

WANAQUE

REC

SOCCKER

2021

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Glossary

Attacker- the player with possession of the ball

Advantage-law permitting a referee to recognize a foul but not call it and allow the game to continue if he feel it is in the best interest of the player who was fouled.

Center Line-the halfway line drawn across the center of the field

Chop or cut-a deliberate change of direction with the ball.

Challenge-when a defender tries to steal the ball from the attacker.

Chip-when a ball is kicked using a stabbing motion which lofts the ball over the opponent's head.

Collecting also referred to as Trapping - the technique of receiving a ball from the air or the ground and then bringing it under control to put the ball back into play.

Corner Kick- A direct free kick taken from the corner. It happens when the ball goes across the goal line and was last touched by a defender.

Cover- A defensive concept to help back up a fellow defender putting pressure on the ball.

Cross-when a ball comes across the field from a sideline towards the goal.

Direct Free Kick- A free kick that can be shot on goal without the ball being touched by another player.

Dribbling- using touches with your feet to control the ball.

Far Post- the goal post furthest from the ball.

Feinting- AKA fake. A deceptive move to fool an opponent

Goal Kick- A goal kick is taken by the defending team when the ball goes over the goal line and was last touched by an offensive player.

Goal Line/End Line- The boundary line at each end of the field where the goals are.

Hand Ball- The INTENTIONAL use of the hands or arms by a field player. The result is a direct free kick.

Indirect Free Kick- A free kick that cannot score without first being touched by another player.

Juggling- the skill of keeping the ball in the air with your feet and other various parts of the body.

Marking- the defensive concept of guarding another player

Offside- when a receiver of a pass is positioned on his opponent's half of the field with less than two defenders between him and the end at the moment the ball is passed.

One Touch Passing or Shooting- To pass or shoot on the first touch of the ball.

Over lap- when a player runs around and ahead of the ball for a pass.

Pitch- a soccer field.

Pressure- refers to a defender putting pressure on his opponent with the ball

Push Pass- a pass using the side of your foot keeping the ball close to the ground.

Shielding- a technique where the player with the ball positions his body between the ball and the defender.

Striker- a player whose primary duties is to work the attacking half of the field

Sweeper- a player positioned behind the fullback and in front of the goalie. He has the freedom to play on either side of the field.

Tackling- Using your feet to steal the ball from an opponent

Touchline- The lines at the side of the field

Rules



Rules that are significantly different than FIFA soccer are called out with the small icon you see to the left of this sentence. Text in red are rules that have changed for the 2020 season.

Grade Level	Ball Size	# of Players in Game	Team Roster Max Size	On-Field Coaches	Referees	Periods*	Period Duration * (mins)	Break Duration (mins)
Pre-K	3	varies	9	Yes	No	Coaches discretion		
K	3	varies	7	Yes	No	Coaches discretion		
1 st /2 nd	3	6-9	11	Yes	Yes	2	20 to 25	5
3 rd /5 th	4	7-9	13	No	Yes	2	20 to 25	5
6 th /8 th	5	10-12	17	No	Yes	2	25 to 30	5

Coaches have discretion to shorten or stop play for any reason.

Balls size:

A #3 should be used for children 8 and under. That means pre-k, k, and first and second graders. A #4 for third through fifth graders. A #5 for sixth through eighth graders.



Number of players:

The number of children per team varies year-to-year depending on how many register and how many parents volunteer to coach. We generally try to keep the teams small so all kids play a significant amount of time.

Playing with a minimum number of players is usually not an issue, but if it is, at the pre-k and kindergarten level, five is a good minimum, at the 1-2 and 3-4 level six is a good minimum, and at the 5-8 level, nine is a good minimum.

The number of players each team plays is at the discretion of the coaches each game. **We'd like each team to have no more than two players on the sidelines at any one time with exceptions for Pre-K and K teams.** At the pre-k and kindergarten level a keeper and six to seven players is probably the most coaches will want to play with the field as marked (with the possible exception of the last couple of minutes when all players may play). **Coaches may lengthen the field with cones and have more players playing. At this age, bumblebee soccer happens. Coaches and parents should do their best to teach positioning.** At this level coaches may also elect to play without a keeper.

