

Program Handbook

For Recreational Teams,
Coaches & Participants



Bloomfield Hills Youth Soccer League
Bloomfield Hills, Michigan

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Program Handbook For Recreational Participants

BHYSL **Bloomfield Hills Youth Soccer League**

Mailing Address: Bloomfield Hills Youth Soccer League
E4111 Andover Rd. #206
Bloomfield Hills, MI 48302

Telephone: 248-723-4888, including voice mail

Website: www.bhysl.com

Affiliated Club: Bloomfield Hills Soccer Club
(Bloomfield Force)

Affiliated Organizations: Fédération Internationale
de Football Association
United States Soccer Federation
United States Youth Soccer Association
Michigan State Youth Soccer Association
Western Suburban Soccer League



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WELCOME

Soccer, like other sports, began with the support of community volunteers many years ago. As its popularity increased and programs expanded, the need for a formal, separate entity to organize and operate the sport within the community was apparent. Eventually this resulted in the 1977 incorporation of the Bloomfield Hills Youth Soccer League (BHYSL).

Today, the BHYSL has nearly two hundred adult volunteers providing fee-based recreational services to nearly 1,500 youth in the Bloomfield community. Managed by its participants, its greatest assets are the many volunteer coaches, office helpers, coordinators and board members.

The community realizes many benefits from the partnership between the Bloomfield Hills Youth Soccer League and the Bloomfield Hills School District. Some of the evidence of the value of this partnership includes:

- Frequent appearances of high school soccer teams in state playoffs - including becoming state champions;
- Enabling the BHYSL to become one of the largest community based recreational soccer programs in the state.

As such, we are grateful to live in a community that provides attractive fields and facilities to allow soccer to be a rewarding and enjoyable experience.

This handbook was designed to inform participants, particularly coaches, of the rules and regulations of the BHYSL within our soccer community. Hopefully, this effort will generate feedback to make improvements for subsequent editions. The BHYSL board of directors would like to thank the Dublin (Ohio) Soccer League for allowing us to use their handbook as a basis for the Bloomfield handbook.





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Team Composition

The Bloomfield Hills Youth Soccer League forms recreational program teams of registered players within the community. In the simplest terms, a "recreation team" has players assigned to it by the league while a "select team" has players selected by a coach.

Specifically, per US Youth Soccer Policy on Players and Playing Rules, a recreation league has teams in which:

- The use of tryouts, invitations, recruiting, or any similar process to roster players to any team on the basis of talent or ability is prohibited;
- The organization administering the league accepts as participants in the league any eligible youths in our area (subject to reasonable terms on registration);
- A roster system for players is used to establish a fair or balanced distribution of playing talent among all teams participating; and
- League rules require that each player must play relatively equal playing time of each game except for reasons of injury, illness, or discipline.

The Bloomfield Hills Youth Soccer League separates teams by gender, grade, and school. This is primarily as a result of the large number of participants and as a simple way to group teams for scheduling purposes.

A child's grade is used to determine the player's age group. This allows children and parents to interact outside of the school environment. The BHYSL attempts to group players with others from their school. Factors such as availability of volunteer coaches, gender, and the number of players within a geographic area have a bearing on placement.

The BHYSL strives to have balance or equilibrium among teams by mixing novice with experienced players, skilled with less skilled players, along with coaches of varying demeanor while still allowing the children to play with their classmates.

In addition, as players proceed through the grade groups, the number of players assigned to a team may vary, as may the total number of teams within a given age group. Change may take place, based on the number of players per school.



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Misrepresentation

Any person who submits, uses or who knowingly permits the submission of or use of the player registration form, coach registration form, team roster, travel permit, player pass, coach pass or other US Youth Soccer or MSYSA document shall, upon a finding that the complaint is valid, shall be suspended for a minimum of three years.

Lesser penalties shall be established by all leagues in MSYSA for any player who knowingly permits the submission of or use of a fraudulent birth certificate, player registration form, coach registration form, team roster, travel permit, player pass, coach pass or other US Youth Soccer or MSYSA document. The BHYSL has established that the offending player may be suspended for the remainder of the seasonal year and forfeit remaining fees paid for that year.

Right of Refusal

The Bloomfield Hills Youth Soccer League reserves the right to suspend or refuse an individual or family's participation in its programs for cause. Reasons may include any sort of litigation, claims, persistent misconduct, delinquency, harassment, etc.



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Guidelines for Parents

- Commit to transporting your child to and from practices and games on time.
- Notify the BHYSL office of change in status (decided to play or not play, change of address or phone, age or school correction).
- Dress your child appropriately for games and practices:
 1. Shin guards are required at all times, covered by soccer socks worn on the outside. Socks worn under the shin-guard, then pulled down over them, is not legal.
 2. Shoes (soccer or tennis-type) must be without sharp toe cleats (baseball shoes are usually not acceptable).
 3. *Players have a choice of removing earrings, jewelry, etc., or not playing.*
 4. Players shall not be permitted to play when they are wearing protective medical appliances such as plaster casts, metal and/or plastic braces, etc., notwithstanding the fact that such casts, braces, or other appliances may be covered with padding, foam, or other absorbent material, since injury could still be sustained by that player during play. However, an Ace or adhesive tape or other soft bandage without metal bracing or potentially injurious clips may be permitted in the discretion of the Referee.
 5. In cold weather, wear warm clothing **UNDER** the team jersey with a coat available when sitting out a period.
 6. Headgear may include any kind of soft covering (no hard-brimmed caps). Please note headgear is subject to referee approval.
 7. Long pants are **not** acceptable except when very cold (under 50° at least). They will become cumbersome and do not allow the referee to easily judge plays by sock color. See *Law 4* under Laws of the Game for additional official information.
 8. All players must wear the official BHYSL uniform at all games. This includes the appropriate colored jersey, shorts and soccer socks.
- While at the game:
 1. Watch from the same side of the field as the team, preferably between the 18-yard lines and not behind the goal line or goalie.
 2. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and game officials at every game, practice, or team event, and will encourage my child to treat other



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players, coaches, fans, and officials, with respect, regardless of race, gender, creed, or ability.

3. Understand that the coach is a volunteer, giving of his/her personal time and money to provide a recreational activity for my child, as well as providing a valuable community service.
4. Support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
5. Be a cheerleader for the team, and will allow the coach to coach, the referees to officiate, and most of all allow my child to play the game.
6. Be positive, and will applaud good plays by my child's team AND by members of the opposing team.
7. Control my own actions and do my best to control fellow parents and spectators to make this a positive experience for the players.
8. Allow the referee(s) to officiate the game to the best of their ability, and WILL NOT openly question their judgment, or their honesty. I will promote that the referees are a symbol of fair play, integrity and sportsmanship. Accepting the results of each game, and will encourage my child to be gracious in victory and defeat.
9. Yell positive comments and encouragement, not coaching instructions.
10. Remember that the game is for the children, not for the adults. The result of the match does not change the quality of the children's education.
11. Pick up your trash as you leave.
12. Leave your pets at home.
13. Park in designated areas and not on the grass or in no parking areas.

