements to re-schedule.

#### 5. RULES

##### 5.1. COACHING

Age 4-5                      One coach from each team may be on the field for the entire game ONLY THROUGH THE LAST WEEKEND OF SEPTEMBER.

All other age groups -- Coaches are not permitted on the field during the game unless an injury time out is called.

##### 5.2. GAME FORMAT

DIVISION	No. of Players on Field	League Referee	Length of Games
Age 4 & 5	Three, No Goalie	No	10 Minute Quarters
Age 6 & 7	Five, Goalie optional	Yes	12 Minute Quarters
Age 8 & 9	Six, incl. Goalie	Yes	12.5 Minute Quarters
Age 10 & 11	Eight incl. Goalie	Yes	30 Minute Halves
Age 12 & 13	Eleven incl. Goalie	Yes	35 Minute Halves
Age 14 to 18	Eleven incl. goalie	Yes	40 Minute Halves

### 5.3. EQUIPMENT

All players must wear shin guards at all practices and games. The shin guards must be on the inside of their socks, not the outside. Any player without shin guards is not allowed to participate.

Molded rubber soccer spikes are permitted. Molded rubber baseball spikes that include a single front spike at the toe are not permitted. This spike must be removed.

Goalkeeper must wear a different color shirt.

Ball:

- No. 3 for 4-5 and 6-7 age groups
- No. 4 for 8-9 and 10-11 age groups
- No. 5 for 12-13 and 14-18 age groups

### 5.4. FOULS/VIOLATIONS/MISCONDUCT

Slide Tackling

- Not permitted in any age group

Offsides

- Age 4-5, 6-7 and 8-9, offsides is not called, but coaches are encouraged not to take advantage of this rule.
- Age 10-11 and 12-16
  - The offside rule is in effect and will be enforced by the referee. Offsides is called by the referee and not by the linesmen.

Direct and Indirect Kicks

- Age 10-11 and 12-16, penalty kicks are awarded for fouls inside the eighteen-yard penalty area.
- All other age groups, only indirect free kicks are awarded. The indirect kick must be taken outside the penalty area.

### 5.5. GOALKEEPING AND GOALIE POSSESSION

Goalkeepers are not used in the 4-5 age group.

A Player may only be the Goalkeeper for a maximum of one half of the game.

Goalkeeper Possession:

- Age 6-7: hand on the ball means the goalie has possession.
- All above age groups: when the goalkeeper has a grasp and control of ball, he has possession. A goalie has 6 seconds to put the ball back in play.

#### Playing The Ball Back to the Goalkeeper

- A Player may deliberately kick the ball to his or her own goalie, but the goalie must play the ball with his or her foot. If the goalie picks up the ball with his or her hands, it is a foul, and an indirect kick is awarded to the opposing team outside the penalty area.

### 5.6. RESTARTS

#### General.

- Age 4-5 and 6-7: On all restarts (kick off (tap), corner kicks, and indirect free kicks) opponents must be six yards away from the ball.
- All other age groups, opponents must be 8-10 yards away from the ball.

#### Throw Ins

- Age 4-5 and age 6-7
  - Out of bounds balls should be placed back in play by the team that did not cause the out of bounds, by kick-in, not throw-in.
- Age 8-9
  - Out of bounds balls should be placed back in play by throw-ins.
  - Foul Throw-Ins (lifting back foot, not thrown over head, etc.) are to be replayed during the month of September, if called by the referee. The coach and/or referee should instruct the player the proper way to throw the ball in play.
- All other older age groups
  - If the referee calls a foul throw-in, the ball is turned over to the opposing team.

Goal Kicks -- All age groups: The ball must completely clear the penalty area on the ground or in the air, before it is played by either team. Referees will stop play and repeat the goal kick when there is a violation.

### 5.7. SCOREKEEPING/STANDINGS/PLAYOFFS

- Age 4-5 and 6-7
  - We will not be keeping score or track of wins or losses.
- All other older age groups, please report scores to your age group coordinator. Standings will be kept and used for playoff seedings.
- Playoff Rules

During the regular season, games can end in a tie. In the playoffs, however, we need to end each game with a winner to advance to the next round.