At older ages a keeper and seven to eleven players may work, sometimes even twelve players – better to have more children playing than sitting on the bench asking when they can go in. If not enough children show up, coaches may elect to play

keeper themselves – be careful, and check your ego at the sideline – you will be scored against.

If one team has 4+ players more than their opponents, some players should be “lent” to the team that’s short, so players from both teams can play a relatively equal amount of time. Players should be instructed to come to games 15 minutes or more prior to the start of their game. Games need to start on time as to not inconvenience teams / players of later games. **We will not be using pinnies this year. Lent players, whenever possible should be those that have a shirt or sweatshirt they can wear instead of or over their normal team’s shirt.**

Substitutions:



Substitutions can be made whenever there is a play stoppage (or even while play continues if players are tired or have lost focus). Have the player coming off, come off, before the one going on, is on. The official rule is that substitutions can only take place when the other team kicks the ball out of bounds, however, following this rule makes it difficult for coaches to balance how much time each player plays. The coaches of a game have the discretion to follow the letter of the rule.

Players:

While travel players are encouraged to practice with their rec team as they can help other players develop; they may not have the time to practice with their rec team. If that’s the case, coaches should not penalize them by restricting their playing time during games. Conversely, travel players should not be played more than other players to help a team win. Some coaches’ guides instruct coaches to work players that come late harder than others (or to be responsible for gathering the equipment after practices/games). That is not appropriate at the Rec level when children are at the mercy of their parents for getting to practice and games on time.

This is Rec. All children that **want to play** should play about equally. Some children are only in soccer because their parents make them, and they really do not want to play. These children should play at least a little each game. But if they start making excuses not wanting to play, or if they potentially are a danger to themselves by not playing and being run over by players who are playing, then coaches should not force these children to play.

Player's equipment:

Shin guards are required for all players. Cleats are required at all levels kindergarten and above. Soccer cleats are preferable to baseball or football cleats because they do not have a front cleat that sticks out. Even at the pre-k level cleats are

recommended, and if not cleats, leather / pleather sneakers – the fields are covered in dew early Saturday mornings.

Referees:

- Pre-K and Kindergarten - the coaches both coach and referee while walking the field. An occasional hand ball is acceptable as long as the player doesn't overtly use it to their advantage.
- 1st-2nd grade games - referees are used (**these refs are learning, so coaches should show patients with them**). Coaches should coach from the field but be careful not to be in the way.
- All other divisions - referees will call the game and coaches will coach from the sidelines. It's best if the coaches are on the sideline furthest away from the parents.



Duration of the game:

- Pre-K – at the coaches' discretion – generally three 10 to 12 minute periods.
- Kindergarten – at the coaches' discretion – generally three 10 to 15 minute periods.
- 1st-2nd and 3rd-5th – two 20 to 25-minute halves with a five-minute break between halves. Coaches should set the time prior to the start of the game based on the number of children that show up, as well as the temperature. Please inform the ref.
- 6th-8th – two 25 to 30-minute halves with a five-minute break between halves. Coaches should set the time prior to the start of the game based on the number of children that show up, as well as the temperature. Please inform the ref.

Start of play:

The kick off is taken at the center spot. The coaches determine which team gets the ball first. The ball has to move forward to start the half. Each player must be in his or her half of the field and at least ten feet away from the ball. If a referee has to do a drop ball (3rd-5th and 6th-8th only), the play resumes when the ball hits the ground.

Ball in and out of play:

