



# Latham Circle Soccer Club

## Fall Recreation and Skills Program

### Coach's and Referee's Guide

### (Players in Grades 3 and up)

Revised August 2019

#### ***Player equipment***

1. All players are expected to bring their own soccer ball with them to practices. Players should put their name on the ball in waterproof marker.
2. All players must wear shin guards under the socks, in order to play. Referees or Coaches should not allow any player on the field without them. We recommend that you purchase the type that has an elastic band under the foot. The type that is held in place by only the sock tends to migrate.
3. All players should wear appropriate soccer shoes (cleats). Cleats may not be metal. Referees will inspect cleats prior to games. Sneakers may be worn for practices but keep in mind that the children may open themselves for injury under slippery or rainy conditions.
4. Bring a water bottle.

#### ***Divisions***

**SA** = South American = Grades 3&4 = U10

**Euro** = European = Grades 5&6 = U12

**World** = Grades 7&8 = U14

#### ***Attire***

A game uniform consisting of a t-shirt is supplied for the USA Division. The parent must provide the cleats, shin guards and socks big enough to cover the shin guards. Full uniforms are provided for the North American, South American, European, and World Divisions. In case of cooler weather, the players may wear sweatshirts or sweat pants. The T-shirt (or jersey) must be worn over the sweatshirt. Safety rules that are strictly enforced during games include:

- no rings, earrings or barrettes (use soft hair holders)
- no watches
- no chains
- medical information medals must be taped

There are no restrictions on practice attire. Layers recommended. Be comfortable.

#### ***Games***

There are 8 weeks of games for all divisions except for the USA division, which has 6 weeks of play and the World division, which has 7 weeks of play. There **may be** a round robin tournament (level of competitiveness will be determined by the Rec committee) scheduled for the last weekend of play for SA and Euro divisions. *Decision on whether or not to hold a tournament will be made by the LCSC Rec Committee before the Recreation season begins.* Regular season games will not count for position for an end-of-the-season tournament. They are intended for you and the athletes to learn soccer and have fun.

#### ***Player/Game rules***

Remember that our intention is for both the player and coach to learn "on the job" during this 6 to 8 week game schedule.

- 1) **Each athlete must play for at least a half of each game.** This will be monitored by LCSC.

2) Each athlete should play different positions during the season. This will give our players the opportunity to experience all soccer positions. Our intention is to move an offensive player to a defensive position, when possible. For example, a striker could move to midfield, fullback or goal.

3) "HAT TRICK RULE": If a player scores **three times** in a game, the coach must move him/her to a defensive position, i.e. fullback or goalie for the remainder of the game. This rule is meant to improve fairness and keep one player from completely dominating the game. The referees will enforce this rule.

4) HANDLING THE BALL: Players are not allowed to use their hands unless they are goalie/goalkeeper. Goalie may only use hands when inside the penalty box/area (see diagram). If a team member deliberately passes the ball back to their goalkeeper with their feet (other parts of the body except hand/arm is ok), or performs a throw-in to the goalkeeper, the goalkeeper is not allowed to use hand/arm to pick up the ball. Referee will remind goalkeepers of this rule on the first infraction. Afterward, any additional infraction can lead to an indirect free kick for the opposing team, which must be taken at least 6 yards from the goal box.

5) No tripping, pushing, holding, jumping at another player or anything else that is dangerous. **NO INTENTIONAL SLIDING** anywhere on the field. DIRECT free kick awarded to other team for any foul. After all direct free kicks, ball is in play once touched by a player.

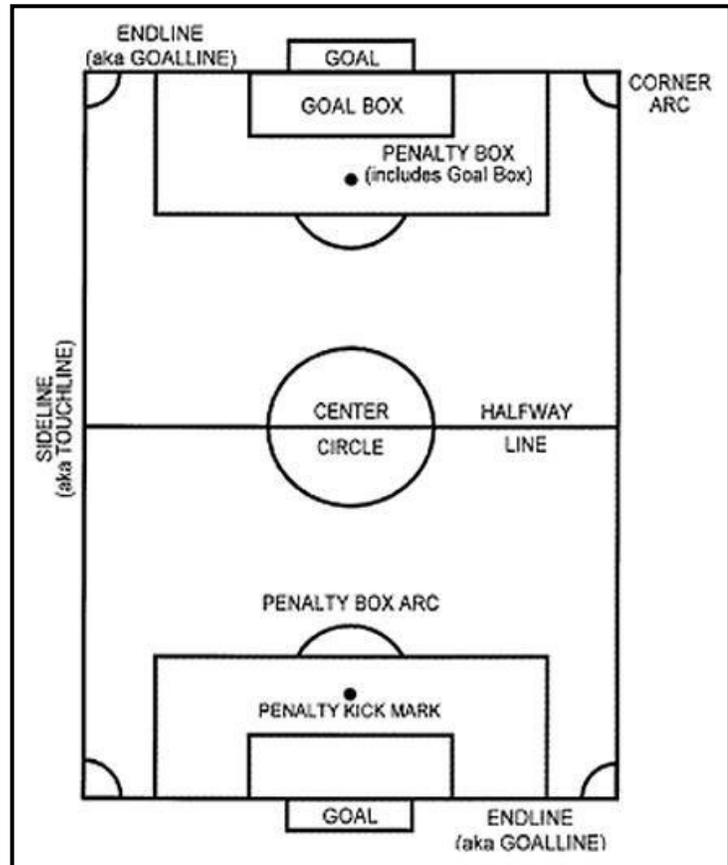
6) DIRECT FREE KICK: for serious fouls, i.e. intentionally handling ball, tripping, holding, pushing or kicking opponent. Opponent can score on a direct free kick.

