



**EXETER-WEST GREENWICH
YOUTH SOCCER ASSOCIATION
RECREATIONAL LEAGUE
HAND BOOK**

Last updated 3/29/2024

General Information	2
Code of Conduct	3
Team Definitions	4
Recreational Philosophy	4
Developmental Philosophy	4
Competitive Philosophy	5
Recreational Team Creation	5
Recreational Player Selection	5
Recreational Coaches Role	5
Recreational Coaches Training	6
Team Parent	7
Recreational General Rules & Regulations	7
Players	8
Rules & Regulations	8
Guidelines	8
Coaches	9
Rules and Regulations	9
Guidelines	9
Referees	10
Rules and Regulations	10
Selection of Referees	11
Game Rules and Information	12
Modified laws for U5 play	12
Modified laws for U6 play	14
Modified laws for U8 play	16
Modified laws for U10 play	18
Modified laws for U12 play	20
Modified laws for U14+ play	23
Injury Policy	24
Concession Stand	25
Equipment	25
Adverse Weather Policy	25
Sponsorship	26
EWGYSA Constitution	26

General Information

The Exeter-West Greenwich youth soccer association (EWGYSA) serves Exeter, West Greenwich, and nearby communities in rural south-central Rhode

island. The goal of our association is to provide a safe and productive environment that enables children to learn and apply the principles of teamwork, discipline, dedication, and sportsmanship. We facilitate the development of strength and character in every child that participates. We welcome all children, regardless of race, creed or national origin. EWGYSA promotes respect for other players, coaches and officials, as well as teamwork and safety.

EWGYSA offers recreational soccer during the fall and spring seasons, run with a non-competitive foundation so that every child will have the maximum opportunity for fun and enjoyment, no scores or standings are kept. The objective is for all members of a team to participate with equal amounts of practice and play time in the weekly games. Each player receives a participation award at the end of each season. EWGYSA also offers competitive indoor soccer during the fall and winter fall and competitive (travel) soccer during the spring.

Volunteerism is the heart of this association. All are encouraged to seek opportunities to provide the best program for the players. All are encouraged to kick in and help the association reach that goal.

EWGYSA is run by a board of directors, elected annually who hold monthly meetings. All board members, committee members and coaches are volunteers and accept no compensation for their services. The current list of board members and their contact information is located in the appendix and on our website www.EWGsoccer.org.

Code of Conduct

The Rhode Island general assembly has asked all youth organizations to develop a “no tolerance” policy to prevent misbehavior by spectators at youth sports events. The senate resolution was prompted by incidents elsewhere of spectators “badgering, humiliating, embarrassing, cursing, or otherwise communicating in some negative fashion” with players, coaches, referees or fans of the other team. The resolution was sparked by many incidents nationwide where abusive behavior by parents has led to fights, injuries and even death.

A code of conduct for coaches, players and spectators is consistent with the philosophy of the Exeter-West Greenwich youth soccer association, which stresses sportsmanship, skill development and fun. Parents agree to abide by our philosophy by signing their child’s registration form. They also agree to follow the association’s rules and regulations, which are distributed to coaches at the start of each season. All participants should be familiar with these guidelines to prevent conflicts and to assure the smooth operation of our recreational and competitive programs.

As required by the senate resolution, the executive committee of EWGYSA states that it will not tolerate any behavior deemed offensive or in violation of the association’s rules and regulations. Behavior will be held up to community

standards. If a coach, referee, player or parent deems that behavior by a spectator is threatening, abusive or demeaning, it will be viewed as such. Each parent is a member of the association and has a voice in how EWGYSA is run.

- Specifically, the EC will not tolerate disorderly, demeaning, belligerent, obnoxious or otherwise distasteful behavior.
- Parents are not allowed to berate or humiliate players, coaches, referees or other volunteers overseeing the games.
- Parents must stay in the areas designated for spectators.
- Parents cannot give players instructions that are in conflict to those of the coach.
- Profanity of any type will not be tolerated.
- Pets of any kind are not allowed at the soccer complex.
- Tobacco and/or alcohol are not allowed on the fields, parking lot or surrounding grounds.

Team Definitions

- **Recreational team:** any team
- **Developmental team:** any team U10 and below for which the players are selected on the basis of talent or merit or any team for which tryouts are held.
- **Competitive team:** any team u11 and above for which the players are selected on the basis of talent or merit or any team for which tryouts are held.
- **Tournament team / Indoor team:** A EWGYSA's rostered team which may include guest players and is put together for the sole purpose of playing in a tournament / indoor session of other sanctioned, non-league competition. A tournament / indoor team exists only for the duration of the tournament / indoor session. Team shall follow procedures outlined in "tournament play".

Recreational Philosophy

EWGYSA recreational philosophy is to promote fun, skill development and good sportsmanship. All are of equal importance; however, good sportsmanship goes a long way. It teaches more than field behavior and extends into daily life in the form of good personal relationships. The association and all its members should set the example for the players by displaying good decorum at all times. This experience is for fun: no scores, no standings, and a rewarding learning experience.