The BHYSL office does not maintain team practice place or times.



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General Rules for Coaches

The Bloomfield Hills Youth Soccer League congratulates those who have bravely accepted the title of **Coach**. This is a recreational league dedicated to the enjoyment and development of soccer. Your emphasis as coach will be to see that your team has **FUN LEARNING** the game. Everyone loves to have a winning season, but the emphasis should be placed on the child's welfare and not the team's standing.

Coaching Qualifications

A qualified coach shall meet the following requirements:

- Have an interest in working with a group of children toward learning the sport of soccer, building camaraderie and team spirit, and having fun.
- Follow the Coach's Code of Conduct.
- Satisfactorily complete a volunteer disclosure form.
- Must be a parent, stepparent or guardian of a player on the team.
- May not be paid for services as coach.
- Have a telephone number and e-mail available to the BHYSL office and the team's members.

Preference is given to those willing to give a full year (fall and spring) commitment.

Coach's Code of Conduct

1. A Coach's 1st priority during every contact with players under his supervision is the health and safety of the players. Players will not be penalized for parental concerns regarding inclement weather.
2. Coaches will treat all players, parents, coaches, referees, and others associated with BHYSL programs with respect including addressing players and referees in a positive manner. Under no circumstances will a coach use physical force and/or verbal abuse with players from any team.



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3. Coaches will refrain from the use of alcohol, tobacco and profanity around children during BHYSL training or games.
4. Coaches will provide players with an atmosphere that develops an appreciation of the game of soccer; which emphasizes the value of sportsmanship, effort, and the fun of the game; and which keeps winning and losing in proper perspective.
5. Coaches will ensure that each player receive 50% playing time for each game attended (except where an injury has occurred), significant experience at all positions, and equal opportunities to start games for each player.
6. Only children on your team roster may participate in scheduled games. No guest or unregistered players are permitted. The roster is not for public disclosure.
7. Coaches shall conduct themselves in the spirit of sportsmanship and fair play in an effort to benefit all BHYSL participants.
8. The BHYSL prohibits discrimination in all its programs and activities on the basis of race, color, national origin, 'age', and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs. All participating children must satisfy the minimum and maximum age qualifications imposed by the USYSA, which the BHYSL operates for age level of play offered. Children must also either live in or attend school in the Bloomfield School district.)

The BHYSL Board of Directors will address violations of this Code of Conduct. Consequences range from a warning to the loss of coaching privileges.

Equal Playing Time

The BHYSL is a recreational league dedicated to children learning to play soccer on and off the field. While US Youth Soccer rules require that each player must play at least one-half of each game except for reasons of injury, illness, or discipline, the league requires that all children participate equally in the playing time. Every child should play at least one-half of a game and no child should play the entire game if substitute players are



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present. The BHYSL has no star players. Playing time may be reduced for disciplinary reasons, but a child should not be punished for missing practice because of scheduling conflicts. If a child plays goalie for one-half of a game, they may have an opportunity to play more than average. The spirit of this rule is not so each child play exactly the same amount, but that playing time is reasonably equitable.

The President and/or Compliance Officer of the BHYSL will address violations of this rule. Consequences range from a warning to the loss of coaching privileges.

Game Protocols

- If there is an injury requiring coach attention, the referee will give the coach permission to enter the field.
- The coach will emphasize skills, good sportsmanship, and team spirit rather than winning at all costs.
- Coaches are expected to stay within their team's "tactical" area, between the penalty box lines (18 yard line). The area from the 18-yard line to the goal line and behind the goal should always be clear of spectators, coaches and others. Referees have the authority to enforce location.
- Substitutes are to be at the half way line of the field prior to the substitution time and may be ignored if time is about to expire (last minute).
- In cases where a game is stopped for an injury and coaches enter the field, the player is expected to leave the field. On injuries, when a player is replaced, the BHYSL allows substitutes for either team.
- A team may have a maximum of three adults in a coaching capacity on the sideline.
- Teams must switch goals at the half.
- Teams are to be on opposite sides of the field. Home team (white) gets choose their side of the field.
- Coaches may relay tactical information and encouragement. They may not scream or berate players, officials or parents.



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- Coaches are to line up with their team and “shake hands” following a game.
- Coaches or teams may not hire a paid trainer or assistant for more than two practices per session. Violation may include revoking coaching privileges.
- No guest or unregistered player may play on your recreation team. Penalty includes forfeiture of all games and coach dismissal from league.

Game Control with Yellow and Red Cards

The referee uses a whistle and colored cards to control the game. The referee is permitted to issue either a caution (yellow card) or a send-off (red card) to a coach or player, immediately before, during, and/or immediately after a game so as to document the coach's or player's action. A coach must substitute for a player receiving a yellow card.

Receiving two yellow cards in the same game is equivalent to a red card (usually signified by holding up a yellow card, followed immediately by displaying a red). A red card requires a player to leave the game immediately and prohibits them from participating in the next game. A coach receiving a red card must leave the vicinity of the field immediately and not participate in any manner in the next game. Referees shall report yellow and red cards to BHYSL administrators.

Letting Up

In the interest of teaching good sportsmanship, it is the policy of BHYSL not to run up scores on other teams. BHYSL has a rule that allows a team down by 5 or more goals to use an extra field player, and a team down by 10 or more goals may use 2 extra field players. That rule remains in effect. In addition, coaches are strongly encouraged to implement strategies to keep the score differential reasonable long before a 10 goal spread is reached. Strategies that could be employed would include: (a) requiring your players to only use their non-dominant foot to dribble and shoot (b) requiring your players have a specified number of completed passes before being allowed to shoot, (c) only allowing players who have never scored before to shoot, and (d) (at the older ages) requiring that all goals be scored on a header. Strategies such as these encourage players on a stronger team to still compete hard and work on their soccer skills, without running up a score against a weaker opponent.



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It's great to win, but there is no useful purpose in devastating your opponent. Let the other team leave the field with some dignity.

Rotating Positions

All players are entitled to play a variety of positions. Jane should never be banished to sweeper just because Susie and, quite possibly, everyone else are better than she. This especially pertains to the younger groups. Limiting a child to one position diminishes the opportunity to learn and improve other skills.

Jane may not show much skill in a certain position at the beginning of the season, but may be great at it by the fifth game. If she had been banished to sweeper, you would have never known.