It is taken where foul occurred. Kicker may touch ball only once. All other players must be at least 10 yards from ball. Other players may make a "wall" if desired.

7) PENALTY KICK (PK): for serious fouls committed inside the penalty area by the defensive player. Kick is a direct shot against the goalie from the 12-yard penalty spot (9-yard position on smaller fields). Opponent can score on a penalty kick. No players except the goalkeeper may be in penalty area. All other players must be at least 10 yards from ball and outside the penalty area. Goalie must remain at goal line and cannot move off of the goal line until ball is kicked.

8) INDIRECT FREE KICK: for infractions/fouls including impeding the progress of an opponent without any contact being made, off-side violations, dangerous play, preventing the goalkeeper from releasing the ball from his/her hands, kicking (or attempting to kick) the ball when the goalkeeper is in the process of releasing the ball, when goalkeeper touches the ball with the hand/arm when deliberately passed back to the goalkeeper, and when the goalkeeper touches the ball after releasing it but before touching another player. Opponent CANNOT score directly on an indirect free kick. A second player must touch the ball before a goal can be scored. Two players touching ball do not have to be on the same team. Taken where foul occurred. Kicker may touch ball only once.

9) RED and YELLOW CARDS (none): Fouls are not recorded for future game penalties, therefore there is no need for red or yellow cards in this Recreation program. See "Direct Kick" above for how to manage a serious foul. If a player shows reckless disregard for safety, or repeatedly commits serious fouls (more than two or three), a referee may remove that player for the half (two quarters) or the entire game. The center referee will briefly explain to the player's coach why the player is being removed, and allow a substitution for that player, before resuming play. This is only to be used in the most serious of situations:



Historically, most seasons go without removal of a player from a game. Center referee should ask the coach to speak with the player about their actions and how to correct them before conditions escalate to removal.

10) OUT OF BOUNDS OVER GOAL LINE (END LINE), NOT in GOAL, by attacking team = GOAL KICK: Taken by defense (usually goalkeeper) from inside goal area (box). The ball must be stationary. Defensive players can be in the penalty area (box) and can touch the ball from the goal kick, but offensive players must be out of the penalty area until the ball is kicked. (See "For SA Division" section below for additional goal kick rules). **Ball is out of bounds when entirely over the line.**

11) OUT OF BOUNDS OVER END LINE by defending team = CORNER KICK: Taken by attacking team from corner of field closest to where ball went out of bounds. Opposition must remain at least 10 yards away. Ball is out of bounds when entirely over the line.

12) OUT OF BOUNDS OVER SIDE LINE = THROW IN: Ball is out of bounds when entirely over the line. Throw taken by team opposite to that which last touched ball prior to going out of bounds. Player throwing in must keep both feet on the ground, put both hands on the ball, draw the ball behind the head and throw overhead. **If first attempt is incorrect,** let the player throwing in repeat the throw and give him/her appropriate coaching (all divisions). After a second consecutive bad throw, award the throw to the opposing team.

13) SUBSTITUTIONS: Allowed for **both teams** during all stoppages of play due to the ball played out of bounds including a goal kick, corner kick, any throw in, and after a goal has been scored. The only exception is to substitute an injured player. For games with referees, coaches **must** request permission for substitutes from the referee.

14) OFFSIDE VIOLATION: Committed by attacking team member without the ball when there is not at least two defenders between them and the goal at the time of the pass. This prevents attacking team members from waiting next to the goal to receive a pass.

15) SCORING: Can be done in the air or on the ground. Ball must be entirely over the line in order to score.