Developmental Philosophy

EWGYSA developmental philosophy shall be to provide players the opportunity to develop skills at an elevated level for the purpose of self-improvement and compete against the developmental soccer programs offered through other similar associations. The EWGYSA developmental program shall be: non-result oriented, 50% playing rule applied to all players, and strong emphasis on player participation at various positions. Such participation will benefit the EWGYSA and increase interest in the game of soccer.

Competitive Philosophy

EWGYSA competitive philosophy shall be to bring together the most skilled players of the EWGYSA to compete against the competitive soccer programs offered through other similar associations. Such participation will raise all the participants' skill levels, the level of play, and also contribute to the success of the school district's athletic program. The EWGYSA competitive soccer program shall endeavor to assemble and train the strongest teams possible for each division to best represent the EWGYSA. It is the objective to strive to win but provide each player playing time, since participants will not improve without playing.

Recreational Team Creation

Recreational teams are formed based on the number of players that register for a particular season. Attempts are made to accommodate the individual wishes of the player to be placed on the same team as a friend, relative or neighbor. Competitive and/or higher skilled players will be identified via evaluations by previous coaches and/or by the board of directors. These players will be distributed among the recreational teams in order for the team to be balanced. The age grouping and the total number of players that register for EWGYSA determine the number of players per team. Finalized rosters are given to the coaches with the names and phone numbers of the team players. The coaches are to contact the players to inform them about practice and game schedule.

Recreational Player Selection

No tryouts are held for recreational teams and all teams will be reselected each seasonal year. Any parent who wishes to have their child moved up to an older age division than the child's chronological age, must notify the registrar prior to the registration deadline for that given soccer season. The registrar will consider each request on an individual basis and parents will be notified of the decision. A player may not move to a lower division than the child's chronological age according to regulations.

Recreational Coaches Role

The role of the youth soccer coach is to provide every player with the opportunity to reach his or her maximum potential development for enjoyment of the game of soccer.

How the coach exercises his role depends upon the age and experience of the players as well as the nature of the playing competition. For example, for very young and inexperienced players, the coach needs to provide different game formats so that the players simply have fun while improving their skills. On the other hand, for older and experienced youth players, the coach must evaluate each player's strengths and weaknesses such as physical qualities (size, speed, strength, and endurance), technical qualities (ball control), and tactical qualities (ability to read and understand the game).

For beginning players, the coach's primary objective should be to provide an atmosphere in which the players will learn to enjoy soccer. This objective applies equally well to teenage players as to very young players, although the methods to achieve this objective will obviously differ. A secondary objective is for the coach to teach the players the necessary skills for full enjoyment of the game. Elementary techniques such as kicking and dribbling the ball should be demonstrated. But the coach must always remember that beginning players learn most from doing, not from watching or listening. Demonstrations at the beginning of practice sessions should be short and to the point so that the maximum time possible is spent playing.

Actual playing develops beginning players faster than any other method. Thus, the coaching methods for beginning players must emphasize games where the players have good opportunities to contact the ball. Small-sided games such as 3v3 are best until the players develop basic skills.

Most games should be designed so that the game is fluid and each player feels free to be anywhere on the designated field (e.g. use small goals and no goalkeepers). For very young players, games such as tag with each player dribbling a soccer ball are fun and educational. The players should be rotated through all playing positions so that the players gain maximum experience and avoid premature stereotyping to a particular position. Modern soccer demands a player to be proficient in all attacking and defending skills. Goalkeepers also need field playing experience to understand the flow of the game as well as to develop basic skills.

As the players increase in skill, the techniques used for experienced players can be phased into use. Coaches must always recognize the age and maturity of their players, however, and must avoid pressure tactics for young players.

The primary objective in coaching experienced players is to increase each player's physical fitness, technical ability, and tactical knowledge to the maximum extent possible. With these attributes maximized, an effective team can be organized to compete in high-level soccer.

The soccer fitness training for youth soccer must be soccer-related drills with the ball. Most fitness training is done through small-sided tactical games.

Playing 2v2 for five minutes in the penalty area without goals would accomplish a higher level of endurance along with 10 minutes of lap running or 10 consecutive wind sprints.

Recreational Coaches Training

Formal training and licensing is available upon request. There are licensing and certification programs available through various state and national organizations for referees and coaches. For details on any of these programs, contact the training director or the vice president/rec director, the competitive director or the training director of the EWGYSA.

Team Parent

A Team parent is strongly recommended for every team, as the coach cannot do all the necessary work involved in running a team. Coordination of many activities such as team pictures, providing a drink or fruit at half time, or assisting in training, may be some of the responsibilities of the team parent.

Recreational General Rules & Regulations

The recreation program has a linkage to the developmental/ competitive program. However it is managed separately.