Goalie is an intimidating position for many children to play. Never try to place a reluctant player in the goalie box. This can be a terrible experience for the younger child. Ask for players willing to be goalie.

Team Practices

Practices are generally held once a week for approximately one hour (or more for older age groups). The team coach sets the place, time and day. Practices usually commence a week or two before the season game schedule begins.

If green space appears limited, please limit your team's practice area to one-half of a field. Practicing teams must also clear the field 15-minutes before a scheduled game is to begin to allow the competing teams adequate pre-game warm-up time. Before game warm-ups are always limited to one-half of the field.

Field Conflicts

While every attempt is made to ensure a field is assigned for one and only one game, occasionally a conflict (with more than two teams showing up for the same field) does occur. If this occurs, games associated with a travel league have priority. If a field conflict occurs, understand the situation was not intentional. Please try to use another appropriately sized unscheduled field. If this is not possible, contact the office to reschedule a field.



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Rescheduled Recreation Games

Games may only reschedule, in the event that more than two games were assigned for the same field at the same time. If you cannot field a team with the minimum number of players for your age group, contact the BHYSL office at least 48 hours ahead of time so that referees can be cancelled.

Coaches may mutually agree to make up a game without referees at a time and place. It will become a non-official scrimmage.

Rainout Procedures

In the event of strong downpours or significant rainfall resulting in flooding or standing water on the fields, games may be cancelled for the day or, for a portion of the day.

If a determination to cancel games is made in the morning, BHYSL officials will attempt to contact coaches in time to relay the message to their players. We will also update the BHYSL Office Phone (248-723-4888) and attempt to post the message on our website.

When in doubt as to whether a game is on or not – SHOW UP. Do not assume that because earlier games were cancelled, that your game will be cancelled. Generally, games cancelled due to inclement weather will not be made-up.

Bleeding and Blood borne Pathogens

A player who is bleeding or has blood on their uniform is required to leave the field of play. The player may return to the field only when bleeding has stopped and the uniform cleaned (rinsed thoroughly with water) or changed. The coach may wish to keep an extra jersey available for this purpose. For additional protection, cover any cuts or scrapes. These precautions will help reduce the transmission of blood-borne infections.

Basic first aid equipment is issued to every coach.

Attention to Medical Concerns

Rosters may include medical information to inform coaches of any conditions that may affect the player's health or ability to play. ***This information is confidential and may be illegal to distribute.*** If the roster is copied for distribution, medical information must be masked off so as not



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to appear on the copies. For example, a coach who wishes to hand out the team list, as received from BHYSL, to team members should be sure that the medical information is not copied as well.

A player shall not be permitted to play when he/she shall be found to be wearing protective medical appliances such as, but not limited to, plaster casts, metal and/or plastic braces, etc., notwithstanding the fact that such casts, braces, or other appliances shall be covered with padding, foam, or other absorbent material, since injury could still be sustained by that player himself/herself during play. However, an Ace or adhesive tape or other soft bandage without metal bracing or potentially injurious clips may be permitted in the discretion of the Referee.

Smaller devices such as glasses and hearing aids (including cochlear implants) are acceptable to wear during play and are not considered a disability. Soccer specific protective headgear is also acceptable. Some additional restrictions may be placed on goalkeepers due to their specialized functions.

Coaches are urged to exercise caution in the use of first aid and dispensing any medications.

Emergency Cell Phone Calls

Wireless phones search for the first available tower in the area to connect a call. If you use 911 from a wireless phone:

- Be sure to specify that you need to speak to the Bloomfield or West Bloomfield Township. Pine Lake, Lone Pine and West Hills schools are located in West Bloomfield Township. All other schools are in Bloomfield Township.

Names on Uniforms

The BHYSL neither prohibits nor encourages the placement of children's names on their BHYSL jerseys. Some organizations have suggested that children addressed by their name are more susceptible to abduction. Placement of the child's name on the jersey could conceivably facilitate this further. Placing a name on the shirt requires parent or guardian approval. Consider using soccer nicknames instead of given names. Exercise caution regarding this issue.



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Privacy Disclosure and Web Sites

The name, address or phone number of youth participants will not be publicly disclosed via the Bloomfield Hills Youth Soccer League web site or any web site constructed by or for its participants. Information is used only by the BHYSL and its affiliated organizations.

Encoded information may be used, so long as it is not sufficient to reveal the identity or provide for contact of the participant.

Currently on team schedules, only the coach's name is listed in association with a specific team.

Forming an Indoor Team

Anybody can put together an indoor team, pay the fee, and play. Interested parties may put indoor teams together. Coaches or parents may form an indoor team with children from their recreational team or from around the neighborhood.

Inclement Weather

Soccer is played in almost all weather conditions. And because of our relatively short playing season and inability to make-up most games, we try to stay on schedule whenever possible. But safety is still *priority one*.

The problem is this: everyone has a different opinion as to what is a threatening weather condition. Michigan State Youth Soccer Association (MSYSA), the governing body, to which we are a member, has established the guidelines below to follow during adverse weather conditions.

Referees are responsible for making this decision to suspend play. However, in any situation, parents and coaches should not hesitate to remove players from any weather condition they feel is unsafe or inappropriate. No one will be penalized for any safety related actions taken.



GUIDELINES FOR LIGHTNING AND HAZARDOUS WEATHER CONDITIONS



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The protection of participants is of paramount importance. Every member should recognize the danger presented by lightning, tornados and other hazardous weather. The following items represent generally accepted principles regarding the dangers involved with lightning and tornados.

LIGHTNING:

- All thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from any rainfall. You are in danger from lightning if you can hear thunder. You are in danger if you can see lightning.
- Lightning injuries can lead to permanent disabilities or death. Look for dark cloud bases and increasing wind.
- Lightning can travel sideways for up to 10 miles and strike when skies are blue.
- Soccer fields are a dangerous place to be during a lightning storm. When lightning is seen or thunder is heard, or when dark threatening clouds are observed, quickly suspend the game and/or practice and move to a safe location.
- Avoid standing in an open area, near soccer goals, under a tent, near trees or in water. The safest place during a thunderstorm with or without visible lightning is in a car, but not a convertible.

TORNADOS:

- Watch for rapidly darkening skies.
- The sound of an approaching tornado is often described as that of an approaching train.
- The funnel of a tornado does not have to touch down to cause extensive damage and injuries.
- Tornados can produce winds of 300 miles per hour or more.
- Most people who are hurt during a tornado are hurt when they are struck by flying debris.
- Seek safety in a solid structure, preferably in a basement or in an interior room. If no building is available, lay down in a ditch.



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GAME SUSPENSION REQUIREMENTS:

In any of the circumstances outlined below occurs the referee should immediately suspend the game.

