



# Helendale Community Soccer League

## Introduction

Helendale Community Soccer League greatly appreciates your participation in this program. This booklet is both an introduction and a refresher for those who want to understand more about the beautiful game of soccer. An overview of the fundamental basics of the laws and of the rules and regulations which govern Helendale Community soccer are included.

## Our Vision

- To provide world class youth soccer programs that enrich children's lives.
- To develop and deliver quality youth soccer programs in a fun, family environment based on the following:

- **Kids Safety**

Players safety is our number one priority. We can do this through proper equipment, following safety procedures, and a thorough understanding from our coaches and parents to protect the players.

- **Kids having Fun**

Next to safety, the players having fun is our next priority. We can do this by providing an environment where the players can enjoy learning the sport of soccer, engage in team work, all while making lasting memories with their team.

- **Everyone Plays**

Our goal is for kids to play soccer-so we mandate that every player on every team **must play at least half of every game they attend.**

- **Balanced Teams**

Each year we form new teams as evenly balanced as possible-because it is fair and more fun when teams of equal ability play.

- **Open Registration**

Our program is open to all children between 3 and 13 years of age who

want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

- **Positive Coaching**

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

- **Good Sportsmanship**

We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of this league.

- **Player Development**

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

## **The Spirit of The Game**

Soccer is designed as a players' game and the involvement of non-players such as coaches and referees are intended to be limited. This can be a difficult concept for those accustomed to seeing active involvement by coaches and officials in other popular sports. Coaches participate in these sports by directing the action of the players, debating rule decisions with officials or completely stopping the action by calling time-outs.

Officials in these sports participate by stopping the game for each rule violation and not continuing play until the infraction and violator have been identified, the punishment options explained to the opposing team and a final accounting of the entire incident announced or signaled to the spectators. Indeed, it is not uncommon in some sports for considerably more time to be devoted to dealing with these matters than is actually spent playing the game. The spirit of the game of soccer intends something quite different.

Soccer is a game, and the reason people play games is to have fun. The role of HCSD Rec Soccer coaches and referees is to facilitate a game that will provide the maximum enjoyment for the players.

Understanding the spirit of the game and the philosophy of refereeing can significantly contribute toward the enjoyment of the match for all concerned—coaches, referees, spectators and players. In soccer, particularly youth soccer, the application of the spirit of the Law is far more important than the rote application of the letter of the Law. Soccer is a fast-paced game that should flow with a minimum of interruptions. Referees have considerable authority and flexibility when determining whether or not to stop play. Violation of the letter of the Law may be overlooked if the referee considers it to be a trifling or doubtful offense. The referee may also elect not to stop play for a foul when it would be more of an advantage to the team that was fouled to continue playing. Standards of enforcement during international, college or high school competitions are not necessarily appropriate to apply at all levels of youth soccer.

Just as players strive for excellence in playing skills and coaches strive to develop successful teams, referees strive for uniformity of interpretation. With varying degrees of success, each participant does the best he or she can, and it is the inevitable human variation that makes for greater interest and enjoyment.

## Division Breakdown

<b>Classification</b>	<b>Year of Birth</b>
Pewee	2016-2015
Division 1	2014-2013
Division 2	2012-2011
Division 3	2010-2009
Division 4	2008-2007

**Last Modified for the 2021 Season**

Parents must provide birth certificates to the CSD office before the players can be placed on a team.

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Players may be signed up on <https://helendalecsd.recdesk.com> Payments may be made on the website or directly at the CSD office.

## **Safety**

The field of play must be safe for players. The goals and markings must be adequate for the referee to perform his duties and should not be confusing to the players. The first concern of the coach and referee regarding the field is, obviously, safety. This applies to both practices and games. Common hazards such as holes, exposed rocks or sprinkler heads, broken glass and miscellaneous debris are fairly easily detected by walking over the field. Some of the less obvious hazards are associated with the goals. The goals must be inspected to ensure they are secured well enough that they will not collapse or be blown over by a strong gust of wind. The nets should also be secured. Loose netting can also present a hazard to players and to goalkeepers. Corner flag posts and halfway flag posts must be the minimum height (5') and in good repair.