- All participants (players, coaches, and spectators) will exhibit exemplary sportsmanship. Endorsement of good sportsmanship is a priority of our association.
- Drivers should be cautious when entering and leaving the parking area, as children do not always pay attention.
- Pets are not allowed in the soccer complex.
- Tobacco and/or alcohol are not allowed in the soccer complex, including the parking lot and surrounding fields.
- All litter will be disposed of in the proper containers.
- In order to protect property, there shall be no hanging from goals, digging up of the fields or any other malicious activities.
- Players and coaches should be on one side of the field and spectators on the other side. The exception to this is the under 5 games where spectators may watch from any side of the field. For all age groups, no one will view any game at the goal ends of the field.
- The executive committee establishes registration fees. The committee will consider requests to adjust the fee on a case-by-case basis.
- A player is considered registered when the registrar has received a completed registration with payment in full. Players not registered by the

team formation date will be placed on a waiting list and assigned to teams with vacancies, if available.

- A player's parent/guardian may request that he/she play up an age group but not down an age group. The executive committee can assign a player of limited skills or physical limitations to a lower age division, if the parent/guardian requests it.
- Players will be objectively assigned to teams within each age group, as equitably as possible, based on their previous experience and/or rating from the previous season. Inexperienced players will be assigned randomly, with some consideration for age and gender. The association's intent is to create teams that are equal in quality thereby providing the most benefit to recreation, sportsmanship, reward, growth and competitiveness.
- Parents and coaches cannot recruit, trade, or assign players to a team. The registrar and the vice president must approve all player assignments.
- Parents and spectators will show good sportsmanship at all times.
- Parents and spectators are not allowed on the field.
- Parents and spectators will refrain from confrontation.

All EWGYSA members have the right to bring concerns to an executive committee member. The EC meets every other Tuesday during the season (less frequently out of season) and will address the concerns as quickly, and fully, as possible.

Players

Rules & Regulations

- Players will be required to remain with the team and coach throughout the duration of the games and practices unless there are extenuating circumstances.
- For safety reasons, players will practice and play games with protective and covered shin-pads.
- Players will ensure proper dress and appearance for all games. This includes and is not limited to shirts tucked in shorts, shin pads inside soccer socks. Red shirts are for home games; gray shirts are for away games. Black shorts are preferred for all games. Hats are not allowed. Exemptions will be made for unseasonably cold weather and medical conditions.
- Players will not wear any jewelry during games and practices.
- Cleats (if worn) will be rubber (no metal spikes) and have no cleat on the toe of the shoe. Cleats are not required; athletic shoes (sneakers) are acceptable.

- Players will be fully equipped prior to the start of the game and evaluated by the referee. The referee will evaluate late arrivals at a convenient time before allowing them to participate in any game.

Guidelines

- Players are to arrive 10 to 15 minutes prior to the start of the game.
- Players should bring a water bottle and ball to games and practices.

Coaches

Rules and Regulations

- All coaches must complete a risk management form (see risk management form) authorizing a background check prior to assuming control of a team. Any issue that surfaces as a result of the background check will be administered by the risk management manager and adjudicated by the executive committee in an executive session.
- In reference to a player injury, referees will signal to the coach to administer to the player.
- Coaches should change the method of play whenever there is a four-goal differential in the score. methods may include removing a player (for the team in the lead), adding a player (for the team not in the lead) or making three passes prior to taking a shot on goal (for the team in the lead). Other accommodative methods may be used.
- Coaches will ensure that team member's play at least 50% of the time during a game. This may be altered for disciplinary problems or injuries only.
- Coaches will counsel players when it is perceived that unsportsmanlike conduct is exhibited, including behavior on the sidelines. Examples include slide tackling from behind, holding or pushing, tripping, taunting or any other actions considered to be unnecessary and/or un-sportsman like.
- Coaches will refrain from arguing calls or otherwise delaying the play of the game. Questionable calls or actions by the referee should be directed to the referee coordinator by completing a referee evaluation form or to an executive committee member at the field immediately after the game. All concerns should be directed to an executive committee member after the completion of the game.
- Coaches and players will shake hands at the end of the game.
- All coaches are required to notify the risk management manager of all injuries requiring visits to the doctor's office, emergency room or hospital. All association players and coaches are ensured for injury.