1. If thunder is heard, the game should be suspended and the fields cleared. Everyone should immediately go to a safe shelter.
2. If lightning is seen, the game should be suspended and the fields cleared. Everyone should immediately go to a safe shelter.
3. If a thunderstorm is heard or seen coming or your hair stands on end, the game should be suspended and the fields cleared. Everyone should immediately go to a safe shelter. Do not wait until it rains.

If the game official does not immediately suspend the game when any one of the points above have occurred, the head coach from each team can agree that one of the three criteria listed above have occurred they are to withdraw their teams from the field. If this action is taken, then both coaches must submit a written report to their league outlining the circumstances, the facts concerning the weather conditions at that time, the fact that the two coaches were in agreement and the name of the officials at the game.

If an official and one of the coaches do not reach the conclusion to suspend the game and any one of the three points listed above are believed to have occurred, the coach that supported the suspension of the game is to send a written report to their league outlining the facts and the names of the officials.

No one should retake the field or re-start the game until all of the lightning and thunder or other hazardous weather has left the area. Specifically, no one should retake the field for a minimum of 30 minutes after the last lightning is seen or thunder is heard, or the dangerously high winds have passed.

Every five seconds between the flash of lightning and the rumble of thunder is one-mile distance. Experts suggest if you can hear the thunder you are in danger of getting struck as lightning can travel as far as ten miles from a "parent" cloud.



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Goalpost Dangers

Many articles in the press have been written about goalposts falling over, resulting in injuries or deaths. It is without exaggeration to say this is a concern throughout the soccer community and has resulted in death. Nearly every coach can relate a story about “how little ‘Jimmy’ nearly was hit with that falling goal at practice the other night.”

The danger is inherent in the design of goals. They are top heavy as a result of having a horizontal crossbar at the top and require weights to hold them to the ground.

Unanchored goals fall over because they are not secured to the ground and:

- Any relatively strong wind will knock them over.
- Players climb on, hang from, or climb the net of a goal and tip it over.

Goals are found not weighted because:

- Coaches and teams move the goals to facilitate a practice.
- Field setup for games or practices, including goal placement, has not been completed.
- Goals were moved to facilitate mowing or field lining and not replaced.

Death and injuries are usually the result of impact from the goal falling over and hitting a head or chest.

Before practice or games, coaches and referees should check to see that sufficient weights are in place to anchor the goal to the ground. For games, the referee is responsible for determining a field is safe to play. For practices, coaches should be sure goals are secure or place sufficient weight on the ground strip to keep the goal from tipping. Regard any field not set up for an assigned game as potentially unsafe.

Make sure all goals are secure to the ground!



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RISK MANAGEMENT

Volunteer Disclosure Statement

The Bloomfield Hills Youth Soccer League, as part of its affiliation with the United States Youth Soccer Association (USYSA), participates in a risk management program as a second line of defense for recognizing and addressing sexual abuse and exploitation in youth sports.

As such, we require all adults recognized as coaches, co-coaches or assistants to complete a volunteer disclosure form as prescribed by the USYSA and administered locally by the Michigan State Youth Soccer Association (MSYSA).

The MSYSA Online Risk Management System allows MSYSA team officials, league volunteers and league board members to APPLY for Risk Management Clearance with MSYSA or RE-APPLY if your card has expired, has been misplaced or lost, you've never received it from your league or if you've already been issued an MSYSA

When completed, the form is sent to MSYSA. A background check is performed. To ensure greater privacy, the BHYSL encourages the form to be completed on-line through the MSYSA at <http://www.msya.net/programs/riskmanage.html>. The BHYSL is notified only if a problem exists.

Serious concerns should be brought to the immediate attention of the Risk Management Program Coordinator for the Bloomfield Hills Youth Soccer League, at 248-723-4888.



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Referees



NEVER argue with a referee, especially a youth referee. All refs, like all humans, make mistakes. Keep in mind this is just a game and a bad call is not the end of "Susie's" soccer career. However, yelling at a referee could be the end of a coaching career! If you find yourself or a player in the middle of a confrontation, send for help immediately.

All referees have completed a USSF certification course. The responsibilities of the referee are varied, but include:

- Maintain safe play by adequately controlling the game.
- Maintain safe equipment by checking goals, fields and uniforms.
- Applying the rules of soccer with fairness & consistency
- Enforcing areas where players, coaches and spectators are expected to stand.
- Maintaining a sportsmanlike atmosphere.

The authority of the referee takes effect from the time he/she is in the vicinity of the field until he/she leaves the area of the field, including the parking lot. KEEP IN MIND that the referee may award a caution (yellow card) or a send - off (red card) to maintain control of the game environment. A card can be awarded before or after a match. Yellow and red cards issued shall be reported by the referee to the BHYSL office.

A card may not be displayed when a caution or send-off is given a coach or spectator. A team's coach may be asked to help quiet an unruly parent.

A send-off (red card) requires a player or coach, at a minimum, to sit out the following game of that season.

The referee may suspend play pending resolution of any conflicts.



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Grievance Procedures

From time to time, conflicts may arise from interactions or issues with a coach, referee, league official or affiliated organization.

The Bloomfield Hills Youth Soccer League expects conflicts to be resolved in the following manner:

1. Discuss the matter with the responsible party. Tell them of your concerns and listen carefully to their response. Make sure both parties clearly understand the issue.
2. If, after this discussion, the issue has not been resolved, bring it, in writing, to the attention of President, Bloomfield Hills Youth Soccer League, Inc. (Contact information available at website: <http://www.bhysl.com>). For other names or addresses, contact the BHYSL office.
3. If unresolved, the issue may be brought before the BHYSL Grievance Committee. The committee shall be comprised of the President, Referee Manager and Registration Manager.
4. If result is unsatisfactory, a final appeal may be made to the full Board of Directors of the Bloomfield Hills Youth Soccer League.

Serious concerns of possible physical abuse should be brought to the immediate attention of the Risk Management Program Coordinator for the Bloomfield Hills Youth Soccer League, at 248-723-4888.



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BHYSL Soccer Program

Recreation programs are offered starting from Kindergarten through 5th grade.

Most games are scheduled on the eight weekends (following Labor Day) of September and October during the fall and eight weekends of April, May and June during the spring. The coach determines practice days and times. The BHYSL office does not maintain this information.

Registering a child for both fall and spring sessions at the same time will avoid the problem of forgetting to re-register.

In addition to our recreational programs the BHYSL sponsors the Bloomfield Hills Soccer Club (Bloomfield Force). The BHSC offers a variety of more competitive programs. Tryouts are scheduled, usually once a year, around June 15th.

You may hear club soccer referenced by various names such as "travel", "competitive" or "select". However, the defining characteristic is that a league "assigns" players in a recreational program and a coach "selects" players of a team in a "select" or "competitive" program.