The ball must be safe for the players and of appropriate size and weight. Size Proper size, weight and pressure as well as safety make up the checklist for the ball inspection. Size varies according to age group. The correct weight and pressure can be determined sufficiently by feel with some practice.

Equipment:

Shin guards are required for all ages. Soccer cleats are recommended for D1, but required for D2, D3, and D4 players. These cleats are classified by having rubber pegs on the bottom, without a toe peg. No metal spikes are allowed. Before each game, referees are required to check each players equipment before the game starts.

Players are not allowed to wear any type of jewelry. This is for the safety of each player. If a player has newly pierced ears, the player may cover it with band aids to prevent the earrings from catching on a jersey and ripping.

Goalies should have a goalie jersey provided by the league.

Goalies are recommended to have goal keeper gloves, but it's not required.

## Game Basics

Division	Size of Ball	Duration of Game	Players on Field
Pewee	3	2- 10 Minute Halves	4v4 No GK
D1	3	2- 15 Minute Halves	5v5 GK
D2	3	2- 20 Minute Halves	6v6 GK
D3	4	2- 25 Minute Halves	7v7 GK
D4	5	2- 30 Minute Halves	4v4 or 5v5 7v7, 9v9 or 11v11 (pending the number registered) GK

**\*\*\* If teams are larger and field is sized appropriately, coaches may agree to have more kids on the field. (Coaches for D1 may agree to play 6v6 because they have 9 kids on their team. This can help optimize playing time). The number of kids on the field should never exceed 11, including the goal keeper. Having at least 2 subs is recommended in case a player tires or one gets hurt.**

### Basic Laws of the Game:

#### Pewee

Coaches will referee the games and will agree on which team kicks off first. For kickoff, the ball has to move forward to start the half. The opposite team will kick off at the second half. Parents are allowed on the field to encourage their little ones to engage and get comfortable with kicking the ball. No official goalkeepers will play in this division. Discourage the use of hands unless the ball goes out. Follow the normal throw-in laws, minus the rule of both feet being planted. The coaches will keep time and it is at the coaches' discretion if they wish to encourage goal kicks and corner kicks.

## Division 1

Coaches will referee the games and will decide which team kicks off first. Parents are not recommended on the field during play. For kickoff, the ball can move forward over the line or backwards towards a team's own goal to start the half. The team who did not kick off first, will kick off at the beginning of the second half. Division 1 teams will have 1 goal keeper in the net at a time. Coaches will encourage the other players to not use their hands. The coaches will encourage appropriate corner kicks, goal kicks, and throw-ins (the players don't have to keep proper form or feet for throw-ins). There will be no offsides calls, and coaches are to make keep their teams from fouling.

## Divisions 2, 3, and 4:

### **Law 1**

***Start of play.*** The kickoff is taken at the center spot and is determined by a coin toss. The ball can move forward over the line, or backwards towards the kicking team's own goal to start the half. Each player must be in his or her half of the field and at least ten yards away from the ball. If a referee has to do a drop ball, the play resumes when the ball hits the ground.

### **Law 2**

***Ball in and out of play.*** The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

### **Law 3**

***Method of scoring.*** The ball must COMPLETELY go across the line into the goal.

### **Law 4**

***Offsides.*** One of the most complicated laws of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal WHEN the ball is played to him. Also, to be offside the player must be in the opponent's side and looking to gain an advantage. Refer to the (\*) after the preceding laws to identify if Offsides rule is valid.

### **Law 5**

***Fouls and Misconduct.*** At the youth level most fouls are due to pushing, holding or tripping and result in a free kick. Slide tackling is NOT permitted. Other ones to watch out for are handballs

and charging. For aggressive and intentional fouls, referees may award a yellow or red card. If a player receives 2 yellow cards in a single game, it automatically translates to a red card, and the player cannot play in the rest of the game.

