



Playing Rules

Playing Rules Under 6 Age Group

Season Playing League Rules

1. Field Size: Please see *the dimensions under the Game Format and Age Group Matrix information in this handbook.*
2. New 4 x 8 goals will be used. Creating a real soccer environment.
3. Ball size: Please see the dimensions under the Game Format and Age Group Matrix information in this handbook.
4. Maximum number of players on the field is 5, **NO goalie**: The reason for No goalie – we want all the players involved and interact with the game and the ball. Leaving players standing by the goal to “protect it” makes them want to quit. We also want all our younger players to have touches on the ball as often as possible. Create a fun environment and have them play all different positions on the field. Please see the dimensions under the Game Format and Age Group Matrix information in this handbook. (there is an arc around the goal but that is there for the U7 and U8).
5. Minimum number of players on the field: Please see the dimensions under the Game Format and Age Group Matrix information in this handbook.
6. Maximum number of players on a team: Please see the dimensions under the Game Format and Age Group Matrix information in this handbook.
7. Game duration – Our aim in the younger age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 75-minute field window and you are more than welcome to use this.

To confirm the time option for the game – We suggest both teams chat before the game begins and choose one of the following options. If coaches are unable to agree, it automatically defaults to option 1.

See options below.

Option 1 (lower roster size): **Total: 39 minutes**; each quarter is 8-minute quarters with a 1-minute break and a 5-minute half-time. Quarters must be used.

Example – Option 1:

8 min quarter
1 min break
8 min quarter
5 min half time
8 min quarter
1 min break
8 min quarter

Total: 39 minutes

7b. Game duration – **Option 2** (larger roster size): Total 48 minutes; each interval is 8 minutes with a 1-minute break and a 5-minute half-time. Intervals must be used.

Example – Option 2:

8 min interval
1 min break
8 min interval
5 min half time
8 min interval
1 min break
8 min interval
1 min break
8 min interval

Total: 48 minutes

7c Game duration – **Option 3** (very large roster size): **Total 57 minutes**; each interval is 8 minutes with a 1-minute break and a 5-minute half-time. Intervals must be used.

Example – Option 3:

8 min interval
1 min break
8 min interval
1 min break
8 min interval
5 min half time
8 min interval

1 min break
8 min interval
1 min break
8 min interval

Total: 57 minutes

8. Head coaches' license level: Elk Grove Soccer Certificate
9. Each team provides one volunteer field monitor (one monitor per field), preferably not a coach.

10. Game day sequence of events:

- a. Coaches shall have their team roster and player medical releases at all events.
- b. Teams shall show for every game, rain or shine.
- c. In adverse weather during game, the coaches shall decide if conditions are safe for games to continue.
- d. No make-up games shall be scheduled due to adverse weather.
- e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the Elk Grove Soccer level.
- f. The home team shall occupy the south or east end of the field.
- g. Spectators must stay in the technical area (10 yards each side of center and approximately 3 yards off the goal or touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or field monitors of either team. Coaches and or volunteer referees are requested to fill out a Match Report detailing actions of disruptive coaches or spectators.
- j. A field monitor/referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following – this is at the referees' discretion and not usually done in the three youngest age groups:
 - i. Call the name of the player from the team roster and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.
 - ii. Players will tap on their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.
- k. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.
- n. Games shall start PROMPTLY ON TIME or earlier if teams are ready.
- o. The visiting team shall have kick off in 1st and 3rd quarters. Switch positions at halftime. The home team kicks off in 2nd and 4th quarters.
- p. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coach's discretion. All players shall be afforded playing time in every game.
- q. Substitutions may occur at any stoppage of play.
 - r. At this age direct and penalty kicks are not allowed.

- s. No throw-ins. All balls that go out of play will be played back in by a kick from the team that did not kick it out. Corner kicks and goal kicks (from along the goal line) will be made if the ball goes across the goal line.
- t. No slide tackling is allowed
- u. No scores are recorded.
- v. Teams shall give the opposing team a cheer of "good game" and shall line up along the midfield line to meet in the center. Players and coaches shall proceed to do "high fives" in a display of "good game" sportsmanship. Traditionally the goalie leads the team and coaches trail. Players and coaches shall also thank the field monitors for their time and effort. At no time shall any player, coach, or referee be excluded from these acts of goodwill.