Guidelines

- Coaches should hold 1 practice per week. Any additional practice sessions are not encouraged. Coaches should refer to the guidelines for practice sessions or contact the training director for information.
- Practice length guidelines: U6 – 45+ minutes, U8+ – 60 minutes.
- Coaches should provide every player the opportunity to play every position on the field. This is recreational soccer and is intended to be fun yet challenging. The opportunity to play numerous positions teaches the players the importance of each position and provides a better understanding of the game. However, coaches should never force a player to play a particular position or punish a player for refusing to play the position.
- Coaches should ensure that their team leaves no debris, clothing or equipment on the sidelines after a game or practice.
- Coaches cannot cancel games due to inclement weather. The decision to cancel is made only by the executive committee. Game cancellation information will be made available on the website at www.ewgsoccer.org or on the facebook page at www.facebook.com/ewgsoccer. Coaches must make every effort to get their players to scheduled games, despite weather conditions. If games are canceled, coaches must relay this to their players.
- Coaches should decide when practices are canceled and how this information is relayed to players and parents.
- Coaches should provide input or information to the association through written suggestions or by speaking to an executive committee member.
- Coaches should explain association policy to parents whenever needed. When not possible, coaches should direct the parent to an executive committee member.
- Coaches may attend age specific training conducted and/or endorsed by the United States youth soccer association (USYSA) sanctioned state association (SSA). A copy of the certificate and a request for reimbursement must be submitted to the EC for consideration.

Referees

Rules and Regulations

- Referees must arrive at least fifteen minutes prior to the game.
- Referees will wear the proper uniform and conduct themselves in a professional manner.
- Referees must have a whistle, watch, and flags, if applicable.

- Referees will inspect the players and their equipment 5 minutes prior to the start of the game. Latecomers must be inspected at the referee's next opportunity before they are allowed to participate in the game.
- Prior to the game, referees should introduce themselves to the coaches and secure a game ball.
- Referees will follow and employ all laws of the game and this Association.
- Referees will provide clear direction and sound the whistle with authority.
- Referees will keep game time.
- Referees will ensure the safety and security of all players at all times.
- Referees should refuse to discuss any call with spectators. They should always remain non-confrontational.
- Referees will remain at the game field between quarters and halves (attending to exceptional requirements is acceptable). Personal items (a water bottle, etc.) should be kept off to the side for any break.
- Referees should remain impartial throughout each game. Objectivity is a paramount requirement. Personal correspondence with players, coaches, and friends should be delayed until the game is over.
- Referees should comply with time requirements that being a two-minute break between quarters and five-minute break between halves. No overtime periods are authorized.
- Referees should show respect to all players, coaches, spectators, and other referees.
- Referees should maintain control, apply the Laws of the Game, be assertive, exercise good judgment, and use common sense.

Referees should be aware that failure to comply with the above rules will result in forfeiture to officiate future games. The assignment to officiate games will be allocated based on a rotation that will include how the referee complies with the association's rules, performance, behavior and dedication to service.

Selection of Referees

The executive committee will advertise for candidates to fill vacancies. Selection will be based on the following criteria:

- Number of vacant referee positions.
- Soccer experience.
- The candidate's association with EWGYSA.
- Attending the appropriate training for certification and recertification.
- Commitment to work all games assigned.

- Commitment to abide by the SSA's and EWGYSA's rules stipulated in the rules for referees section.
- Candidates must be at least 11 years of age.

New referees will obtain training and become certified as courses are available. All returning referees will obtain training for recertification as courses are available.

Referees will be evaluated on a seasonal basis to ensure that their skills and responsibilities are meeting the association's needs.

Referees are paid on a graduated scale based on their role and age division.

Game Rules and Information

All EWGYSA games will be played as scheduled. The executive committee determines the cancellation of games.

Coaches or referees may not cancel a game. Game cancellations will be made available at our website at www.ewgsoccer.org or Facebook page at www.facebook.com/EWGSOCCER All games will follow the laws of the game with the exceptions noted on the following pages for each age group:

Modified laws for U5 play

Coaches and referees are to work together!

Ball size: 3

Number of players: 3 field players, no goalkeeper

Substitutions: substitutions are unlimited and may be made at any time, even if play has not stopped, without the approval of the referee

Duration: 2 halves of 8 minutes each

Start and restart:

- **Goal kick** – when a ball played by the attacking team crosses the goal line, whether or not a goal is scored, and a goal kick is awarded. The defending team must retreat to mid field until the ball crosses the mid field line.
- **Corner kick** – when the defending team plays a ball past their own goal line and a goal is not scored, a corner kick will be awarded.
- **Kick-in** – when the ball crosses the touch line a kick-in is awarded. Defending players must remain at least 5 yards from the player performing the kick-in.
- **Direction of play** - the direction of play will not change for the second half of play.

Offside: offside will not be called

Defenders acting as goalkeepers: a defensive player may not act as a goalkeeper. A defensive player may not enter the goal box unless play is in the immediate area.

Coaches' positioning: coaches may position themselves on the field of play to provide guidance and support.

Modified laws for U6 play

Coaches and referees are to work together!