## **Law 6**

**Free kicks.** There are two types. A direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player of either team. Free kicks generally are either ceremonial kicks or quick kicks. The ceremonial kick occurs when the team awarded the kick elects to take its time before taking the kick, possibly to attempt a set play learned in practice. It is the duty of the referee to enforce the Law and ensure that the opponents retreat the required distance as quickly as possible. Conversely, it is the kicking team's right to put the ball into play quickly and thus take advantage of an opportunity to advance the ball or to score a goal before the opposing defenders can get organized. In this situation, the team taking the kick may elect to kick the ball before the opponents have retreated the required distance. The quick-kick option is the choice of the team taking the kick and is perfectly legal as long as the ball is placed correctly, it is stationary before it is kicked, and the referee has not told the kicking team to wait for his signal. **\*Offsides rule valid**

## **Law 7**

**Penalty Kick-** If a player commits a foul in their own penalty area a Penalty kick will be awarded. The kick is taken twelve yards out from the goal. I highly recommend that penalty kicks not be called in the micro soccer leagues.

## **Law 8**

**Throw in.** The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the player's head. The penalty for a bad throw in is that the opposing team gets the ball. **\*Offsides rule NOT valid.**

## **Law 9**

**Goal Kick.** A goal kick is granted when the attacking team kicks the ball over the goal line. The kicker may not touch the ball again until it has left the penalty area and has been touched by another player on either team. **\*Offsides rule Valid**

## **Law 10**

**Corner Kick.** A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick. **\*Offsides rule Valid**

## Law 11

**Substitutions.** Each team can substitute unlimited times, but the coaches must still allow each player to have EQUAL or at least half of the game, playing time.

- a) Approximately midway through each half the referee shall permit substitution. This normally occurs during a regular stoppage in play, and the game is resumed with the appropriate restart (i.e. throw-in, goal kick, corner kick, kick-off, free kick, penalty kick or dropped ball). On occasion the referee may need to stop play for substitution while the ball is in play, in which case the game is resumed with a dropped ball.
- b) Substitutions may also be made at half-time and at the start of any overtime periods.
- c) When the referee signals for substitution, the coaches should have all substitutes entering the game immediately report to the referee or the designated assistant referees, who shall note on the lineup cards those team members substituting.
- d) During such stoppages, the coach of each team may substitute as many team members, or none, including previously substituted team members, if all eligible team members meet the minimum playing requirements.
- e) The referee shall allow for any time lost due to substitution or other cause by stopping his/her watch or adding playing time.

### 2. Substitution for injury:

- a) If a player is injured, the coach may provide a substitute for the player, in which case the injured player may not return until the beginning of the next "quarter". Only the player who is injured is credited with a "quarter" played regardless of the actual time played.
- b) The coach may choose to not substitute and "play short" thereby allowing the injured player to return during the "quarter" in which he or she was injured.
- c) The player must receive a signal from the referee in order to return to the game.

### d) 3. Late arriving team members shall be substituted as follows:

- a. If the team member arrives during the first "quarter", the team member must play a minimum of two of the remaining three "quarters".
- b. If the team member arrives during the second or third "quarter", the team member must play a minimum of one "quarter"

## Law 12

**Drop Ball.** A dropped ball is used to restart play after the referee has stopped play for some neutral reason such as an injury, interference by an outside agent or when play is stopped for substitution with the ball still in play. The dropped ball should not be used to restart play when it is not obvious who last played the ball before it went out of play. Referees must make a decision. When having a dropped ball, although not required, referees usually will wait until one player from each team has taken up position to attempt to kick at the ball and then will instruct the players to wait until the ball hits the ground



before commencing the kicking. If the ball is kicked before it has touched the ground, the dropped ball must be retaken. The referee may remind the players to be good sports and try not to kick each other.