16) "4-GOAL RULE": If a team goes ahead by 4 goals, the opposing team can add a player to the field. For SA and Euro, when playing 8v8, the team ahead can alternately choose to play one player down (8v7). 7v7 games should always add a player to initiate the advantage (7v8). With 8v8, you can choose either option, since these fields can support 9v8 as well (this would be the better option if both teams already have a lot of bench players). Number of players and the option on how to apply advantage (add or remove player), if necessary, must be agreed upon before the start of the game by both teams and the referees, otherwise the advantage will be applied by adding a player to the team that is behind by 4 goals. Sides return to equal strength once/if score levels. This rule has been effective at evening out the remainder of a match. The referees will enforce this rule. Rule is not to be applied until the 4-goal differential is reached.

17) GOALIE PUNT: Goalkeepers can opt to punt the ball if they collect it legally within the Penalty Box (they are also allowed to roll, throw, and kick the ball forward as well). Punts must occur entirely within the Penalty Box. Opposing players must provide space for goalie to punt – no attempting to block a punt is allowed (Referee will award possession back to goalie). **SA Division:** See additional "For SA Division" section below regarding punting and build-out line.

18) Bench Sportsmanship: Coaches should actively discourage taunting, name-calling, and other acts of poor sportsmanship from players at all times, including while off the field and before/after the game. Signs or gestures of poor sportsmanship will not be tolerated and may result in suspension from future game play. Coaches and referees should also be diligent in recognizing any form of bullying by players and immediately involve Club officials as necessary.

19) MOST IMPORTANTLY: **The referee has the final word on all calls.** Respect their judgment. No arguments or foul language will be tolerated by children or parents. Anyone violating this rule can be subject to ejection from the match and potentially removed from the league. Referees should report such activity to the Referee Coordinator, age division coordinator, or the Program Director immediately!!

20) All divisions are played at the North Colonie (Boght Road) Soccer Complex.

21) The referee schedule will be made available on a weekly basis to the referees that are to be assigned for that week. In the event a referee cannot fulfill his/her assignment for that week, he/she is to contact the

LCSC Referee Coordinator IMMEDIATELY. The Referee Coordinator will be responsible for reassigning the time slots in question. The referees ARE NOT RESPONSIBLE to find a replacement.

22) Each referee will receive one whistle. It will referee's responsibility to bring it to each game.

23) All Referees should bring their own stopwatches to the game. If they don't have a stopwatch, a wristwatch or a cell phone with a time-keeping feature/display is suitable.

**24) No slide tackling or any intentional sliding whatsoever in any division.**

25) Utilize a three (3) referee system for SA, Euro, and World (Center Ref and two Assistant/Line Refs).

26) There will be NO stoppage time. Running time only.

27) Games will be played rain or shine unless it is deemed to be dangerous by the division coordinators or the program director. In the case of lightning, the game shall be stopped. It will be up to the division coordinators or the program director weather or not to continue play once the threat has passed. Referees should advise Referee Coordinator, Age Division Coordinator or Program Director of any dangerous playing conditions immediately.

28) FIELD BOXES containing ice packs, extra whistles, pinnies, and game balls will be placed on each field between the player benches. The first referee of the day should bring the field box to their assigned field. After each game, the ref should put the ball back into the box and leave it at the field for the next game. After the last game, the referee should bring the box (with the ball and all the other items) and corner flags back to the coach's room (room next to the pavilion garage). If there are items missing, or boxes need to be restocked with supplies, referees should notify the LCSC Manager on Duty.

**For SA Division:** In addition to the established rules for soccer (including those listed above) there will also be a few extra guidelines and rules for the Co-ed Grade 3&4 Division (South American (SA) Division):

A) Build Out Line (goal kicks and goal in goalkeeper's possession): A build out line will run across the field from touch line (sideline) to touch line across the bottom of the center circle. All players defending against a goal kick or when the goalkeeper has possession of the ball in his/her hands must move back behind this line. Once the opposing team is behind the build-out line, the goalkeeper can pass, throw or roll the ball into play (punting or drop kicking is not allowed). Once the ball is put into play, it must be touched by a teammate before the opposing players cross the build out line. If keeper holds the ball, play is stopped, players move back to build outline, no one plays the ball until it is touched by an offensive player.

B) Heading the Ball: Heading the ball – as well as punting or drop-kicking the ball by the goalkeeper – is **not allowed!** An indirect free kick (IFK) will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match. IFK is taken from the place where the player deliberately touched the ball with his/her head.

**For World Division:** In addition to the established rules for soccer (including those listed above) there will also be a few extra guidelines and rules for the Co-ed Grade 7&8 Division (World Division).

A) You must have at least 2 (preferably more) female players on the field at all times.

B) Coaches, as the adults on the field, are responsible for correcting excessive physical play (pushing from behind, high elbows, etc.) by their players. Do not wait for the referees. Please substitute these players and discuss the correct behavior. Players consistently warned for excessive physical play may be removed from the league.

