



# Fall 2021 League Rules & Weather Policy

## Guidelines



*We use most FIFA Laws with some modifications*

### Law I – The Ball Size:

4yr, 5yr, 6yr-1<sup>st</sup> Grade League: Size 3

2<sup>nd</sup> through 5<sup>th</sup> Grade League: Size 4

6-8<sup>th</sup> Grade League: Size 5

### Law II – Number of Players

4yo League:	4v4 with NO Goalkeeper	2nd-3rd Grade League:	7v7 (includes goalkeeper)
5yo League:	5v5 with NO Goalkeeper	4th-5th Grade League:	9v9 (includes goalkeeper)
6yo-1st Grade League:	6v6 with NO Goalkeeper	6th-8th Grade League:	11v11 (includes goalkeeper)

### **Substitutions:**

- May occur at any natural stoppage in play, either team may substitute but it is only when the referee acknowledges the opportunity.

### **Playing time:**

- Each player SHALL play a minimum of 50% of the total playing time of each game.
- Coaches must make every attempt to abide by this

### Law III – Player’s Equipment:

- Footwear: We must make every attempt to wear soccer cleats, not football or baseball cleats. Soccer cleats do NOT have a cleat on the toe, other sports do. Players in the 4 and 5yo league may wear tennis shoes.
- Shin guards: Shin guards are mandatory for players during all games & practices.
- Socks MUST go over the shin guards. Please make sure you CANNOT see a player’s shin guards on your team!

### Law IV - The Referee

- A referee or referees will be supplied for all games of all ages except the 4 and 5-year-old divisions. These divisions will have coaches used as the referee.
- We are a teaching league. The referee is taught to assure safety of all players, but they are also asked to assure we are teaching the rules, more so than enforcing them.
- We want our league to be a training league for referees as well as players, please respect our officials.

### **Sportsmanship:**

- Unsportsmanlike conduct, harassment, or any disrespectful actions directed toward the Referee will not be tolerated. Coaches, assistant coaches, and unruly spectators will be asked to leave if they fail to comply with these rules.
- Failure to comply will result in referee or I am 3rd Staff giving a warning. If after the warning and refusal to comply, the Referee or I am 3rd Staff has the authority to remove a coach, an assistant coach, parent, or fan from the soccer fields for unruly behavior.
- Any player or coach removed from a game for any reason shall be suspended for one (1) additional game. They may only be reinstated to coach, after the incident has been reviewed by an I Am 3rd Staff Member. Further disciplinary action may be taken.

### Law V – Duration of the Game

4-year-old League:

5yr and 6/1<sup>st</sup> Grade League:

2<sup>nd</sup>-3<sup>rd</sup> Grade League:

4<sup>th</sup>-5<sup>th</sup> Grade League:

6-8<sup>th</sup> Grade League:

Four 8-minute quarters

Four 10-minute quarters

Four 12-minute quarters

Two 25-minute halves

Two 35-minute halves

\*There shall be a maximum of 2-minute breaks between quarters and 5 minutes at the half.\*

**Law VI - The Start of Play:** Opponent must be outside of the center circle while kick-off is in progress. Kick offs can go forward or backward. All kick-offs are indirect.

**Law VII - Off-Side:** Offside will be called for 4 th-8th Grade Divisions at the discernment of the officials under normal USSF rules. In the 2nd-3rd Grade League, the referee has the authority to address this offense when the opponent is intentionally trying to gain an advantage... AKA = snow birding. All age groups below 2nd-3rd Grade will not acknowledge offside.

**Law VIII - Fouls and Misconduct:** Slide tackling is only allowed for the 4th-8th Grade Divisions.

**Law IX - Free Kicks:** All free kicks outside of penalty box will be direct for All Ages; U4, U5, 6yo – 1st, 2nd - 3rd Grade, 4th – 5th Grade and 6th – 8th Grade divisions. Opponents must be 10 yards away (or 10 feet away for U4 and U5) on all free kicks.