### **Law 13**

**Screening or Shielding.** Players may often place themselves between an opponent and the ball to screen or shield the ball. This is a legal tactic provided the ball is, in the opinion of the referee, within playing distance of the player. If a player while screening or shielding the ball illegally uses his or her hands, arms, legs or body (pushing, holding, etc.) to prevent an opponent from challenging for the ball, it is a direct free kick foul.

### **Law 14**

**Goalkeeper Possession.** The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save. The ball is also considered to be in the possession of the goalkeeper when • bouncing the ball and catching it • throwing the ball in the air and catching it A goalkeeper who moves outside his or her own penalty area to intercept the ball and play it with his or her feet, back into the penalty area may then handle the ball, unless the ball was deliberately kicked directly to the goalkeeper by a teammate or the goalkeeper received the ball directly from a throw-in taken by a teammate. If a teammate, taking a throw-in, throws the ball in the general direction of the goalkeeper, but before the goalkeeper receives the ball, it is intercepted in the air and headed by another teammate, the goalkeeper is allowed to handle the ball within his or her own penalty area.

## **Spectators**

Spectators Misconduct. The model set by the adults present (referees, coaches and spectators) at games influences the development and behavior of the young players watching. The referee team establishes the parameters of acceptable behavior and must be attentive to and deal appropriately with any adult behavior that does not present positive role modeling for youth. The influence adults have on the impressionable young players in our season, will far outlast the memories of win/loss records. The behavior modeled by the adults present at our games should have a positive effect on the development of the players watching. All adults present at HCSD rec soccer games share in the responsibility to ensure positive role modeling is demonstrated.

## **Coach Conduct**

Coaches are bound by the following laws:

Coaches shall officiate in a manner inducing clean competition and good sportsmanship, placing great emphasis on the welfare of the players.

- No foul language
- No harassing the referees
- Respectful communication with referees, HCSD rec soccer volunteers, players and guardians.














\*Coaches Conduct Contract will be signed by each coach at the coaches training meeting acknowledging and agreeing to the code of conduct and the disciplinary steps taken if a coach does not abide by the rules set forth by the Helendale Community Soccer League.

## Referees

Referees will conduct and enforce the rules listed in the Basic Laws of the game section.

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

### Soccer Referee Hand Signals

 <p><b>Caution or Expulsion</b> Referee holds Yellow card Or Red card above head'</p>	 <p><b>Play On / Advantage</b> Referee indicates with his hands That the Advantage Rule Applies and play should continue</p>	 <p><b>Direct Free Kick</b> Referee points in The direction of kick</p>	 <p><b>Indirect Free Kick</b> Referee raises his hand Until ball is kicked And Touched by another player</p>	 <p><b>Goal Kick</b> Referee points to a corner Of goal area from Which kick is to be taken</p>	 <p><b>Corner Kick</b> Referee points towards corner Of the field from which Kick is to be taken</p>	 <p><b>Goal Kick Assistant</b> Referee Points his flag at goal area From which kick Is to be taken</p>
 <p><b>Penalty Kick</b> Referee points To penalty mark From which kick Is to be taken</p>	 <p><b>Substitution</b> Assistant Referee Signals to the referee By holding his flag Overhead with both hands</p>	 <p><b>Throw-In</b> Assistant Referee Holds The flag out To his side, Pointing in the direction The throw is To be taken</p>	 <p><b>Corner Kick Assistant</b> Referee Points his flag At corner area From which kick Is to be taken</p>	 <p><b>Offside</b> Assistant Referee Points his flag straight up Above his head To signal offside Violation to the referee</p>	 <p><b>Offside Location</b></p>	<p>After Assistant Referee Signals offside, He then shows location of infraction By holding his flag out In front of him -- flag held high Indicates infraction occurred At far side of the field, Middle = center of field, Low = side of field nearest to him</p>