**Miscellaneous**

1) TEAM SIZES for each division are as follows:

- World: 11 players (10 field players + goalie)
- European: 7-8 players (6-7 field players + goalie)
- South American: 7-8 players (6-7 field players + goalie)

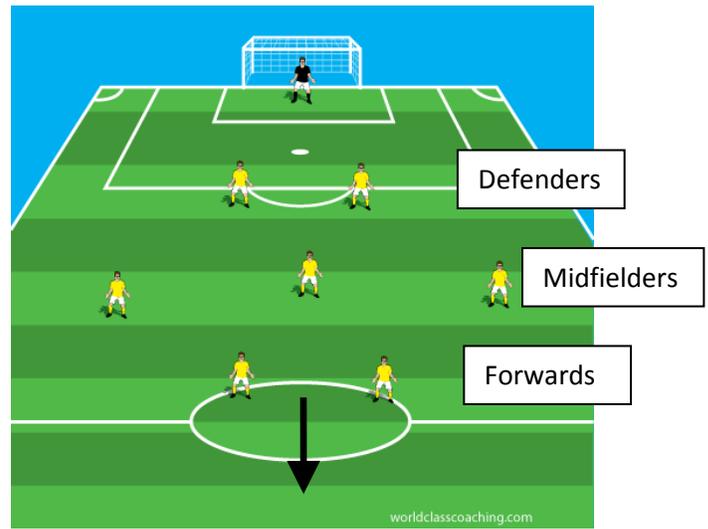
If the opposing team has less than the required number of players, your team must play with the same number of players. Coaches should agree on fielded team size prior to start of game.

2) POSSIBLE FORMATIONS for 11 & 8 player-per-side games are as follows (arrow = direction of attack):

11 v 11 (World Division)



8 v 8 (Euro/South American Division)



See last page for images of formations, and other suggestions for 11v11, 8v8, and 7v7.

### Basic Soccer Position Terms

Goalkeeper (Goalie, Keeper) – The player positioned directly in front of the goal who tries to prevent shots from crossing the goalline; the only player allowed to use their hands and arms, though only within the 18-yard penalty area (larger box), and not when ball is passed back to them by a teammate.

Defender – A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition’s attackers from scoring. Also called “Backs”; rearmost defenders are “Fullbacks”

Midfielder – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

Forward – A player who is responsible for most of a team's scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.

Striker – Generally the same as a forward, though it sometimes refers to a forward that is his/her team’s primary scoring threat.

- See more at: <http://www.soccer-for-parents.com/soccer-positions.html>

3) TIME SLOTS and game lengths are as follows:

Division	time slot	warmup/practice	game length	field clearance
USA	75 min	40 min	30 min	5 min
NA	80 min	10 min	65 min (12 min quarters)	5 min
SA	90 min	10 min	75 min (35 min halves)	5 min
EURO/World	95 min	10 min	80 min (37 min halves)	5 min

**Note:** 5 min half time allowance.

4) BALL SIZES: SA and EURO divisions use Size 4 ball. World Division use Size 5 ball.

Other popular 11v11 formations (for World Division):

4-3-3 (counting from in front of the goalie)



4-4-2

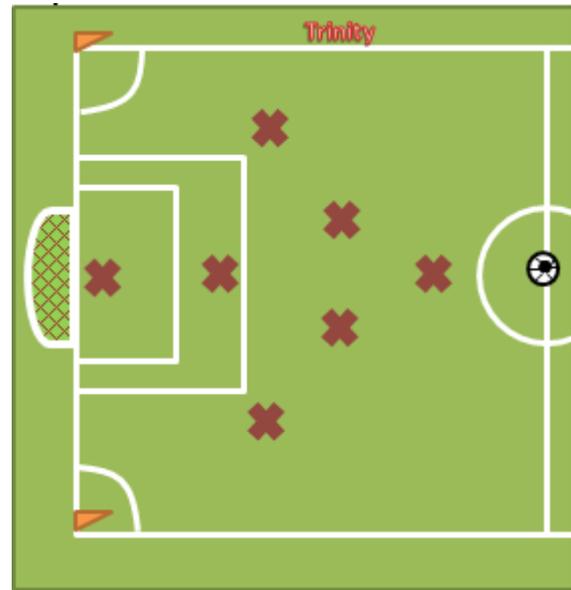


Other popular formations (for SA and Euro Divisions):

8v8 formation: 3-3-1



7v7 formation: 3-2-1



*For more on 7v7 and 8v8 formations, watch this video on YouTube:*

<https://www.youtube.com/watch?v=kDfiobyfbEQ>

(you can just search kDfiobyfbEQ in YouTube's search box)

**Additional coaching help can be found on: <http://www.soccer-training-guide.com/>**