Playing Rules Under U7 Age Group

Season Playing League Rules

1. See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.
2. Goals: New 4 x 8 goals will be used. Creating a real soccer environment.
3. Ball size: Please see the dimensions under the Game Format and Age Group Matrix information in this handbook.
4. Maximum number of players on the field: 5 including a “designated gk”
5. Minimum number of players on the field: Please see information under the Game Format and Age Group Matrix information in this handbook.
6. Maximum number of players on a team: Please see the information under the Game Format and Age Group Matrix information in this handbook.
7. Game duration – Our aim in the younger age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 75-minute field window and you are more than welcome to use this.

To confirm the time option for the game – We suggest both teams chat before the game begins and choose one of the following options. If coaches are unable to agree, it automatically defaults to option 1.

See option below.

Option 1: Total: 40 minutes playing; each quarter is 10-minute quarters with a 1-minute break and a 5-minute half-time. Quarters must be used.

Option 1:

10 min quarter

1 min break
10 min quarter
5 min half time
10 min quarter
1 min break
10 min quarter

8. Head coaches' license level: Elk Grove Soccer Certificate

9a. Each team provides one volunteer field monitor with a whistle (one monitor per field), preferably not a coach.

9b. Attacking players cannot enter the arc, goalie can only touch ball with hands inside arc. Restart - kick-in by the goalie for attacker touching ball inside the arc, and a kick-in from the touch line for attacking team if goalie touches it with hands outside the box. Kick in would start on the touch line on the same horizontal line.

10. Game day sequence of events:

- a. Coaches shall have their team roster and player medical releases at all events.
- b. Teams shall show for every game, rain or shine.
- c. In adverse weather during game, the coaches shall decide if conditions are safe for games to continue.
- d. No make-up games shall be scheduled due to adverse weather.
- e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the Elk Grove Soccer level.
- f. The home team shall occupy the south or east end of the field.
- g. Spectators must stay in the technical area (10 yards each side of center and approximately 3 yards off the goal or touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or field monitors of either team. Coaches and or volunteer referees are requested to fill out a Match Report detailing actions of disruptive coaches or spectators.
- j. A field monitor/referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following – this is at the referees' discretion and not usually done in the three youngest age groups:
 - i. Call the name of the player from the team roster and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.
 - ii. Players will tap on their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.
- k. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.
- n. Games shall start PROMPTLY ON TIME or earlier if teams are ready.
- o. The visiting team shall have kick off in 1st and 3rd quarters. Switch positions at halftime. The home team kicks off in 2nd and 4th quarters.

- p. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coach's discretion. All players shall be afforded playing time in every game.
- q. Substitutions may occur at any stoppage of play.
 - r. At this age direct and penalty kicks are not allowed.
 - s. No throw-ins. All balls that go out of play will be played back in by a kick from the team that did not kick it out. Corner kicks and goal kicks (from along the goal line) will be made if the ball goes across the goal line.
 - t. No slide tackling is allowed
 - u. No scores are recorded.
 - v. Teams shall give the opposing team a cheer of "good game" and shall line up along the midfield line to meet in the center. Players and coaches shall proceed to do "high fives" in a display of "good game" sportsmanship. Traditionally the goalie leads the team and coaches trail. Players and coaches shall also thank the field monitors for their time and effort. At no time shall any player, coach, or referee be excluded from these acts of goodwill.

Playing Rules Under U8 Age Group

Season Playing League Rules

1. See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.
2. Goals: New 4 x 8 goals will be used. Creating a real soccer environment.
3. Ball size: Please see the dimensions under the Game Format and Age Group Matrix information in this handbook.
4. Maximum number of players on the field: 5 including a “designated gk”
5. Minimum number of players on the field: Please see information under the Game Format and Age Group Matrix information in this handbook.
6. Maximum number of players on a team: Please see the information under the Game Format and Age Group Matrix information in this handbook.
7. Game duration – 4 x 10-minute quarters. Our aim in the younger age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 75-minute field window and you are more than welcome to use this.
8. Head coaches’ license level: Elk Grove Soccer Certificate
- 9a. Each team provides one volunteer field monitor with a whistle (one monitor per field), preferably not a coach.
- 9b. Attacking players cannot enter the arc, goalie can only touch ball with hands inside arc. Restart - kick-in by the goalie for attacker touching ball inside the arc, and a kick-in from the touch line for attacking team if goalie touches it with hands outside the box. Kick in would start on the touch line on the same horizontal line.
- 10. Game day sequence of events:**
 - a. Coaches shall have their team roster and player medical releases at all events.
 - b. Teams shall show for every game, rain or shine.
 - c. In adverse weather during game, the coaches shall decide if conditions are safe for games to continue.