The Field	The field size and goals are predetermined by the EWGYSA.
Ball	Size 3 ball
Number of Players	4 per team, no goalkeeper
Substitutions	Unlimited, as needed
Duration of Game	Four 8-minute quarters, 5-minute halftime, 2 minutes between quarters
Referees	Coaches are expected to work with the referees to manage the game based on their players skill levels.
Ball Out-of-Play	The ball is out-of-play when the whole of the ball completely crosses the touch line or goal line, in the ground or in the air. The ball is also considered out-of-play whenever the whistle is blown, for whatever the reason.
Restarts	All restarts are indirect kicks (the ball cannot be directly scored off of a free kick). Opponents should be at least 5 yards away from the ball when restarting. The player taking the restart shall not touch the ball again until it has touched another player (restart will be retake). The ball is in play when it is kicked and clearly moves.
Kick-off	All players must be in their own half, with the ball placed at the midpoint of the halfway line. The ball may be kicked in any direction and is in play when it is kicked and clearly moves.
Goal Kicks	Restart when the ball goes over the goal line, last touched by an attacking player. Opposing team must retreat to the halfway line until the ball is in play.
Corner Kicks	Restart when the ball goes over the goal line, last touched by a defending player. The kick is taken from the nearest corner where the ball went out of play.
Throw-ins	Restart when the ball goes over the touchline (sideline). Awarded to the opponent of the player who last touched the ball. Two hands on ball, two feet on ground, on or behind the touchline - no jumping. When an improper throw-in is taken, the referee should stop play,

explain the proper procedure and allow throw-in to be retaken.

Penalty Kicks

No penalty kicks in U6.

Fouls

Offenses in accordance with the Laws of the Game.
Fouls should be explained to the player(s).
No cautions or ejections.

Heading

Heading the ball deliberately is prohibited.

Handball

An offense when a player deliberately plays the ball with their hand or arm.
Accidental contact is not an offense and shall not be penalized.
Instinctive, self-protective reactions (i.e. blocking their face) are not to be penalized.

Coaches' positioning: coaches may position themselves on the field of play to provide guidance and support for **only** the first 4 games of the season. After that, coaches must remain on his or her half of the sidelines during the game.

Modified laws for U8 play

Coaches and referees are to work together!

The Field	The field size and goals are predetermined by the EWGYSA.
Ball	Size 3 ball
Number of Players	6 per team, one of which is the goalkeeper
Substitutions	Both teams may sub between periods, on a goal kick, and after a goal. Unlimited for the team taking a throw-in, the opponent may sub only if the throwing team is subbing. No substitutions on a corner kick.
Duration of Game	Four 10-minute quarters, 5-minute halftime, 2 minutes between quarters
Referees	Player safety is a priority. Every effort shall be made to keep the game moving and free from unnecessary stoppages.
Ball Out-of-Play	The ball is out-of-play when the whole of the ball completely crosses the touch line or goal line, in the ground or in the air. The ball is also considered out-of-play whenever the whistle is blown, for whatever the reason.
Restarts	The player taking the restart shall not touch the ball again until it has touched another player (restart will be retake).
Kick-off	The kicker may stand in the opponent's half of the field. All other players must be in their own half, with the ball placed at the midpoint of the halfway line. The ball may be kicked in any direction and is in play when it is kicked and clearly moves.
Dropped Ball	Restart when the referee stops the game for an injury, outside interference, weather or accidental whistle. Only one player may take part in the dropped ball; all other players to be at least 4-yards away. Ball in play when it makes contact with the ground. Requires touch by two different players for a goal to be awarded.
Goal Kicks	Restart when the ball goes over the goal line, last touched by an attacking player. Opposing team must retreat to the halfway line until the ball is in play.
Corner Kicks	Restart when the ball goes over the goal line, last touched by a defending player.

The kick is taken from the nearest corner where the ball went out of play.

Throw-ins

Restart when the ball goes over the touchline (sideline). Awarded to the opponent of the player who last touched the ball. Two hands on ball, two feet on ground, on or behind the touchline - no jumping. When an improper throw-in is taken, the referee should stop play, explain the proper procedure and allow throw-in to be retaken. A goal can not be scored directly from a throw-in.

Penalty Kicks

No penalty kicks in U7/U8. Restart is an Indirect Free Kick.

Fouls

Offenses in accordance with the Laws of the Game. Fouls should be explained to the player(s). Offenses committed on the field-of-play, while the ball is in play and against any opponent, teammate, team official or match official. All fouls/offenses shall result in an Indirect Free Kick restart. Goalkeepers are not allowed to punt or drop-kick the ball; Indirect Free Kick restart for the opposing team.

Heading

Heading the ball deliberately is prohibited. Restart is an Indirect Free Kick for the opposing team.

Handball

An offense when a player deliberately plays the ball with their hand or arm. Accidental contact is not an offense and shall not be penalized. **Exception: When the ball goes directly into the goal after touching an attacking player's hand or arm, even if accidental. No goal, restart with a free kick for the opposing team.** Instinctive, self-protective reactions (i.e. blocking their face) are not to be penalized.

Center Line / Build-Out Area

Opponents must move back to the Center Line on all free kick and goal kick restarts. Opposing players must remain behind the Center Line until the ball is kicked and clearly moves. Opponents must also move behind the Center Line whenever the goalkeeper gains possession of the ball. Opponents may not re-enter the opponent's half until the goalkeeper either throws the ball, rolls the ball, or places the ball on the ground AND kicks it.