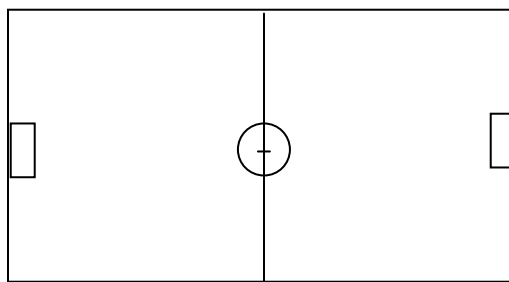
A brief, but not necessarily complete, description of the various age group programs follows this page.



Program Handbook For Recreational Participants

Kindergarten

	Description
Players on field (x 2):	3 each on 2 simultaneous games
Minimum # on field:	3 on each
Total Players on Team:	9 – 10, max 12
Referees:	1
Ball Size:	3
Goal Size:	6 foot wide Pugg goal
Equal playing time:	50% plus of each game, except when injured
Substitutions:	At quarter and half time and in cases of injury.
Start of Quarters	At throw-ins, and goal kicks. Team that wins the coin toss kicks off 1 st and 2 nd quarters. The other team kicks off 3 rd and 4 th quarters.
Duration of game:	8 minute quarters 2 minutes between quarters <u>5 minutes half-time</u> 41 minutes total time



20x30 yards

2 yard radius center circle

Penalty areas (boxes) as a no play area in front of the goal.



Program Handbook For Recreational Participants

- Rules:
- No goalkeeper
 - Unlimited Throw-ins
 - Only indirect kicks – No goals from kick-off
 - No direct kicks – No penalty kicks
 - No offside calls
 - Referee explains calls/rules to players
 - Yellow Cards to players.
 - Switch sides at half time.
 - No scores kept.
- Special Rules:
- Opposing players must be at the half way line on goal kicks
 - Opposing players must be 3 yards from the ball on corner kicks and free kicks.
 - Goal kicks are taken from the corners of the goal box.
 - Corner kicks taken from closest corner to where the ball left field.
 - Opposing coaches should be communicating the entire game to make the two matches as balanced as possible Teams should be mixed weekly between fields.

 - A no play area is designated in front of each goal. Neither team may redirect a ball that is played into this area. If a ball stops in this area it will be treated as an end line to the field.
- Injuries:
- If game stopped for injury, injured player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse.



Program Handbook For Recreational Participants

Concept: The objective of the 3-a-side "micro" soccer program is to introduce participants to the game of soccer using a simple formula (3 makes a triangle, the basic team unit of soccer) that encourages fun, develops individual skills and provide fundamental knowledge of the game.

Small sided games allow each player with as many opportunities to "touch" the ball as possible and minimize the "swarm" effect where several players hover around the ball as it moves around the field, giving only a few the opportunity to touch the ball. The "micro" soccer concept also reinforces the notion that soccer can be played with as few as 3 or 4 players, thus promoting independent pick-up games of "playground soccer."

Coaches: The focus first is on the players' individual skills, and secondly, on "team" play or tactics. Tactical skills should be developed, but not at the expense of individual skills. Players will learn tactics through the playing of the game as they learn to "create space" in order to receive passes, or pass to space to efficiently develop an attack, etc. The beauty of the game is that the players have numerous opportunities to get involved in play with realistic challenges to accommodate the age/ability levels of the players.

Do not argue with the referee. You may talk to the referee at half time or after the game.

Problems: Contact the BHYSL office.

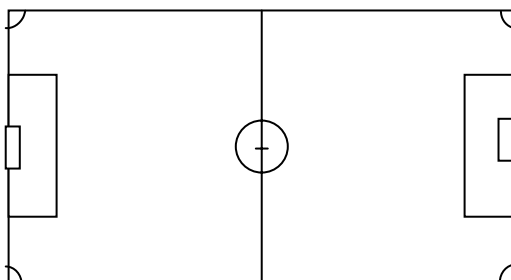
No win-loss record or game score will be kept.



Program Handbook For Recreational Participants

First and Second Grade

	Description
Players on field:	6 (5 field players, 1 goalie)
Minimum # on field:	4
Total Players on Team:	9 – 11, max 12
Referees:	1
Ball Size:	3
Goal Size:	12 ft. wide x 6 ft. high goal
Equal playing time:	50% plus of each game, except when injured
Substitutions:	At quarter and half-time and in cases of injury
Start of Quarters	At throw-ins, and goal kicks. Team that wins the coin toss kicks off 1 st and 2 nd quarters. The other team kicks off 3 rd and 4 th quarters.
Duration of game:	10 minute quarters 2 minutes between quarters <u>4 minutes half-time</u> 48 minutes total time



40x60 yards. Recommended.

5 yard radius center circle

2 foot radius corner arcs

Goal area 3 yards from each goal post and 3 yards into field of play joined by a line drawn parallel with the goal line.



Program Handbook For Recreational Participants

- Rules:** Introduce goalkeepers
No goals from kick-off
Referee explains calls/rules to players
Switch sides at half time.
No scores kept.
- Special Rules:** -Opposing players must be 5 yards from the ball on goal kicks, corner kicks and free kicks.
- Goal kicks for first grade, taken from anywhere on penalty box. Offensive players must be 5 yards from the ball.
- Attacking kicks taken outside of goal box.
-Offsides cherry picking will be penalize with an indirect kick.
- Injuries:** If game stopped for injury, injured player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse.
- Concept:** The objective of the soccer program is to reiterate the triangle formula introduced in 3-a-side soccer (3 makes a triangle, the basic team unit of soccer) with an additional player to continue encouraging fun, developing individual skills and providing fundamental knowledge of the game.

Small sided games allow each player with as many opportunities to "touch" the ball as possible and minimize the "swarm" effect where several players hover around the ball as it moves around the field, giving only a few the opportunity to touch the ball. The "micro" soccer concept also reinforces the notion that soccer can be played with a few players, thus promoting independent pick-up games of "playground soccer."



Program Handbook For Recreational Participants

Coaches: Again, the focus first is on the players' individual skills, and secondly, on "team" play or tactics. Tactical skills should be developed, but not at the expense of individual skills. Players will learn tactics through the playing of the game as they learn to "create space" in order to receive passes, or pass to space to efficiently develop an attack, etc. The beauty of the game is that the players have numerous opportunities to get involved in play with realistic challenges to accommodate the age/ability levels of the players.

Do not argue with the referee. You may talk to the referee at half time or after the game.

Problems: Contact the BHYSL office.

