### STERLING RECREATION YOUTH

### SOCCER LEAGUE RULES

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### 1. Games will consist of two halves each as follows:

### -K-1st: 2 halves will break down 4- 5mins quarters

### - 2nd - 3rd: 2 - 20 minute halves

### -4th-6th: 2 - 20 minute halves

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### 2. Balls Sizes:

### -K-3rd use size 4 ball

### -4th-6th use size 5 ball

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### 3. Game time is Forfeit time. The game will still be played with the number of players that show.

### Ex: Team A has 4 players, team B 7 players at game start time. Team A forfeits the game to Team B, but will still play with what players are there.

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### 4. Cleats can be worn. Absolutely NO metal cleats will be allowed!!

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### The time will be kept by the referee on the field and the clock will stop on the following:

### -Score goal

### -Injury of a player

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### 5. Teams play with 6 players on each side. It is strongly suggested that teams line up on the field according to the following:

### -1 Forwards

### -2 Midfielders

### -2 Defenders

### -1 Goalie

### 6. Playing time: ALL the children on your team should be playing at least half of the game however you wish to split that out during the 5 minute periods. Please don't overlook the "younger" players or the "weaker" players. We realize that in the heat of competition it is easy to only want to play your best players. The only way to improve is to play. If the younger and/or weaker players don't play this year, they won't want to play next year, and without players, there is no program.

### To help you keep track of who has played and where you might want to make a game plan prior to the start of the game. Keep a schedule of who will play where during the game each period. This will help you when you have 9 players screaming "Put me in Coach, put me in!" It also helps organize your players' playing time and you have a record of who has played in what position.

### \*\*If a player fails to show up for practice without being excused by the coach, he/she may only be guaranteed one 5 min period in that week's game. (Practices are very important to the child's learning experience in this program and failure to attend will not be taken lightly). \*\* A Good ATTITUDE is always important also!!

### 7. Coaches may substitute during the following times:

### Time outs for subs will be called every 5 minutes by the officials. This is when you can switch players out. Each half there are 3 times to substitute players in and out in addition to half time.

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### 8. If a team is short of players for any game, they may pick up extra players from another team not playing at that time. The substitute players may not be any older than the players being substituted for. Once regular players for a team show up, the substitutes must be removed from the game. Substitute players may only be players registered through the SRC for Spring Soccer. Coaches, please refer to your team rosters, which list the names of all players within your age division.

### 9. Players may not touch the ball with their hands at any time, except for the

### goalie in the box. If a player, other than the goalie, touches the ball with their hands in the goalie box, it will result in a penalty kick. The ball will be placed at the top of the goalie box.

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### 10. The home team is listed first on the schedule.

### 11. Games ending in a tie will be recorded as a tie. There will be no overtime

### Periods. Points will determine Championship game on week 4.

### Winner team gets 3 points,

### Lies get 1 point,

### Losing team 0 points.

### 12. Coaches will receive target jerseys, the keeper will wear them in the game.

### 13. \*\* Kick-Offs: The kicking team must attempt a pass to a teammate when

### kicking off. This includes the beginning of each quarter and after a team has scored. Teams may NOT score off of a kickoff from mid-field. There has been confusion in the past, so hopefully, this will clear that up.

### 14. No slide tackling in the K- 6th-grade leagues!!

### 15. In case of inclement weather please check our Sterling Rec facebook page. You will also be notified by Jason Briar or Angelica Daggs. The SRC will contact each coach after 8:00 am on game day. The team coach will then contact each player. EACH TEAM IS RESPONSIBLE TO PICK UP THEIR TRASH! Coaches, please make sure that your area is clean as you leave practice & games.

### 16. Coaches must reserve practice fields through the link provided. On the field, practices will be limited to 1 hour. Conditioning and other drills may be done outside the boundaries of the game fields while waiting.

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