A deliberate Back-Pass to the goalkeeper (in all leagues) who picks it up with hands will result in a direct free kick from the location of the pass. However, this will not result in a penalty kick if in the penalty box. This infringement will be moved to closest location outside the box.

**Law X - Penalty Kicks:** True “Penalty kicks” will only be awarded for 4th - 8th Grade Divisions for major offenses. The Major offenses are: handling, tripping, or kicking. All penalty kicks will be taken from the penalty marker on the field and players must leave the penalty area. For all other divisions (4yrs-3rd Grade), when a penalty is a committed inside the box, a direct kick will be awarded and taken from a marked spot, however players shall remain in the box.

**Heading the Ball:** We will follow US Soccer guidelines on heading. Deliberate heading of the ball in games or practices in age groups 5th Grade and below is not allowed. This includes balls that have hit the ground or ricocheted off other things on the field. The infringement will result in a free kick for the other team. Accidental or incidental heading will not result in a stoppage or infringement. Our 6th – 8th Grade league and above, we will allow deliberate heading in practice or games.

**NOTE: To limit the opportunities for dangerous heading, we are not allowing goalkeepers to punt in the 2nd/ 3rd grade league.** This will also help us work on players ability to bring the ball forward as a team, rather than skip all of the potential player touches with a punt.

**Law XI -Throw-Ins:** Throw-ins will be conducted according to FIFA regulations. Proper throw-ins consist of: Ball brought fully behind players’ head, with both feet down (1 foot is allowed to drag behind) at all times throughout the throw in. Your foot (or feet) may be touching the line but they may not enter the field of play.

We are an instructional league. In ages 4yo, 5yo and 6yo-1st Grade, we will be very liberal in our interpretation of these rules. We will allow “do overs” early in the season to teach and then as the season goes on, we will let the kids play. We do not need to spend much time correcting or enforcing the rules at these younger ages. In 2nd Grade and above, we will also teach proper technique early in the season but then progress to official rules in weeks 3 and beyond.

**Law XII-Goal Kick:** All players from the non-kicking team, must be out of the penalty box. No one is allowed to touch the ball a second time until it is outside of the penalty box. If this happens, the referee shall blow the whistle and the kick will be taken again.

**Law XIII-Corner Kick:** Corner kicks will be awarded for the appropriate times.

## **Reschedules/ Make – Up Games:**

We know how important the games are to the kids. Our staff will do EVERYTHING possible to assure all games will be played, however the logistics of rescheduling can be a big challenge. We do not have final say on field usage at all of our locations, so sometimes it is not our decision. \*\*We will look to reschedule cancelled games during the week if possible or schedule as double headers if needed. These are the guidelines we will follow for rescheduled games:

4 or 5yo League:	The minimum number of games we expect to be played will be 6. If we have 1 game cancellation, it will NOT be made up. If we have 2 cancellations or more, we will reschedule the number of games needed to equal 6.
6yo – 1 <sup>st</sup> Grade League:	The minimum number of games we expect to be played will be 6. However, we WILL try to make up any cancelled games for this age.
2 <sup>nd</sup> Grade and Above:	The minimum number of games to be played is 7. We will look to reschedule any cancelled games. Reschedules could be as double headers or during the week.

## **Coaches on the Field:**

4-year-old League:	Coaches are allowed on the field. We recommend 1 coach on the field and 2 around the bench area.
5-year-old League:	Coaches are allowed on the field. We recommend 1 coach on the field and 2 around the bench area.
6yo- 1st Grade League:	Coaches are encouraged to stay off the field, but 1 coach is allowed to hang around their own goal to help coach. We recommend 2 coaches on the sideline.
2nd-3rd Grade League:	Coaches are not allowed on field, but 1 coach is allowed to hang around their own goal to help goalkeepers. All other coaches should stay in their bench area, max of 3 total coaches.
4th–5th Grade League:	Coaches must remain in their bench area. Team side should be limited to no max of 3 coaches.
6th-8th Grade League:	Coaches must remain in their bench area. Team side should be limited to no max of 3 coaches.