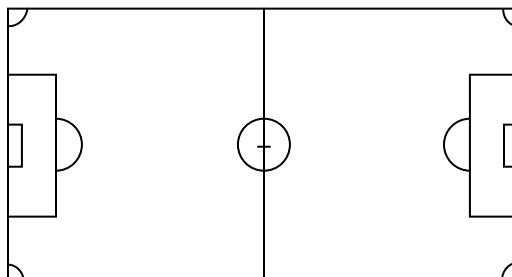
No win-loss record or game score will be kept.



Program Handbook For Recreational Participants

Third and Fourth Grades

	Description
Players on field (x 2):	8 (7 field players, 1 goalie)
Minimum # on field:	6
Total Players on Team:	10-12, max 16
Referees:	1 plus 2 Assistant Referees
Ball Size:	4
Goal Size:	7 feet high by 21 feet wide.
Equal playing time:	50% plus of each game, except when injured
Substitutions:	At normal FIFA times (at half, at kickoffs, goal kicks, your throw-in) and in cases of injury
Start of Quarters	Team that wins the coin toss kicks off 1 st and 2 nd quarters. The other team kicks off 3 rd and 4 th quarters.
Duration of game:	12 minute quarters 2 minute between quarters <u>3 minutes half-time</u> 55 minutes total time



50x80 yards Recommended

6 yard radius center circle 2 foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into
field of play joined by a line drawn parallel with the goal line.



Program Handbook For Recreational Participants

- Rules:** Goalkeepers
Penalty kicks
Goals may be scored from kick-offs
Make offside calls
No second throw-in permitted
Referee explains calls/rules to players
Switch sides at half time.
- Injuries:** If game stopped for injury, injured player must leave the field, may return at normal substitution time.
- Concept:** At this age, BHYSL attempts to teach participants to use both feet, the formal rules of the game (throw-ins, offside, and positions) and team play. All players should have opportunity to rotate through various field positions.
- Coaches:** Coaches are to instruct and encourage participants. Having fun should be emphasized. Give opportunity to play various positions. Coaching must be constructive.
- Do not argue with the referee during the game. You may talk to the referee at half time or after the game.
- Problems:** Contact the BHYSL office.

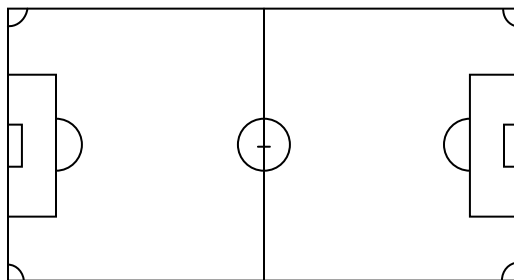
No win-loss record or game score will be kept.



Program Handbook For Recreational Participants

Fifth Grade

	Description
Players on field (x 2):	8 (7 field players, 1 goalie)
Minimum # on field:	6
Total Players on Team:	10-12, max 16
Referees:	1 plus 2 Assistant Referees
Ball Size:	4
Goal Size:	7 feet high by 21 feet wide.
Equal playing time:	50% of each game, except when injured
Substitutions:	At normal FIFA times (at half, at kickoffs, goal kicks, your throw-in) and in cases of injury
Start of Quarters	Team that wins the coin toss kicks off 1 st and 2 nd quarters. The other team kicks off 3 rd and 4 th quarters.
Duration of game:	15 minute quarters 1 minute between quarters <u>3 minutes half-time</u> 65 minutes total time



50x80 yards Recommended

6 yard radius center circle 2 foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into

Field of play joined by a line drawn parallel with the goal line.



Program Handbook For Recreational Participants

- Rules:** Goalkeepers
Goals may be scored from kick-offs
Make offside calls
No second throw-in permitted
Referee explains calls/rules to players
Switch sides at half time.
- Injuries:** If game stopped for injury, injured player must leave the field, may return at normal substitution time.
- Concept:** At this age, BHYSL attempts to teach participants to use both feet, the formal rules of the game (throw-ins, offside, and positions) and team play. All players should have opportunity to rotate through various field positions.
- Coaches:** Coaches are to instruct and encourage participants. Having fun should be emphasized. Give opportunity to play various positions. Coaching must be constructive.
- Do not argue with the referee during the game. You may talk to the referee at half time or after the game.
- Problems:** Contact the BHYSL office.

No win-loss record or game score will be kept.



Program Handbook For Recreational Participants

House Rules Summary

Grade	K	1	2	3	4	5
Format	3v3	6v6	6v6	8v8	8v8	8v8
Min # of Players	2	4	4	6	6	6
Game Day	Saturday	Saturday	Sunday	Sunday	Sunday	Sunday
Ball Size	3	3	3	4	4	4
Referees	1	1	1	1	1	1
Asst. Referees	0	0	0	2	2	2
Coaches on Field	No	No	No	No	No	No
Length of game	32 Min.	40 Min.	40 Min.	48 Min.	48 Min.	60 Min.
Quarter Break	2 Min.	2 Min.	2 Min.	2 Min.	2 Min.	1 Min.
Halftime Break	4 Min.	4 Min.	4 Min.	3 Min.	3 Min.	3 Min.
No Play Zone	Yes	No	No	No	No	No
Penalty Area	No	Yes	Yes	Yes	Yes	Yes
Direct Kicks	No	Yes	Yes	Yes	Yes	Yes
Indirect Kicks	Yes	Yes	Yes	Yes	Yes	Yes
Goal Kick Location	Goal Line	Top of Penalty Box	Top of Penalty Box	6 yard line	6 yard line	6 yard line
Distance on Goal kicks	Halfway	5 yards	5 yards	10 yds	10 yds	10 yds
Goalie 6 seconds	n/a	No	Yes	Yes	Yes	Yes
Offsides	No	No	No	Yes	Yes	Yes
Cherry Picking	Yes	Yes	Yes	Yes	Yes	Yes
Yellow Card	Yes	Yes	Yes	Yes	Yes	Yes
Red Cards	No	Yes	Yes	Yes	Yes	Yes
Thown-in Attempts	Unlimited	Unlimited	2	1	1	1
Handling in Box	n/a	Warning & Penalty Kick	Warning & Penalty Kick	Yellow & Penalty Kick	Yellow & Penalty Kick	Red Card & Penalty Kick
Pass Back to G/K	n/a	Warning & Indirect Kick	Warning & Indirect Kick	Warning & Indirect Kick	Warning & Indirect Kick	Warning & Indirect



Program Handbook For Recreational Participants

Excerpts from the Laws of the Game

Seventeen Laws of the Game

Soccer consists of seventeen rules known as the Laws of the Game. Along with these rules are Decisions of the International Football Association Board. This is the governing body for world soccer rules (FIFA, the Fédération Internationale de Football Association, is a member of this board). Together, these constitute the rules and guidelines referees use to officiate soccer. Many modifications are made to suit local needs and specific age groups.