Offside

No offside in U7/U8.

Coaches' positioning: coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

Modified laws for U10 play

Coaches and referees are to work together!

The Field	The field size and goals are predetermined by the EWGYSA.
Ball	Size 4 ball
Number of Players	7 per team, one of which is the goalkeeper
Substitutions	Both teams may sub between periods, on a goal kick, and after a goal. Unlimited for the team taking a throw-in, the opponent may sub only if the throwing team is subbing. No substitutions on a corner kick.
Duration of Game	Four 12-minute quarters, 5-minute halftime, 2 minutes between quarters
Referees	Player safety is a priority. Every effort shall be made to keep the game moving and free from unnecessary stoppages.
Ball Out-of-Play	The ball is out-of-play when the whole of the ball completely crosses the touch line or goal line, in the ground or in the air. The ball is also considered out-of-play whenever the whistle is blown, for whatever the reason.
Restarts	The player taking the restart shall not touch the ball again until it has touched another player. The restart for this is an Indirect Free Kick for the other team.
Kick-off	The kicker may stand in the opponent's half of the field. All other players must be in their own half, outside of the Center Circle, with the ball placed at the midpoint of the halfway line. The ball may be kicked in any direction and is in play when it is kicked and clearly moves.
Dropped Ball	Restart when the referee stops the game for an injury, outside interference, weather or accidental whistle. Only one player may take part in the dropped ball; all other players to be at least 4-yards away. Ball in play when it makes contact with the ground. Requires touch by two different players for a goal to be awarded.
Goal Kicks	Restart when the ball goes over the goal line, last touched by an attacking player. Opposing team must retreat to the Build-Out Line until the ball is in play.

Corner Kicks	Restart when the ball goes over the goal line, last touched by a defending player. The kick is taken from the nearest corner where the ball went out of play.
Throw-ins	Restart when the ball goes over the touchline (sideline). Awarded to the opponent of the player who last touched the ball. Two hands on ball, two feet on ground, on or behind the touchline - no jumping. When an improper throw-in is taken, the referee should stop play, explain the proper procedure and allow the throw-in to be retaken once before turning it over to the other team. A goal can not be scored directly from a throw-in.
Free Kicks	Opponents must be at least 8-yards from the ball. Ball in play when kicked and clearly moves. Direct Free Kick - a goal may be scored on the first touch. Indirect Free Kick - two touches required for a goal to be allowed.
Penalty Kicks	Results when a Direct Free Kick offense is committed inside a player's own Penalty Area. All players (except kicker and goalkeeper) to be outside Penalty Area, Penalty Arc, and behind the ball. Ball must be clearly kicked in a forward direction.
Fouls	In accordance with criteria defined in the Laws of the Game. Offense involving contact committed on the field-of-play, while the ball is in play and against any opponent, teammate, team official or match official. Contact fouls result in a Direct Free Kick restart. Non-contact fouls and technical infractions result in an Indirect Free Kick restart. Goalkeepers are not allowed to punt or drop-kick the ball; Indirect Free Kick restart for the opposing team.
Heading	Heading the ball deliberately is prohibited. Restart is an Indirect Free Kick for the other team.
Handball	A Direct Free Kick offense when a player deliberately plays the ball with their hand or arm. Accidental contact is not an offense and shall not be penalized. Exception: <i>When the ball goes directly into the goal after touching an attacking player's hand or arm, even if accidental. No goal, restart with a Direct Free Kick for the opposing team.</i> Instinctive, self-protective reactions (i.e. blocking their face) are not to be penalized.
Build-Out Area	Opponents must move outside the Build-Out Area on all free kick and goal kick restarts. Opposing players must remain outside the Build-Out Area until the ball is kicked and clearly moves.

Opponents must also move outside the Build-Out Area whenever the goalkeeper gains possession of the ball.
Opponents may not re-enter the Build-Out Area until the goalkeeper either throws the ball, rolls the ball, or places the ball on the ground AND kicks it

Offside

Players can only be in offside position in the opponent's Build-Out Area, i.e., between the Build-Out Line and the Goal Line.

No offside offense in the area between the two Build-Out Lines.
Offside offense occurs when a player in an offside position becomes actively involved by interfering with play or an opponent.

Restart is an Indirect Free Kick at the location where the player in the offside position commits the interference.

Coaches' positioning: coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

Modified laws for U12 play

Coaches and referees are to work together!

The Field

The field size and goals are predetermined by the EWGYSA.

Ball

Size 4 ball

Number of Players

7 per team, one of which is the goalkeeper

Substitutions

Both teams may sub between periods, on a goal kick, and after a goal.

Unlimited for the team taking a throw-in, the opponent may sub only if the throwing team is subbing.

