

Helendale CSD Parks & Recreation Soccer League Rules

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.

Vision

To provide world class youth soccer programs that enrich student athletes.

To develop and deliver quality youth soccer programs in a fun, family environment based on the following:

Kids Safety

Player's 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 player's 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 teamwork, 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.

Registration

Our program is open to all children between the *age of 4-16 years of age.

Players will be placed on teams based on their age at the first game of the season.

*If a division does **not** have enough players to form two teams at a minimum, a refund will be provided.

At a parent/guardian written request, the league may consider moving a child up one Division. Placement of the child will be at the discretion of the league.

Late sign-ups

All late sign-up players will be placed on a ***waiting list*** pending availability of an open slot on a team. Parents may not request a coach, as players will be placed where there is availability.

**Only registered players will be drafted on teams.

Helendale CSD Parks & Recreation Soccer League Rules

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, 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. Soccer is a game, and the reason people play games is to have fun. The role of HCSD Recreation 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 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.

Helendale CSD Parks & Recreation Soccer League Rules

Division Breakdown

Division	Size of Ball	Duration of the game	Players on the Field	Field Size
Pewee (U6)	3	4-Five (5) minute quarters	5 v 5 No GK	75'x105'
Divison 1 (U8)	4	4-Ten (10) minute quarters	7 v 7 including GK	105'x135'
Divison 2 (U10)	4	2- 25 minute halves/4-12.5 quarters	7 v 7 or 9 v 9 including GK	155'x185'
Divison 3 (U14)	5	2- 25 minute halves/4-12.5 quarters	7 v 7 including GK	155'x185'
Divison 4 (U18)	5	2-30 minute halves	7 v 7 including GK	155'x185'

DIVISION	AGES
Pewee (U6)	4-5
Divison 1 (U8)	6-7
Divison 2 (U10)	8-10
Divison 3 (U14)	11-13
Divison 4 (U18)	14-16

Game Basics

If you are playing with less than the recommended number of players, coaches can agree to play with fewer players, teams must have an even number of players on the field.

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 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.

Helendale CSD Parks & Recreation

Soccer League Rules

Equipment: Shin guards and cleats are required for all ages. 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 player's 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 are required to have a goalie jersey that is of a different color than their team, provided by the league. Goalies are also required to have goalkeeper gloves.

Headers are **ONLY** allowed in Division 3 & 4.

Drop kicks are allowed in Division 2-4.

Basic Laws of the Game

Pewee

Coaches will referee the games. Visiting team will kick off first. Coaches are allowed on the field during play. For kickoff, the ball must move forward to start the half. The home team will kick off in the second half. Teams must switch sides. 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 the coaches shall encourage goal kicks and corner kicks.

Division 1

Coaches will referee the game if there are no available referees. Visiting team will kick off first. The kickoff is taken at the center spot where the ball can move forward over the line or backwards towards a team's own goal to start the half. The home team will kick off at the beginning of the second half. Division 1 teams will have 1 goalkeeper 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. Players must have proper form and feet placement for throw-ins. There will be no offsides calls, however players must not be allowed to be in a continued offside position. Coaches are to 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

Helendale CSD Parks & Recreation

Soccer League Rules

touchline. 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 on 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 attempting 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 play commits a foul in their own penalty area a Penalty kick will be awarded. The kick is taken twelve yards out from the goal.

Law 8

Throw in. The thing to teach your players is both feet must be on the ground, must have two hands on the ball, and the throw must come from behind the players' head. The penalty for a bad throw in is that the opposing team get 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

Helendale CSD Parks & Recreation

Soccer League Rules

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. Substitutions should be made at the end of each quarter. Unless a player is hurt and the referee stops the game, the coach steps onto the field that player must leave the field. You can put a player in for the injured player. If the injured player is ready to return in the same quarter, you can re-insert that player and take off the player that you put in for that injured player when the referee stops the play and allows that substitution.

- a) 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 as possible, 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.Substitutions:

For injured players

- 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.
- 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.
- The player must receive a signal from the referee to return to the game.

For Late arriving team members

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

For Misconduct

If a player receives a red card, they **will be** removed for the remainder of the game and **suspended** for the following game.

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

Helendale CSD Parks & Recreation

Soccer League Rules

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 decide. 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 the ball, it is a direct free kick foul.

Law 14

Goalkeeper Possession. The goalkeeper is considered 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 recreation soccer games share the responsibility to ensure positive role modeling is demonstrated.

There is no smoking on the fields, No drugs or alcohol are allowed at any time.

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. Coaches shall not be alone with or communicate

Helendale CSD Parks & Recreation Soccer League Rules

privately with any player. Coaches should use a group chat or an application to communicate all correspondence.

- No foul language
- No harassment of the referees
- Respectful communication with referees, HCSD recreation soccer volunteers, players and guardians.
- All disagreements shall be managed **AWAY** from the field. At **NO** time arguments or confrontations should be overseen in view of players or spectators.

*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.

Dispute Resolution

Dispute resolutions should be communicated via your team card at the end of the game.

Game Cards

Game cards are required for all Division 1-4. Game cards can be picked up at the snack bar or at the CSD Office.

Game cards are to be filled out by the Coach before the start of every game. Coaches will mark the game card as listed (see example below).

Coaches will sign the game cards after every game.

Helendale CSD Parks & Recreation Soccer League Rules



**HELLENDALE YOUTH SOCCER
OFFICIAL LINEUP FORM**

SPONSOR _____

TEAM COLOR _____ DIVISION _____

TEAM NAME _____

COACH'S NAME _____

ASSISTANT COACH'S NAME _____

Mark Only The Players not
Playing 1-4 Quarters

(AS PER EXAMPLE)

#	Cards Y R	Player	Reason / Minute

Conduct	Excellent	Good	Poor
Players			
Coaches			
Spectators			
Field Conditions			
Field Markings			

Coach Signature _____

Coach Signature _____

Referee Print Name _____

Referee Signature _____

Line Referee _____

Line Referee _____

Comments _____

No.	First	Last	Goals Scored	Otrs Played
2	Name			X
3	Name			
4	Name		X	
5	Name			
6	Name			
7	Name			X
8	Name			X
9	Name			
10	Name		X	
11	Name			
12	Name			X
13	Name			
14	Name			X
15	Name		X	
16	Name			

* Indicate: GK- Goalkeeper, C- Captain, A- Alternate Captain.
All Players on roster must be listed: indicate reason for absence

Other disputes shall be submitted to Helendale CSD in writing and responded to appropriately.

Contact information:
Helendale CSD Parks & Recreation
26540 Vista Road Suite C
Helendale, CA 92342

Telephone 760-951-0006
Monday -Friday 8:00 am – 5:30 pm (Closed on weekends and Holidays)
cvermette@helendale.csd.org