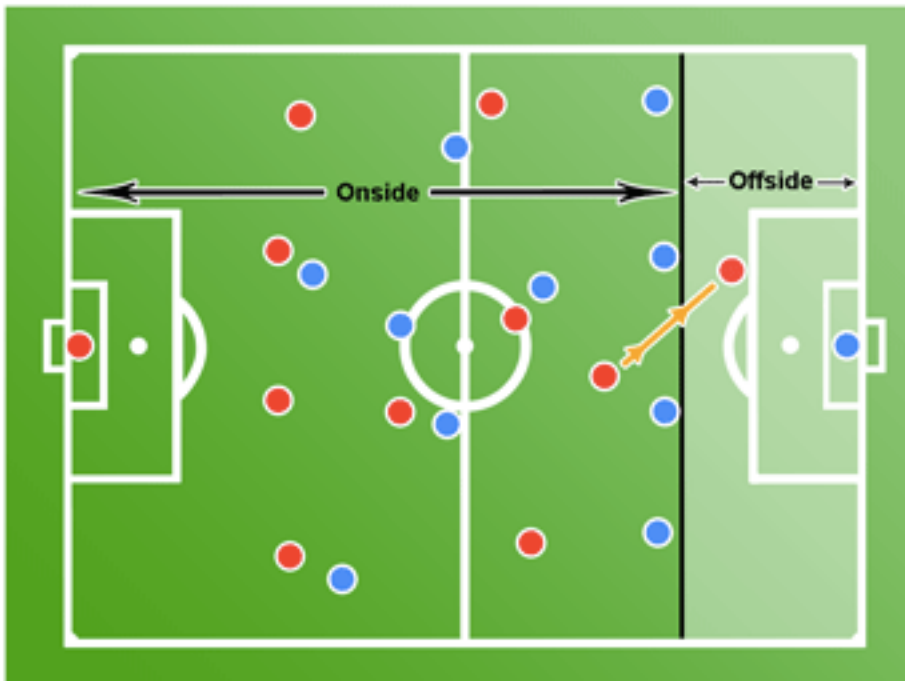
The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

Method of scoring:

The ball must COMPLETELY go across the line into the goal. Powers great than I have deemed that keeping score and having winners and losers is bad for a child's morale. Having said that, the kids keep score (even the kindergarteners). Therefore coaches should keep score themselves to make sure their team doesn't get more than five goals ahead. At that point, for games with coaches in the field, coaches can "inadvertently" get in the way of potential goals. At older ages, coaches should consider pulling their better players, playing with less players, or sharing their better player(s) with the other team.

Off sides:

One of the most complicated rules of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal WHEN the ball is played to him. Also to be offside the player must be in the opponent's side and looking to gain an advantage. Off sides is not applicable for pre-k, kindergarteners nor 1st-2nd graders, but coaches should coach their players not to stand in front of the opponent's goal waiting for a pass from the defending side of the field. Coaches for 3rd-5th grade games can mutually decide to have offsides as a rule or not. Please alert your referee prior to the game beginning if the rule should be called or not. Off sides is applicable for 6th-8th grade games. Coaches should also help the Refs call offsides.



Fouls and Misconduct:

At the youth level most fouls are due to pushing, holding or tripping and result in a free kick. In the heat of a game, players who are inadvertently pushed or held may feel it's intentional. Similarly, in the heat of the battle, these fouls may be intentional. Coaches are strongly encouraged to monitor their teams and "rest" any player who is agitated. Remember, the referees are kids too, don't put them in the awkward position of having to call out a player for these types of misconduct. Handballs are another foul that will happen. Coaches should do their best to teach players not to use their hands. **Remember, any intentional use of the hand or arm, below the shoulder level, is a handball**, and the opposing team gets a direct free kick. Sometimes a referee will call a handball if an unintentional use of the hand or arms greatly assists that team.

Free kicks:

There are two types. A direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player of either team. A free kick does not have to be directed at the goal, but may simply be a free pass to a teammate.

Penalty Kick:

Applicable to 3rd-4th and 5th-8th grade games. If a player commits a foul in their own penalty area, a Penalty kick will be awarded. The kick is taken twelve yards out from the goal. The Keeper must stand between the goal posts, on the goal line until the ball is struck.

Last year, due to COVID we used a kick-in rather than a throw-in. This year we are going back to the proper approach, however, if we see a COVID surge or if coaches / parents are uncomfortable with throw-ins, using a kick-in is acceptable.

Throw in:



The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the players head. The player who throws the ball in cannot be the first person to touch it once it's in play. At the pre-k and kindergarten level, give players three tries to get it right. At the 1st-2nd grade level give players two attempts to get it right. Unlike basketball where the throw in must go directly to a teammate, in soccer a throw in may be more effective if it goes to an area of the field that a teammate can get to before the opponents can get there. There is no off-sides on a throw-in.

