

# **EAST RIVER SOCCER RULES U11/12/13**

GAME FORMAT: 11 vs 11 (Goalie must have a different shirt ) SIZE 5 BALL

**NO HEADERS DURING GAMES OR PRACTICES**

**NO SLIDE TACKLING**

**LENGTH OF GAME:** 2-30 HALVES WITH A 5 MINUTE HALFTIME IN BETWEEN. (during extreme heat refs can allow extra water breaks especially if teams are short subs)

**EVERYONE PLAYS AT LEAST 50% OF GAME REGARDLESS OF PLAYERS SKILL LEVEL OR ABILITY AND REGARDLESS OF AMOUNT OF PRACTICES THEY ATTEND. IF A COACH CANNOT ABIDE BY THIS RULE YOU WILL BE DISMISSED FROM COACHING. REC LEAGUE IS NOT ABOUT WINS/LOSSES IT'S ABOUT INTRODUCING PLAYERS TO THE GAME AND ABOUT HAVING FUN.**

**NO MORE THAN 2 PRACTICES PER WEEK ALLOWED FOR THIS AGE GROUP**

**SUBSTITUTIONS:** only during throw-ins, goal kicks, following a goal, and if a player is injured. Please instruct players to stand a half field prior to sub and wait for the ref to call them onto the field. If the player is not at half field prior to the ball going out of bounds the ref does not have to allow them to sub at that time. Coaches are not to sub on the fly and a ref can deny a sub if coach does not have player at half field.

**Throw-ins** will be used for this age group. Coaches are to instruct the players how to correctly throw the ball in. Both feet must remain on ground and ball has to go behind players head to throw ball in. Refs have been instructed to help teach the players on the field as well.

**Corner Kick:** A kick-in from the corner will be taken in place of corner kick if defending team kicks the ball out on the end lines or behind goal.

**Goal Kicks:** A kick-in from the box in front of goal is taken by the defending team if the attacking team kicks the ball out of bounds and ball crosses end line or goes behind goal. Ball must leave the box in order for either team to play.

**Obstruction-** Players are not allowed to obstruct goalie or stand in front of goalie and block line of site. Players cannot run in front of or beside of goalie when punting.

Players must wear shin guards at all times during games and practices. **The entire shin guard must be under the sock. Ankle guards must be under sock as well. Shinguards are not to be worn on outside of socks. Referee will ask players to correct and player will not be permitted to play until shinguard is on properly.** Please have players correct this before the start of the game.

**Cleats must be soccer cleats no baseball, softball or football cleats allowed.** If a player has a cleat on top of toe they must remove the cleat or not be permitted to play. (even removing cleat is at the refs discretion) No steel or metal cleats.

**No jewelry allowed this includes earrings**

**NO CAST ALLOWED (this applies to hard and soft cast)**

**Uniforms-** Players must wear the uniform provided by East River Soccer Assoc. this includes socks. **Player's socks must match the entire team. No tie-dyed or other types of socks are allowed. If a player fails to abide by this rule they will not be permitted to play.**

Coaches please help us to protect players and other children please check that goals are anchored. Do not allow children to hang or climb on goals or pull or climb on nets. We see a lot of goalies swing and hanging on goals this is not permitted.