- d. No make-up games shall be scheduled due to adverse weather.
- e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the Elk Grove Soccer level.
- f. The home team shall occupy the south or east end of the field.
- g. Spectators must stay in the technical area (10 yards each side of center and approximately 3 yards off the goal or touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or field monitors of either team. Coaches and or volunteer referees are requested to fill out a Match Report detailing actions of disruptive coaches or spectators.
- j. A field monitor/referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following – this is at the referees' discretion and not usually done in the three youngest age groups:
 - i. Call the name of the player from the team roster and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.
 - ii. Players will tap on their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.
- k. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.
- n. Games shall start PROMPTLY ON TIME or earlier if teams are ready.
- o. The visiting team shall have kick off in 1st and 3rd quarters. Switch positions at halftime. The home team kicks off in 2nd and 4th quarters.
- p. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coach's discretion. All players shall be afforded playing time in every game.
- q. Substitutions may occur at any stoppage of play.
 - r. At this age direct and penalty kicks are not allowed.
 - s. No throw-ins. All balls that go out of play will be played back in by a kick from the team that did not kick it out. Corner kicks and goal kicks (from along the goal line) will be made if the ball goes across the goal line.
 - t. No slide tackling is allowed
 - u. No scores are recorded.
 - v. Teams shall give the opposing team a cheer of “good game” and shall line up along the midfield line to meet in the center. Players and coaches shall proceed to do “high fives” in a display of “good game” sportsmanship. Traditionally the goalie leads the team and coaches trail. Players and coaches shall also thank the field monitors for their time and effort. At no time shall any player, coach, or referee be excluded from these acts of goodwill.

Playing Rules U9/10 Age Group

1. Field size: Approx. 141' x 90' (47 x 30 yards). *See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.*
2. Goal size: Approx. 6.5 x 18.5
3. Ball size: #4
4. Maximum number of players on the field: 7
5. Minimum number of players on the field: 5
6. Maximum number of players on a team: 12
7. Game duration – Our aim in the younger age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 90-minute field window and you are more than welcome to use this.

To confirm the time option for the game – We suggest both coaches chat before the game begins and choose one of the following options and notify the referee. If coaches are unable to agree, it automatically defaults to option 1.

See options below.

Option 1 – Total 55 minutes

25 min half
5 min halftime
25 min half

8. Head coaches' license level: Elk Grove Soccer Certificate
9. There shall be 1 referee, and offsides rules are in effect.

10. Game day sequence of events:

- a. Coaches shall have their team roster, player medical releases, and team passes at all events.
- b. Teams shall show for every game, rain or shine.
- c. In adverse weather, the referees shall decide if conditions are safe for games to commence.
- d. No make-up games shall be scheduled.
- e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the League level.
- f. The home team shall occupy the south or east side of the field.
- g. Spectators must stay in the technical area (10 yards each side of center approximately 3 yards off the touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or referees of either team. Disruptive spectators may be directed by a referee to leave the area, which is defined as movement to the nearest

sidewalk. The spectator's name shall also be recorded by the referee. Disruptive coaches or parents shall have their name recorded and their pass withheld and forwarded to the AGC or Elk Grove Soccer Director of Coaching

h. Home teams are responsible for putting up nets for first game of the day, and taking down nets for the final game of the day (*see Elk Grove Soccer's game field information document – this was sent earlier in the season to you*).

i. The club no longer uses game cards – only game day rosters.

j. Elk Grove Soccer, via club referee coordinators, shall assign the referees for each game. In the event the assigned referee(s) fail to show, volunteers may be used for assistant referee positions.

k. A referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following:

i. Line up the players, shoulder to shoulder along the penalty area line (or away from the field if a game is in progress) and, while using the roster, verify a player is on the roster and cleared to play. Verify a coach's pass for at least one of the coaches present. There will be NO exceptions to passes. Any coach found to be adding or playing players without the league knowing will be suspended from the league and the family/player will also be suspended.

ii. Call the name of the player and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.

iii. Players will tap their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.

iv. Players will turn and show the bottom of their cleats to verify there is no presence of a toe cleat. Remove toe cleats by having them cut off.

v. Verify the number on the jersey matches the number on the game roster.

vi. After the player has passed the check they should gather behind the referee until all players have been checked.

l. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.

m. After check-in of both teams (which can be done simultaneously by two referees), the referees shall ask for the captains at the center circle.

n. The captains shall shake hands with the opposing captains and referee.

o. A coin toss will commence with the visiting captain calling "heads" or "tails" while the coin is in the air. The winner of the coin toss selects which goal to defend and the loser has kick-off.

