



# **SYSA/BBSA Recreation Soccer League**

## **Rules and Regulations**

### **Grades 1&2**



Welcome to Shaker Youth Soccer Association and Beachwood Bison Soccer Academy Recreation Soccer League! Recreation Soccer is intended for all skill levels to foster a love of soccer, fitness, competition, teamwork, effort, and camaraderie. FUN is the name of the game in Rec Soccer.

With that in mind, below are the official rules of our league. Our game is intended to be real soccer, modeled after the state, national and international rules of the sport. Unless otherwise specified below, refer to the governing bodies for guidance.

1. Format
  - a. 4 players to a side, aka "4v4".
    - i. 3v3 if necessary due to insufficient players.
    - ii. If needed, in-game player loans are acceptable.
  - b. Field should be approximately 25-35 yards long and 15-25 yards wide with a midfield stripe and circle and a 4x6 (or similar hockey-sized) goals.
2. Ball
  - a. Size 3 is preferred. Size 4 is acceptable.
3. Equipment
  - a. Mandatory
    - i. Appropriate shoes – Soccer cleats are preferred. Turf shoes or sneakers are acceptable. Socks must be worn.
    - ii. Shin Guards – Must be worn under the sock unless integrated into the sock.
    - iii. Team Uniform or similar colored shirt.
  - b. Forbidden
    - i. Cleats from any other sport are forbidden.
    - ii. Jewelry, hair clips, hair pins, and watches. Please use elastic bands for hair. Please contact the league for exceptions.
4. Game Structure
  - a. Two 20-minute halves with up to a 5 minute halftime.
    - i. At the referee's discretion or by mutual agreement between the coaches, four 10-minute quarters (with 2 minute breaks) may be used to compensate for heat, fatigue, or lack of substitutes.
  - b. Score will not be kept in any official capacity and coaches and parents are encouraged not to keep score either. No records of wins and losses will be kept.
5. Rules of Play
  - a. Kickoffs
    - i. Kickoffs will be used to start each period and after each goal.
    - ii. Teams will alternate kick-offs each period (halves or quarters) but switching sides is optional (whatever both coaches agree to).
  - b. Substitutions



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- i. Players may be freely substituted throughout the game at any stoppage of play pending referee acknowledgement.
  - c. Stoppage of play
    - i. Out-of-Bounds
      - 1. Play will be resumed by referee whistle.
      - 2. Goal kicks should be placed one adult stride in front of the goal.
        - a. The opposing team must retreat to midfield until play resumes and the initial pass has been completed. Coaches are encouraged to assist the referee with enforcement.
      - 3. Corner kicks should be placed directly on the corner spot.
      - 4. There are NO throw-ins. Team will be granted an indirect kick from the spot.
        - a. Opposing players must retreat at least 5 adult strides.
    - ii. Fouls and Violations
      - 1. All free kicks granted due to fouls or violations will be INDIRECT. There are no direct kicks or penalty kicks.
      - 2. For any free kick awarded in a team's own half, the opposing team must retreat to midfield.
      - 3. There is NO offside rule.
        - a. Referees are instructed to discourage "cherry-picking" (a player camps out in the opposing team's end, typically near the goal). Coaches are encouraged to assist the referee with enforcement.
      - 4. There is no slide-tackling permitted and a foul will be called.
      - 5. Heading the ball is not permitted and a violation will be called.
  - d. Goalkeeper
    - i. No Goalkeeper is permitted, no handling of the ball is permitted at any time during play.
      - 1. Players will instinctively protect the goal when on defense, but then must vacate the goal mouth when the attack is over. Coaches are asked to enforce this rule, but the referees will be instructed to do so as well.
- 6. Conduct
  - a. Towards the Referee
    - i. ZERO TOLERANCE for abuse of the referees.
      - 1. Coaches, players, parents, and guests should adopt a "no contact" policy with regards to the referees, but negative feedback of any kind is not acceptable and will not be tolerated.
  - b. Players
    - i. Aggressive play that exceeds normal boundaries will not be tolerated.



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1. Coaches are encouraged to substitute a player that is struggling with fair play until such time they can re-enter the game and play within the rules.
2. Players that cannot play with the rules may be removed from the game by the referee, their coach, or their parent/guardian.
- ii. Aggression towards the referee will not be tolerated and may result in removal from the game.
- c. Coaches
  - i. Coaches are encouraged to abide by principles outlined in the Positive Coaching Alliance
    1. In short, encouragement, positivity, effort, teamwork, and fun are the names of our game. Negative reinforcement is discouraged.
  - ii. Coaches are required to give equal playing time to all players. There is no official scorekeeping or recordkeeping.
  - iii. Coaches are encouraged to recognize if a game is lopsided, to take corrective actions.
    1. Enact a pass-first restriction (e.g. "Make 5 passes before shooting on goal").
    2. Move stronger players to defense, weaker players to offense.
    3. Substitute weaker players for stronger players.
    4. Remove a player from the field temporarily to try and restore competitive balance.
  - iv. Coaches are encouraged to remove players from the field if they cannot abide by the rules of fair play until such time they can safely re-enter the game.
  - v. As stated previously, no abuse or negative feedback to the referees will be tolerated.
  - vi. No abuse or negative interactions between opposing coaches will be tolerated.
- d. Parents, Guardians, and Guests
  - i. "Cheer, not Jeer"
    1. Please keep the communication with the participants limited to positive encouragement.
      - a. "Good job", "You got this", "Go for it", and similar exhortations.
      - b. The occasional encouragement to engage in a course of action (e.g. shoot, pass, dribble, run, get back on defense, etc) is acceptable.
      - c. Coaching from the sidelines is discouraged.
        - i. Playing soccer is difficult enough. Having to decide who to listen to, coach vs parent, makes it worse and can take the fun out of it.



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- ii. Please volunteer for coach in future seasons. We always need coaches!
- ii. Please refrain from communicating with the players from the opposing team.
  - 1. Exceptions would include cheering for exceptional play.
- iii. Negative or abusive behavior towards anyone will NOT be tolerated.
  - 1. Referees have the power to suspend play until the offending behavior is brought under control.
  - 2. Referees are not allowed to eject attendees but are encouraged to seek help from league officials.
- iv. Parents must sit on the opposite side of the field from the players and coaches. As needed, seating can overflow beyond the corner of the field, but please refrain from sitting near or behind the goals.