No substitutions on a corner kick.

Duration of Game

Two 25-minute halves, 5-minute halftime

Referees

Player safety is a priority.

Every effort shall be made to keep the game moving and free from unnecessary stoppages.

Ball Out-of-Play

The ball is out-of-play when the whole of the ball completely crosses the touch line or goal line, in the ground or in the air.
The ball is also considered out-of-play whenever the whistle is blown, for whatever the reason.

Restarts

The player taking the restart shall not touch the ball again until it has touched another player. The restart for this is an Indirect Free Kick for the other team.

Kick-off	<p>The kicker may stand in the opponent's half of the field. All other players must be in their own half, outside of the Center Circle, with the ball placed at the midpoint of the halfway line. The ball may be kicked in any direction and is in play when it is kicked and clearly moves.</p>
Dropped Ball	<p>Restart when the referee stops the game for an injury, outside interference, weather or accidental whistle. Only one player may take part in the dropped ball; all other players to be at least 4-yards away. Ball in play when it makes contact with the ground. Requires touch by two different players for a goal to be awarded.</p>
Goal Kicks	<p>Restart when the ball goes over the goal line, last touched by an attacking player. All opposing players must remain outside the Penalty Area until the ball is in play. If opposing player(s) enters Penalty Area too early, the goal kick is to be retaken</p>
Corner Kicks	<p>Restart when the ball goes over the goal line, last touched by a defending player. The kick is taken from the nearest corner where the ball went out of play.</p>
Throw-ins	<p>Restart when the ball goes over the touchline (sideline). Awarded to the opponent of the player who last touched the ball. Two hands on ball, two feet on ground, on or behind the touchline - no jumping. When an improper throw-in is taken, the referee should stop play, explain the proper procedure and allow the throw-in to be retaken once before turning it over to the other team. A goal can not be scored directly from a throw-in.</p>
Free Kicks	<p>Opponents must be at least 8-yards from the ball. Ball in play when kicked and clearly moves. Direct Free Kick - a goal may be scored on the first touch. Indirect Free Kick - two touches required for a goal to be allowed.</p>
Penalty Kicks	<p>Results when a Direct Free Kick offense is committed inside a player's own Penalty Area. All players (except kicker and goalkeeper) to be outside Penalty Area, Penalty Arc, and behind the ball. Ball must be clearly kicked in a forward direction.</p>
Fouls	<p>In accordance with criteria defined in the Laws of the Game. Offense involving contact committed on the field-of-play, while the ball is in play and against any opponent, teammate, team official or match official. Contact fouls result in a Direct Free Kick restart. Non-contact fouls and technical infractions result in an Indirect</p>

Free Kick restart.

Goalkeepers are not allowed to punt or drop-kick the ball; Indirect Free Kick restart for the opposing team.

Heading

Heading the ball deliberately is prohibited. Restart is an Indirect Free Kick for the opposing team.

Handball

A Direct Free Kick offense when a player deliberately plays the ball with their hand or arm.

Accidental contact is not an offense and shall not be penalized.

Exception: *When the ball goes directly into the goal after touching an attacking player's hand or arm, even if accidental. No goal, restart with a Direct Free Kick for the opposing team.*

Instinctive, self-protective reactions (i.e. blocking their face) are not to be penalized.

Offside

Players can only be in an offside position in the opponent's half of the field.

Offside offense occurs when a player in an offside position becomes actively involved by interfering with play or an opponent.

Restart is an Indirect Free Kick at the location where the player in the offside position commits the interference.

Modified laws for U14+ play

Coaches and referees are to work together!

Ball size: 5

Number of players: 8 field players, one goalkeeper

Note: the association may increase the number of players when playing other associations or clubs.

Substitutions: substitutions are unlimited. Players must enter the field of play at the mid field and only after being granted approval from the referee. Substitutions may be made:

- prior to a throw-in by the team in possession
- prior to a throw-in by both teams if the team in possession is substituting
- prior to a goal kick by either team
- after a goal by either team
- after an injury, when the referee stops play, by either team
- at half time

Substitutions are not allowed on corner kicks.

Substitutions must be made as quickly as possible. The referee should not allow substitutions to unnecessarily delay the game.

Duration: 2 halves of 25 minutes each

Start and restart:

Direction of play - the direction of play will change for the second half of play.

Offside: offside will be called. There is no offside on corner kicks or throw-ins

Coaches' positioning: coaches must remain on his or her half of the sidelines during the game. Coaches will be confined to the coaching box when it is designated.

Injury Policy

The association has adopted a policy for injured players to make clear the responsibilities of the referee, coaches, players and parents should a player be injured on the field. The new policy is in keeping with FIFA (federation international de football association) law 5, from *laws of the game*, the rulebook that governs competitive soccer play for all ages worldwide. The following EWGYSA policy is modified to recognize the less stringent standards of the recreational soccer program.