Goal Kick:

A goal kick is granted when the attacking team kicks the ball over the goal line. The ball is placed on the inner most line around the goal (for kindergarteners and 1st-2nd graders place the ball about 10 to 12 feet in front of and immediately to the right or left of the goal. The kicker is usually the goalie/keeper but may be any player. The kicker may not kick/pass the ball to themselves. Defending players should not crowd the ball and should give the kicker the opportunity to kick the ball. Coaches for pre-k, kindergarteners and 1st-2nd graders should monitor these kicks to make sure the kicker has enough space to kick the ball and to make sure that no player is close enough to get hurt if the ball is kicked at them.

Corner Kick:

A corner kick is awarded when the defending team kicks the ball over their own goal line. The offensive team takes this kick from the corner. The kick may be directed toward the goal, or may simply be a pass to another teammate.

Throw-ins, Goal kicks, and corner kicks: At the pre-k and kindergarten level, players may be too young to know when each applies however they should learn how to do each. Coaches are encouraged to use practice time to teach the players how to do each, then during the games, the coaches can instruct the players why each is taking place.



Keepers at the pre-k and kindergarten level should not use their hands. At this age rugby scrums tend to take place and if a child bends down to pick up the ball they are likely to get kicked in the hand/head/face. If they do grab the ball, especially if no one else is around, so be it, but if they do so when in a pack, the coach should instruct otherwise. At all other levels, keepers can use their hands while in the goal box. A keeper cannot use their hands if the ball is passed to them by their own teammate unless the teammate has done so with something other than their foot or leg.

Heading the ball:



US Soccer has eliminated heading for children ten (10) and under. To be consistent with that change, Wanaque Rec Soccer has eliminated heading at all levels other than the sixth to eighth grade level. The rule in Rec will be consistent with the rule being followed by Travel.

While common at the professional level, if not done properly, heading can be dangerous to the player attempting. Rec coaches below the 6th grade level should NOT instruct children to head the ball. For 6th through 8th graders, when it comes to

heading, coaches do not have to treat all children equally. Some may grasp the concept while others may be reckless. Caution is urged. All coaches should have taken the concussion awareness on-line course. Remember, if in doubt, sit them out. If a coach is uncomfortable teaching children to head an often better alternative is to teach them how to trap the ball with their torso or legs – this is infinitely more appropriate at these ages. Please also refer to the rule regarding play stoppage due to a head injury.

Players 5th grade and younger may not deliberately head the ball in soccer games.

- If a player deliberately heads the ball and the ball remains in play, the referee will immediately stop play and restart with an indirect free kick.
 - If a player deliberately heads the ball and the ball immediately goes out of play, the referee will restart in accordance as to how the ball went out of play (throw-in, goal kick, corner kick)
 - If a player is inadvertently struck in the head with the ball, there is no rule infraction. However, if the referee deems the player to be injured the referee will immediately stop play, have the player removed and restart with a drop ball. In all cases the referee will assess the player to determine if the player is injured.
- Notes:
- A goal may not be scored against an opponent by deliberately heading the ball.
 - Denying an Obvious Goal Scoring Opportunity does NOT apply to heading the ball as this action is NOT a foul.

Injuries:



If a play stoppage is due to a head related injury, after an appropriate treatment / rest on the pitch, the player will be escorted off the pitch and is **NOT** permitted to reenter the game. This rule is out of an abundance of caution and recognizes that missing part of a game at a young age is much more preferable compared to the possible results of inappropriate rest.

Sportsmanship:

Children should learn more than just soccer. They should learn how to win graciously; and they should learn that losing is not the end of the world. Unfortunately, good role models at the professional level are few and far between, and children tend to emulate all the bad behaviors they see on TV. A good approach to celebrating a goal or a victory – act like you’ve done it before and are going to do it again.

The most important rule of all:

HAVE FUN!!!

This goes for the children, the coaches and the parents. It's more fun for everyone if Rec games are competitive (not one-sided), have good sportsmanship, and everyone plays to the best of their ability.