



Southeast Soccer Academy & YMCA Rec-League Rules

General Statement:

The Southeast Soccer Academy/YMCA Rec-League is for *recreational soccer*. The primary goals are for the players to have fun, learn about the game, and develop individual skills. **Winning or losing a game should never become more important than these primary goals.**

Spectators:

Spectators shall sit on the side opposite of the coaches and teams.

Game Schedule:

All games will be as scheduled except as follows:

1. The director of the Rec Plex and the SESA Director of Coaches may postpone or cancel any game if the fields are unplayable.
2. A team that fails to show up within a 10-min. grace period will forfeit that game.
3. The Referee can stop a game if needed, due to weather, or for any reason he feels necessary. The Referee should report to The SESA Director on site, his/her reason for the stoppage of the game. The SESA Director will then determine if and when the game shall be made up, (many times the game will not be made up). Any game called off, for any reason, shall be considered a complete game after the second half kickoff. If the kickoff has not occurred, the game shall be rescheduled if possible.

Game Format and Rule Matrix:

Game length and ball size are as follows:

Age	Game Length	Number of PLayers	Ball Size	Offsides	Drop Off Line
U6	6 x 6 Minutes	3v3 (no GK)	3	No	New Ball
U8	4 x 10 Minutes	4v4 (no GK)	3	No	Yes
U10	2 x 25 Minutes	7v7 Including GK	4	Yes	Yes
U12	2 x 30 Minutes	7v7 Including GK	4	Yes	No

U14	2 x 30 Minutes	7v7 Including GK	5	Yes	No
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Offsides will be called at the U10 + Divisions.

GK's are not allowed to punt the ball in the 10U Division

Time in between halves shall be 5-min. Time between quarters shall be 2-min.

In regular Club play, a tie is a tie, no overtime is permitted.

8U 1st and 2nd and above - 7 goal mixup:

Games will be played up until half time. If one team is up by 7 or more goals at halftime (or any period in the second half) teams will be mixed up evenly by the coaches. This will make for a better game and learning environment.

U6 Only - New Ball:

There are no throw ins, corners or GK's. The coach introduces a new ball whenever the ball goes out of play. The coach can opt to wait for the players to be ready, or roll one in immediately. This helps the game keep moving, improves enjoyment of the kids and increases touches on the ball by over 400%.

Another huge benefit of the new ball rule, is that the coach(es) can roll the ball to players that are not getting involved or a team that is less skilled.

Referees:

The Club shall assign referees for each match U8 and above. U6 & U8K games are ref'd by the coaches.

Failure of Referees to show up shall not be a reason to cancel a game. Coaches should manage the game.

Substitutions:

Substitutions are unlimited. Substitutions can be made with consent of the Referees during any stoppage.

Substitutes shall leave and enter from the centerline of the field, and they must be at the line prior to the time of substitution.

All players shall receive equal playing time. The only exception is for a coach who is restricting a player's time because of disciplinary reasons.

Rules of Play:

The Club will follow (except otherwise provided) the FIFA "Laws of the Game" as written in the USSF Guide for referees and any applicable rules of the Iowa Soccer Association (ISA).

A player shall not charge the goalkeeper or attempt to play the ball once the goalkeeper has hand possession of the ball in the penalty area. Such charge or attempt shall be penalized by an indirect free kick (IFK). The Referee may CAUTION or EJECT the offending player if the charge or attempt was overly aggressive.

Players & spectators shall remain a minimum of 2 yd's behind the touch line. **No spectators should be allowed behind the goal line.**

Written permission from a Doctor and a parent will be required before any player will allowed to play with a cast, brace or any other protective device. The coach shall present such written

permission to the Referee for approval. In addition, the cast or device must be safely wrapped with high-density foam and must be approved by the Referee.

Shin guards are required to be worn for all practices and games. Players shall not wear jewelry except religious or medical medals which, if worn, shall be taped inside the uniform. Hair control devices may be worn if made of soft materials and not for adornment. Both teams in a match shall present to the referee a game ball, properly inflated, at game time. The Referee shall select the game ball.

Player Conduct:

A PLAYER SHALL BE SUSPENDED FOR 1 GAME IN THE FOLLOWING CIRCUMSTANCES:

1. When a player has been ejected for the second time this season and each time thereafter.
2. When a player has received any combination of 3 Cautions or Ejections, and each Caution or ejection thereafter.

The suspension game shall be the next regularly scheduled game.

Any player found to have threatened or assaulted the Referee before, during or after a match shall be automatically and permanently suspended for further from further participation in the Club.

Coach Conduct:

No coach is to make derogatory remarks, use profane language, or make gestures to the Referee, other coaches, players, or spectators. Any coach or assistant coach found to have threatened or assaulted a referee before, during, or after a match shall be automatically and permanently suspended from further participation with the Club.

The Club may declare any coach under suspension. While suspended a coach shall not participate in any activities of his/her team.