- A player who is injured and cannot continue should kneel, sit or lay on the field. Play continues until the referee stops it. All other players should keep their distance.
- The referee will allow play to continue until the ball is out of play if he or she considers the injury to be minor and if the player is not at further risk of injury. If the referee considers the injury serious, he or she will stop the match. If the referee does not see the injured player, the coach should bring the situation to his or her attention.
- Once play is stopped, the referee will allow the coach on the field to tend to the injured player. The referee may also allow on the field the player's parents or a licensed "first responder," such as a doctor, nurse, EMT, physical therapist or athletic trainer.* both coaches are responsible for keeping their players at a distance from the injured player.
- If the injury is considered minor the player should be escorted off the field as quickly as possible to minimize stoppage of play. The player must leave the field even if no further attention is required. First aid such as ice or a bandage should be done on the sidelines. A player bleeding from a wound can only return once the referee is satisfied the bleeding has stopped.
- If the referee, coach or parents consider the injury serious, they should request a bystander to call for medical assistance. A player unconscious or who may have sustained a head, neck or spinal injury should never be moved. Only a licensed first responder as described above should provide first aid to a seriously injured player.
- The referee will allow the coach to make an immediate substitution for the injured player.
- The referee will allow for the full amount of time lost through injury to be played at the end of that quarter's play.
- The coach must ask the referee for permission to return the injured player to the game. The referee can deny permission if he or she feels the injury was severe enough to warrant further medical attention. Coaches should use caution when deciding whether to put an injured player back in the game, especially if there is a chance of a concussion.

**Parents trained in first aid or licensed as a health care provider should make themselves known to the association so their skills can be called upon should a serious injury occur.*

Concession Stand

The concession stand is open on game days and provides an important source of income for EWGYSA. Parents, players and coaches are encouraged to patronize the concession stand.

On game days, there will always be a EWGYSA member of the board on duty at the concession stand. The member on duty is there to handle all problems: schedules, referees, fields, etc. there are first-aid kits and a phone in the concession stand for emergency use.

Equipment

Player equipment is one of the smallest cost items in the overall program. A pair of shin guards, a ball, shorts, and footwear and the child is ready to play. Players must wear shin guards, socks pulled up over the shin guards, and footwear. Players are not required to wear soccer shoes, although it is recommended in the older age groups. Shoes must have a soft rubber cleat with no cleat at the toe end of the shoe. No jewelry of any kind is allowed—no earrings, no watches, no barrettes, no bracelets, and no chains.

No hard brimmed hats are allowed. Cloth ties, rubber bands, headbands, wristbands and gloves are allowed. The younger age groups may be allowed to wear long pants during the games in cold weather. The game shirt must be worn on the outside of all other clothing and tucked into the shorts during the game. The players are encouraged to bring water to games and/or practice, as continual hydration is important to the health of a young athlete.

It is the coach's responsibility to see that each player complies with the rules. It is expected that all players wear the EWGYSA issued shirt, shorts, and both socks for all games. For older players, a sports equipment bag to carry all of the players' gear is encouraged. As with all personal items, each should have the players' name clearly marked on it.

The EWGYSA had a supply of various items such as pinnies and cones available for use during practices. All equipment borrowed should be returned at the end of the practice. First aid supplies are available at the concession stand on league play days.

Adverse Weather Policy

Soccer is a sport that is played in both good and adverse weather conditions. EWGYSA will provide the facilities (fields, referees, parking, and port-a-johns) that are required for playing soccer in all weather conditions. Games will be

played unless notified. The only time that EWGYSA will cancel games for the day is if conditions develop which present a danger to the kids (lightning, standing water) or to the fields (when significant damage will result due to standing water, or loose turf). It is possible that only select games may be canceled due to varying conditions throughout the day. Game cancellation information will be made available on the EWGYSA website at www.ewgsoccer.org or on the facebook page at www.facebook.com/ewgsoccer. Notifications are also sent out via email to all registered parents and players.

The decision to close the field for the day will be made by the president of the EWGYSA, or the board member who is on duty at the concession stand that day. Coaches are not allowed to decide to cancel a game. Parental discretion should always be used to determine whether their child should play on any particular day. People should remember however, that their decision affects not only the families on their team, but also those of the opposing team. If you decide not to play, you may also be deciding that the opposing team will not play as well

Sponsorship

EWGYSA has solid connections within our local community and in order for all families to be able participate in our recreational programs we must keep our costs at a minimum. In this economy, that can be quite a difficult task, so we look into the community and ask local businesses to help us keep our costs down by becoming sponsors. Making a tax deductible donation to our association allows EWGYSA to cover yearly expenses as well as repair and improve our fields and facilities throughout the year. In return for the generous donations, we offer the sponsors the opportunity to reach out to the community using the EWGYSA website and by advertising at our fields. Contact public affairs or fundraising for more info.

EWGYSA Constitution

The EWGYSA Constitution can be located on our website at www.ewgsoccer.org/documents