Here is the format for tie-breakers:

- If the game ends at the end of regulation time in a tie, the teams will play two, 5-minute O/T periods. These are NOT sudden death periods. If one team scores in O/T, the game is not over until the time has expired. If either overtime period ends with one team in the lead, the game is over and the team in the lead is the winner.
- If the game is still tied after two 5-minute periods, the teams will have a penalty kick shootout to determine the winner. The teams will flip a coin to determine who is to shoot first. Each team will take 5 shots each, alternating and then 1 for 1 until there is a winner.
- The coaches must pick five players to take the five penalty shots. The players for the shootout can be picked from any players on the team as long as they played on the field during regulation time. The players need not have been on the field at the end of regulation.
- The shootout is a one-on-one shot between the player and the opposing goalie and is taken from the penalty mark inside the penalty area. The goalie must line up on the goal line and cannot move his feet until the ball is kicked. The shooter can take a shot only after the referee blows the whistle. Each team will alternate taking shots.
- If the score is tied after each team has taken five shots, each team must select one additional player to take a penalty shot. If the score is still tied after each team has taken a sixth shot, this process continues until one team takes the lead after both teams have taken a shot.
- Goalies can be shooters. No player can shoot a second time unless all players have gone once.

A couple of additional clarifications for the playoffs:

- A goalie still must play for only one half in the playoffs. You must switch goalies at halftime.
- If the game goes into overtime or a shootout, you can allow any goalie to play again, even if they have played a full half during the game.

**Please bring a copy of this with you to the games. The referees may not be aware of these rules.**

## 5.8. SUBSTITUTIONS

- For the 8-9 Age group and above, substitutions are permitted *only on your own team's throw-in*. The opposing team cannot substitute at this time.
- In the 6-7 and 4-5 Age Groups, substitutions are allowed by any team on any team's throw-in/kick-in.
- Substitutions are also allowed prior to a goal kick by either team, after a goal by either team, after an injury time out and prior to the start of any quarter or half. **No substitutions on corner kicks.**

## **6. CODE OF CONDUCT**

Players, coaches and parents represent the Upper Makefield Newtown Soccer Club, our community, our team and our families when our teams play. The actions of one of us affect the image of all of us. This Code of Conduct encourages us to work together to play with good sportsmanship and to treat players, coaches, referees and parents with respect. It also identifies the possible consequences we will encounter when we can't behave in an appropriate manner.

### **CODE OF CONDUCT FOR PLAYERS**

#### **Treat Referees with Respect**

- Always address referees as "sir" or "ma'am" when speaking to them.
- Do not talk back to referees. If a referee speaks to you, your response should be respectful and to the point.
- Do not question calls that referees make during play. If you do not understand a call, wait until a stoppage and respectfully ask the referee or coach to explain what happened.
- It is possible that the referee made a mistake. Remember that the next time you make a mistake during play. Making mistakes is a part of life.

#### **Treat Your Team with Respect**

- I will do my best to listen and learn from my coaches.
- I will attend every practice and game that it is reasonably possible for me to attend and will notify my coach if I cannot attend.
- I will not let soccer interfere with doing my very best in school.
- I will strive to treat others as I wish to be treated by others.
- Be at practice on time and prepared to practice. Always wear shin guards and bring a ball.
- Be at games on time and prepared to play.
- Be responsible for your own equipment. Don't expect someone else to keep track of your stuff.

#### **Treat Your Teammates and Opponents with Respect**

- Whether you win or lose, do so with class. Shake hands after games.
- Never yell at or criticize a member of the opposing team. Think how mad you become when someone from the opposing team yells at you.
- Never criticize your own teammates. Think about how you feel when other players criticize you. If you think you can help a teammate by suggesting they do something differently, do it later, privately.

#### **Treat Fields with Respect**

- Fields cost a lot of money to build and maintain. Whenever you do something that damages the field, someone has to pay to fix it. That someone is your family.
- Goals, nets, benches, fences, and corner flags are expensive. Don't abuse them. Don't climb on the goals or nets. Don't move the corner flags.
- DONOT LEAVE YOUR EMPTY WATER BOTTLES, SPORTS DRINK BOTTLES, SNACK WRAPPERS AND OTHER TRASH BEHIND FOR SOMEONE ELSE TO CLEAN UP – TAKE IT WITH YOU.