## **Spirit of the Game:**

4 and 5yo League:

- Players should not be allowed to stay in front of the goal. We do not allow goalkeepers in these leagues. Encourage all players to stay outside of the arch area unless during normal game play.
- Every player should be rotated between offense and defense positions

6yo-1st Grade League:

- Players will not be allowed to stay in front of the goal. All players should remain outside of arched area unless part of normal play
- Every player should be rotated between offense and defense positions

2nd -3rd Grade League:

- Players should not be coached to stay in certain spots of on the field.
- Teaching positions is good but teach how the positions move around the field. Soccer players do not stay in one place.
- Every player should be rotated between offense and defense positions

4th – 5th Grade League:

- Players should NOT be stationary. They should be taught the relationship between positions and where they are on the field. There are no stationary spots for them to stay on.
- Introduce “switching” positions... when a defender moves up with the ball, does a midfielder rotate back in their place?

## **Our Responsibility to the Kids:**

Things can happen. One day your team plays incredible and other days they couldn't buy a goal. Youth sports is a great opportunity to teach your child many life lessons. Our league is very thankful to have so many incredible volunteers and great kids. Please help us assure ALL kids have the best experience possible by abiding by these guidelines:

- In young ages(4,5,6yo) all kids deserve to be celebrated when they do positive things... not just your players.
- Kids respect for the referees is easily determined by how you treat them. If you don't respect the authority figure on the field, do you think the kids will?
- Safety is everyone's responsibility. Help us keep every kid in the league safe.
- Winning is great and it is important to tool for us to teach kids about life. Just because you win doesn't mean you are better than others, just because you lose doesn't mean you didn't play well.
- Coaches should do anything they can to prevent lopsided scores. Even swapping players.
- It's not how loud you yell, it's what you yell - It's not how many wins you accumulate, but how many players you accumulate.

## **I am 3rd Weather Policies:**

- I am 3rd will make every attempt to alert all families of cancelled practices or games in a timely manner. ➤ Practices/ Games will be postponed or cancelled due to dangerous weather, excessive water on the fields, LCA closes the fields or when the temperature is less than 40 degrees.
- Coaches should always err on the side of caution about the conditions.
- Coaches may cancel a practice based on their own concerns about weather or safety. Practices/ Games must be delayed by 30 minutes each time lightening is seen or thunder is heard.
- The decision to cancel a game on-site is determined by the I am 3rd Staff Site Director at each location.

**- Dogs are NOT allowed at either LCA or Athens locations.**

**- We do not allow smoking or the use of Tobacco products at any of our facilities.**

## **QUICK GLANCE COMPARISON**

<b>League:</b>	<b># of Players</b>	<b>Roster Size</b>	<b>Size Ball</b>	<b>Refs?</b>	<b>Field Size</b>	<b>Length of Game</b>	<b>Penalty Kicks</b>	<b>Offside?</b>	<b>Heading Allowed?</b>	<b>Coaches allowed on Field</b>
4-year-old	4v4	Max 8	3	Coaches	90x60ft	4 x 8m	No	No	No	Yes
5-year-old	5v5	Max 10	3	Coaches	90x60ft	4 x 10m	No	No	No	Yes
6yo-1st Grade	6v6	Max 10	3	1	90x60ft	4 x 10m	No	No	No	Some
2nd-3rd Grade	7v7	Max 14	4	2	165x100ft	4 x 12m	No	No	No	At Goal
4th-5th Grade	9v9	Max 16	4	3	210x150ft	2 x 25m	Yes	Yes	No	No
6th-8th Grade	11v11	Max 18	5	3	360x195ft	2 x 35m	Yes	Yes	Yes	No