Advantage clause

The feature that distinguishes soccer from most American-made sports is the *Advantage Clause*. Incorporated in *Law 5* (the referee), the *advantage clause* allows play to continue when the team against which an offense has been committed will benefit from such an advantage (play on) and penalizes the original offense if the anticipated advantage does not ensue at that time. Advantage applies only to infringements of *Law 12* (fouls and misconduct).

In brief, you can expect many fouls to be ignored by the referee if calling them would be a disadvantage for the team fouled. Referees will tend not to call trivial fouls or fouls that are not intentional. Whistling for trifling and doubtful offenses is not in the “spirit of the game”.

Consistency vs. Fairness

While consistency is important because it helps demonstrate impartiality, it does not imply that every call should be made and treated in the same manner. Many referee decisions are made with a degree of subjectivity as to carelessness, recklessness and excessive force. Determining intent is an important factor.

Common Sense

The “unwritten” law – referred to as “*Law 18*”, common sense is the ultimate goal of refereeing and applies to the use of all the rules of soccer.



Program Handbook For Recreational Participants

The Laws of the Game

- 1 The Field of Play
- 2 The Ball
- 3 The Number of Players
- 4 The Player's 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

Law 1 – The Field of Play

- See description for specific age groups
- Distinctive to soccer – the lines are part of the area, which they contain plus one yard around the field.
- Padding is **not** a standard part of soccer field goal posts.

Law 2 – The Ball

See description for specific age groups.



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Law 3 – The Number of Players

- Number of Players and Substitution exceptions
 - See description for specific age groups
- With exceptions noted, “Normal” substitutions refer to those made after a goal has been scored, at the end of a time period (half), on goal kicks, your own throw-in and on injuries. Never on corner kicks.
- The BHYSL allows substitutions on opposing team throw-ins, only if the opposing team is substituting at that time.
- Substitutions are to be made from the halfway mark upon approval of the referee.
- Referee is to be informed before a change of goalkeeper.
- A coach shall substitute a player receiving a caution.
- On injuries, when a player is replaced, the BHYSL allows all subs at the halfway mark to substitute for either team.
- **No coaches are allowed on the field of play without the permission of the referee.**

Law 4 – The Player’s Equipment

- *ALL PLAYERS MUST WEAR SHINGUARDS.*
- No jewelry, i.e. earrings, watches, necklaces, sharp rings (taped or bandaged earrings are not permitted.).
- No sharp, pointed or toe cleats are permitted on shoes.
- No hard brimmed caps such as baseball caps.
- Teams must wear different colored shirts. (Goalies must be distinguished from field players of both teams.
- A player’s shoe coming off multiple times could be considered dangerous play.

Permissible cold weather attire for youth players is:

- Knit toboggan caps (no brims or bills or hard surfaces)
- Sweatshirts under uniform shirts (hoods must be under the shirts for obvious safety reasons)
- Sweatpants or warm-up pants under uniform shorts

Questions of whether clothing is allowable are determined by the match referee based on whether the clothing item poses a danger to the player or to other players along with the general health considerations of the player.

Law 5 – The Referee

The authority of the referee takes effect from the time he/she is in the vicinity of the field (school grounds) until he/she leaves the area. See *Referee* section in this publication.



Program Handbook For Recreational Participants

Law 6 – The Assistant Referees

- Assistant Referees are only used in the 3rd, 4th and 5th grade program
- Assistant Referees may only advise the Center Referee, and may not make calls.

Law 7 – Duration of the Match

- See description for specific age groups
- No added time is allowed for taking of a penalty kick at the half or end of the game.

Law 8 – The Start and Restart of Play

- Away team (dark color) calls the coin toss. Team winning the toss decides goal to defend and kicks-off the second half of the game.
- Second half – teams switch ends of the field.
- Goals may be scored directly from a kick-off (except in Kindergarten and 1st Grade groups).
- Ball is in play when it is touched.
- The kicker is not allowed to touch the ball a second time before it has touched another player. Penalty: Indirect Free Kick.

Law 9 – The Ball In and Out of Play

- Ball is out of play if it has WHOLLY (COMPLETELY) crossed the goal line or touch (side) line.
- Rebounds from goal posts, crossbar, corner flags or referee (when on the field) do not make the ball out of play unless the referee stops the game.
- On a drop ball, the ball is in play only if it has touched the ground before being played. Otherwise, redo the drop ball.

Law 10 – The Method of Scoring

A goal is scored when the ball WHOLLY (COMPLETELY) crosses the goal line, between the goal posts and under the crossbar.

Law 11 – Offside

A player is in an OFFSIDE POSITION if he/she is nearer to his/her opponent's goal line than both the ball and the second-to-last opponent. (Some younger age groups do not have an offside rule. See specific age group descriptions.)

A player is not offside if he/she is in his own half of the field or he/she is level with the second-to-last opponent.



Program Handbook For Recreational Participants

- Offside is determined ONLY AT THE MOMENT the ball touches or is played by one of HIS own teammates.
- Player is OFFSIDE and PENALIZED only if he/she is deemed SEEKING TO GAIN AN ADVANTAGE by being in that position or interfering with play or with an opponent.
- A player is not offside just for being in an offside position (must be a part of the play).
- A player is not offside if he/she gets the ball directly from a goal kick, corner kick or throw-in.

An indirect free kick is awarded to the opposing team at point where the infraction occurred.

Law 12 - Fouls & Misconduct

Fouls

Fouls are divided into two groups, Direct Free Kick (major) and Indirect Free Kick (minor) fouls. All decisions regarding calls are based on the principle: *If in the Opinion of the Referee....*

Direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered to be CARELESS, RECKLESS or USING EXCESSIVE FORCE:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent by use of legs or stooping in front or behind.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.

Direct free kick also awarded for the following four offenses:

1. Tackling an opponent to get the ball BEFORE touching the ball.
2. Holds an opponent (or their clothes).
3. Spits at an opponent.
4. Handles the ball deliberately (hand-ball) with either hand or arm.

Wide latitude is given the referee in interpreting handling the ball. Did the player play the ball -- or did the ball play the player? Did the player use his shoulder defensively or offensively?

Players are allowed the freedom to protect various parts of their bodies (i.e. boys with crossed hands over their pelvic region and girls with crossed arms over their chests) are not automatic fouls as long as they do not use it as an opportunity to control and direct the ball. This applies to both boys



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and girls.

A penalty kick is awarded if any of the above is committed in the penalty box by the defending team. It does not matter where the ball is at the time of the foul.