**Grievances and Consequences**

- If you can't play by the rules in this Code of Conduct, there will be consequences such as penalties including reprimands, suspension of playing privileges, and expulsion from the team or coaching.

**CODE OF CONDUCT FOR PARENTS AND COACHES**

Players, coaches and parents represent the Upper Makefield Newtown Soccer Club, our community, our team and our families when our teams play. The actions of one of us affect the image of all of us. This Code of Conduct encourages us to work together to play with good sportsmanship and to treat players, coaches, referees and parents with respect. It also identifies the possible consequences we will encounter when we can't behave in an appropriate manner.

**Treat Referees with Respect**

- There are no circumstances in which a parent should confront a referee during or after a game.
- Do not verbally harass a referee.

**Treat Your Team with Respect**

- Ensure your child and all his equipment gets to games and practices on time.
- Pick up your child promptly at the end of games or practices; don't make the coaches wait for you.
- Disagreements with the coach do not belong on the public soccer field before, during or after a game or practice. Questions and comments should be voiced later in an adult atmosphere.

**Treat Our Players and Opponents with Respect**

- Coaches are entrusted to instruct our players. Parent criticism of (or "constructive help" for) team players is usually not well received by the player, coach or the player's parents. Please do not do it.
- Whether you win or lose, do so with class. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth soccer event.
- Never yell at or criticize a player on the opposing team. Think how incensed you become when another parent or coach, especially one from the opposing team, yells at your child.
- Avoid confrontations or shouting matches with the coaches, parents, or fans of an opposing team.
- Constant yelling is very irritating to the people around you (even if you think your comments are positive).

**Grievances and Consequences**

- The club's travel team coordinator is the first person you should contact if you feel a parent's, player's, or coach's behavior warrants corrective action (e.g., confronting a referee or verbal abuse of players, coaches, referees, or opposing fans). The coordinator will attempt to resolve or correct the issue, but may refer it to the club's directors for further investigation and remedy.
- The coaches may impose penalties including reprimands, suspension of playing/coaching/spectator privileges, and expulsion from a team or the club if a parent can't abide by the rules in this Code of Conduct.

## 7. REFERENCE FOR PARENTS

**Parent Education – An Introduction to Youth Soccer** – a downloadable PDF file available at :

[http://www.usyouthsoccer.org/doc\\_lib/parent\\_ed\\_presentationFINAL\\_II.pdf](http://www.usyouthsoccer.org/doc_lib/parent_ed_presentationFINAL_II.pdf)

Parents may also find the following sites informative:

<http://www.usyouthsoccer.org/parentresourcecenter.asp>

<http://www.usyouthsoccer.org/healthandsafetyresourcecenter.asp>

**Coaches** – information and tips on practices, training, short-sided games and player development are found at the following:

[http://www.usyouthsoccer.org/coaches/CoachConnect\\_LessonPlans.asp](http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans.asp)

[http://www.usyouthsoccer.org/coaches/Help\\_Volunteered.asp](http://www.usyouthsoccer.org/coaches/Help_Volunteered.asp)

<http://www.usoccer.com/Coaches/Resources.aspx>

[http://www.epysa.org/SmallSided\\_files/frame.html](http://www.epysa.org/SmallSided_files/frame.html)

<http://www.epysa.org/coachingmaterials.shtml>

## 8. GLOSSARY OF BASIC SOCCER TERMS

**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.

**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.

**Corner area:** 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 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.

**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.

**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.

**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.

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

**Goal:** a ball that crosses the goal line completely between the goalposts and below the crossbar for which a point is awarded.

**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.

**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.

**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.

**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.

**Out of bounds:** when a ball is outside the boundaries of the field, having completely crossed a sideline or goal line.

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

**Penalty area:** on a regulation field, it is the 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 kick:** 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.

**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).

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

**Square pass:** a pass made by a player to a teammate running alongside him.

**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.

**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.

**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.