Indirect free kick is awarded to the opposing team if a player commits any of the following:

1. Plays in a dangerous manner. (High kick, playing the ball while on the ground may be deemed dangerous). At a young age, possession of the ball by the goalkeeper should be defined broadly to include simply having a hand on the ball (other than purely incidental contact). Once the goalkeeper is in possession of the ball, opponents must cease challenging or otherwise attempting to play the ball.
2. Impedes the progress of an opponent (obstructs).
3. Prevents the goalkeeper from releasing the ball from his hands.
4. Commits any offense for which a caution or dismissal occurs.

Indirect free kick is awarded to the opposing team if the goalkeeper, while in his penalty box, commits any of the following five offenses:

1. Takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
2. Touches the ball again with his hands after it has been released from his possession and has not touched another player. (His teammates count only if they are outside penalty box.)
3. Touches the ball with his hands after it has been deliberately (in the referee's opinion) kicked to him by a teammate.
4. Touches the ball with his hands after he/she has received it directly from a throw-in taken by a teammate.
5. Wastes time.

Misconduct

Two types of action for misconduct: caution and send-off.

A player is cautioned and shown the yellow card if he/she commits any of the following seven offenses:

1. Unsportsmanlike behavior.
2. Dissent in word or action of any referee decision.
3. Persistently infringes the laws of the game.
4. Delays the restart of play.
5. Fails to respect the required distance.
6. Enters or re-enters the field of play without the referee's permission.
7. Deliberately leaves the field of play without the referee's permission.



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An indirect free kick is given to the opponent for all cautions except exit/entrance, unless a more serious penalty is applicable.

A player is sent off and shown the red card if he/she commits any of the following seven offenses:

1. Serious foul play.
2. Violent conduct.
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball.
5. Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
6. Uses offensive, insulting or abusive language and/or gestures.
7. Receives a second caution in the same match.

Any player given a red card including for a second caution is sent out of the game (ejection or send-off) without a substitute going in (play short).

Law 13 – Free Kicks

Free kicks are either direct or indirect.

On a **Direct Free Kick**:

- A goal may be scored directly from a direct kick on an opponent's goal.
- If a direct free kick is kicked directly into the teams' own goal, a corner kick is awarded to the opposing team.

Direct kicks are not applicable to all age groups. Consult age group rules.

On an **Indirect Free Kick**:

- When kicked, an indirect free kick can score a goal ONLY if the ball touches another player before it enters the goal.
- If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
- If an indirect free kick is kicked directly into the teams' own goal, a corner kick is awarded to the opposing team.
- The referee shall indicate an indirect free kick by raising an arm straight up until another player has touched the ball.

In both types of kicks:

- The ball must be stationary when the ball is kicked.
- The kicker cannot touch the ball a second time until it has touched another player.
- The ball is in play when it is touched.



Program Handbook For Recreational Participants

- All opponents are at least 10 yards from the ball until kicked.
- The ball is placed where the infraction occurred.

Within the penalty area, defending team, direct or indirect kicks:

- All opponents must be 10 yards away AND outside penalty area (see individual group for correct yardage).
- Ball must exit penalty (box) area before it can be played.
- Kick within goal area is taken from any point in the goal box.
- Goalkeeper cannot receive the ball under this circumstance.

Within the penalty area, offensive team, on indirect kicks:

- All opponents must be 10 yards away, unless they are on their goal line between the goalposts.
- Kick awarded within goal area is taken from the goal box line that runs parallel to the goal line, nearest to where the infringement occurred.

Within the penalty area, a direct kick for the offensive team becomes a penalty kick. See *Law 14*.

A caution can be awarded to any player who displays unsporting conduct such as distracting motions during the taking of a free kick.

Law 14 – Penalty Kicks

Penalty kicks are not done in Kindergarten, First or Second Grades. A penalty kick is awarded against a team, which commits one of the ten offenses for which a direct free kick is awarded, if the offense occurs inside its own penalty area and while the ball is in play.

Additional time will not be added at the end of a time period to take a penalty kick.

For a penalty kick:

- The ball is placed on the penalty spot.
- All players except the goalkeeper and the player taking the kick need to be out of the penalty box AND 10 yards from the penalty spot (outside the arc) AND behind the penalty spot (12 yards out from the goal line).
- Performed under direct supervision, coordination and approval of the referee.
- When signaled by the referee, the player taking the kick must kick the ball forward, only once.
- The player does not touch the ball a second time until it has touched another player.

Goalkeeper must stay on his goal line, facing the kicker, between the



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goalposts until the ball has been kicked. The goalkeeper cannot complete a step off the line until the ball has been kicked. For infraction, retake the kick if goal is not scored.

Consult official rulebook for various infringement/sanction scenarios.

Penalty kicks are not applicable to all age groups. Consult age group rules.

Law 15 – Throw-in

When the **WHOLE** ball goes completely over a touch (side) line, a throw-in is awarded to the team opposite of the one that last touched it. A throw-in is taken at the point (give or take a yard) where the ball left the field of play.

At the moment of delivering the ball, the thrower:

- Is facing the field of play.
- Has part of each foot either on the touchline or on the ground outside the touchline.
- Using both hands, delivers the ball from behind and over his head.

Thrower cannot touch the ball again until it has touched another player. (An indirect free kick is awarded.)

If the ball is improperly thrown, the opposite team gets to take a throw-in. However, if the ball does not enter the field of play, the throw-in is retaken. The referees may judge how many throw-ins attempts are allowed for Kindergarten, First and Second Grades. Second throw-in is allowed for Third Grade. Fourth and Fifth Grades have only one attempt for a good throw-in.

Since the primary function of the throw-in is to put the ball back into play as quickly as possible, technical infringements of *Law 15* should be deemed trifling (do not call it).

Law 16 – Goal Kick

When the **WHOLE** of the ball goes completely over the goal line (and is not a goal scored (see *Law 10*)) last touched by a member of the attacking team, a goal kick is awarded to the defending team.

To perform an acceptable goal kick:

- The ball can be placed anywhere in the goal area by a player of the defending team and kicked directly outside the penalty box. Re-kick if the ball does not go outside penalty box.
- Opponents must be outside the penalty box.
- Player taking the kick cannot play the ball a second time without the



Program Handbook For Recreational Participants

ball having been touched by another player. An indirect free kick will be awarded.

Law 17 – Corner Kick

When the WHOLE ball goes completely over the goal line (and a goal is not scored) and having last touched a player from the defending team, a corner kick is awarded to the opposing team.

To take a corner kick:

- The ball is placed inside the corner arc of corner nearest to where the ball went out of bounds.
- The corner flag post is not moved or held.
- Opposing teammates must remain ten yards from the ball. (Distance adjusted for younger ages.)
- The ball is in play when it is kicked and moves.

The kicker cannot kick the ball a second time until touched by another player. An indirect free kick is awarded for infraction.

A goal CAN be scored direct from a corner kick.