p. Games shall start PROMPTLY ON TIME or earlier if teams are ready.

q. The Referee shall apply all laws of the game. Direct and Penalty kicks, and slide tackling, are allowed at this age group and above.

r. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coach's discretion. All players shall be afforded playing time in every game.

s. Substitutions shall occur at a throw in for the team wishing to substitute, opposing team can substitute if team with throw-in is subbing, at a goal kick for either team, at a kickoff for any team, at half time and at a stoppage for injury. Injured players shall be substituted when removed from the field; the opposing team may substitute one for one.

t. When an injury occurs on the field and the referee stops play, all players remain in place and a referee shall motion to have a coach enter the field to care for the injured player. Coaches shall assess the player to determine if safe for them to get up on their own or to move them. If unsure due to the extent of the injury then call 911 for emergency services. At no time shall a spectator enter the field unless cleared by a referee. Non-injured players shall remain in place however, it is discouraged to have them sit or kneel as this can tighten up muscles and be harmful to players. Instead players should continue to move around IN PLACE.

u. At the conclusion of the game all scores will stand and shall be recorded in Team Connect by the home team with the away team coach verifying. There shall be no overtime for ties. Games shall not be protested.

v. Scores shall be promptly recorded – see information on how to enter your score in this handbook. Scores are monitored for significant imbalances in team seeding and mid-season adjustments in brackets may occur.

11. Incident reports shall be completed for all injuries and sent to the Elk Grove Soccer Director of Coaching

12. Home teams shall report field problems to their AGC.

13. Unbalanced scoring – in the event of a score being unbalanced the following applies:

- If a team is down 4 goals, then can add 1 player. If they are down by 6, then can add another player.
- If the difference in score goes below 4, the second added player needs to be removed.
- If the difference in score goes below 2, the first added player needs to be removed.
- It is up to the trailing coach to add players, as this may be in the best interest of the game to add players.
- The team in the lead is never required to remove players, as playing time rules apply.

Playing Rules U11-12 Age Group

1. Field size: Approx. 225' x 141' (75 x 47 yards). *See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.*
2. Goal size: Approx. 6.5 x 18.5
3. Ball size: #4
4. Maximum number of players on the field: 9
5. Minimum number of players on the field: 7
6. Maximum number of players on a team: 14
7. Game duration – Our aim in the U11/U12 age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 90-minute field window and you are more than welcome to use this.

To confirm the time option for the game – We suggest both coaches chat before the game begins and choose one of the following options and notify the referee. If coaches are unable to agree, it automatically defaults to option 1.

See options below.

Option 1 – Total 65 minutes

30 min half
5 min halftime
30 min half

8. Head coaches' license level: Elk Grove Soccer Certificate
9. Game day sequence of events:
 - a. Coaches shall have their team roster, player medical releases, and team passes at all events.
 - b. Teams shall show for every game, rain or shine.
 - c. In adverse weather, the referees shall decide if conditions are safe for games to commence.
 - d. No make-up games shall be scheduled.
 - e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the League level.
 - f. The home team shall occupy the south or east side of the field.
 - g. Spectators must stay in the technical area (10 yards each side of center approximately 3 yards off the touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or referees of either team. Disruptive spectators may be directed by a referee to leave the area, which is defined as movement to the nearest sidewalk. The spectator's name shall also be recorded by the referee and reported

to the AGC/Referee coordinator. Disruptive coaches or parents shall have their name recorded by the referee and their pass withheld and forwarded to the AGC and/or Elk Grove Soccer 1st V.P.

h. Home teams are responsible for putting up nets for first game of the day, and taking down nets for the final game of the day. day (see Elk Grove Soccer's game field information document – this was sent earlier in the season to you).

i. The club no longer uses game cards – only game day rosters.

j. Elk Grove Soccer, via club referee coordinators, shall assign the referees for each game. In the event the assigned referee(s) fail to show, volunteers may be used for assistant referee positions.

k. A referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following:

i. Line up the players, shoulder to shoulder along the penalty area line (or away from the field if a game is in progress) and, while using the roster, verify a player is on the roster and cleared to play. Verify a coach's pass for at least one of the coaches present. There will be NO exceptions to passes. Any coach found to be adding or playing players without the league knowing will be suspended from the league and the family/player will also be suspended.

ii. Call the name of the player and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.

iii. Players will tap their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.

iv. Players will turn and show the bottom of their cleats to verify there is no presence of a toe cleat. Remove toe cleats by having them cut off.

v. Verify the number on the jersey matches the number on the roster.

vi. After the player has passed the check they should gather behind the referee until all players have been checked.

l. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.

m. After check-in of both teams (which can be done simultaneously by two referees), the referees shall ask for the captains at the center circle.

n. The captains shall shake hands with the opposing captains and referees.

o. A coin toss will commence with the visiting captain calling "heads" or "tails" while the coin is in the air. The winner of the coin toss selects which goal to defend and the loser has kick-off.

p. Games shall start PROMPTLY ON TIME or earlier if teams are ready.

q. Referees shall apply all laws of the game. Direct and Penalty kicks, and slide tackling, are allowed at this age group and above.

r. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coach's discretion. All players shall be afforded playing time in every game.

s. Substitutions shall occur at a throw in for the team wishing to substitute, opposing team can substitute if team with throw-in is subbing, at a goal kick for either team, at a kickoff for any team, at half time and at a stoppage for injury. Injured players shall be substituted when removed from the field; the opposing team may substitute one for one.

t. When an injury occurs on the field and the referee stops play, all players remain in place and a referee shall motion to have a coach enter the field to care for the injured player. Coaches shall assess the player to determine if safe for them to get up on their own or to move them. If unsure due to the extent of the injury then call 911 for emergency services. At no time shall a spectator enter the field unless cleared by a referee. Non-injured players shall remain in place however, it is discouraged to have them sit or kneel as this can tighten up muscles and be harmful to players. Instead players should continue to move around IN PLACE.

u. At the conclusion of the game all scores will stand and shall be recorded on the referee/and coaches. There shall be no overtime for ties. Games shall not be protested.

v. Scores shall be promptly recorded – see information on how to enter your score in this handbook. Scores are monitored for significant imbalances in team seeding and mid-season adjustments in brackets may occur.

10. Incident reports shall be completed for all injuries and sent to the Elk Grove Soccer 1st V.P.

11. Home teams shall report field problems to their respective AGC.

12. Unbalanced scoring – in the event of a score being unbalanced the following applies:

- If a team is down 4 goals, then can add 1 player. If they are down by 6, then can add another player.
- If the difference in score goes below 4, the second added player needs to be removed.
- If the difference in score goes below 2, the first added player needs to be removed.
- It is up to the trailing coach to add players, as this may be in the best interest of the game to add players.
- The team in the lead is never required to remove players, as playing time rules apply.

Playing Rules U14 Age Group

Game Information

1. Ball size: #5
- 2a. Field size: Approx. 336' x 225' (112 x 75 yards). *See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.*
2. Goal size: 8' x 24'
3. U-14 maximum number of players on the field, including goalie: 11
4. Minimum number of players on the field: 7
5. Maximum number of players on a team: 18-20
- 5a. Game duration – Our aim in the U14 age groups is to create an environment that meets the needs of our younger players and give them a soccer experience. As rosters fluctuate and attendance may change from week to week, we have tried to come up with a formula to balance this. We have penciled in a 90-minute field window and you are more than welcome to use this.

To confirm the time option for the game – We suggest both coaches chat before the game begins and choose one of the following options and notify the referee. If coaches are unable to agree, it automatically defaults to option 1.

See options below.

Option 1 – Total 75 minutes

35 min half
5 min halftime
35 min half

6. U13/14 are two-35-minute halves with a 5-minute half-time break
7. Home team shall occupy the south or east side of the field.
8. Home teams are responsible for putting up and taking down nets on game day if they are the first or last game of the day.

Game Day

Coaches:

- Parents must stay in the technical area (10 yards each side of center and approximately 3 yards off the touch line).
- Coaches must have their team roster and player medical releases for any soccer related event.
- Teams must show up for every game unless Elk Grove Soccer decides conditions are not safe due to such things as adverse weather conditions, field safety etc. Coaches may

also decide at the time of the game if conditions are safe to play or continue playing the game.

- Elk Grove Soccer will determine if make-up games can be scheduled.
- Players are guaranteed to play a minimum of one half the game.
- Parents must conduct themselves in a supportive and positive manner. Please refrain from using negative comments towards players, coaches, spectators or referees of either team.

Referees:

- The referee shall check the team approximately 15 minutes prior to the start of a scheduled game time by performing the following functions:
 - Line players up along penalty area line to:
 - Check players for jewelry, hair barrettes, and other potentially hazardous items (players must remove unauthorized items). Players may not play with casts, soft or otherwise.
 - Have players tap on shin guards to ensure wear on skin (shin guards go under socks).
 - Check the bottom of players' cleats to verify there is no a toe cleat. Players are allowed to cut off toe cleats.
 - Call the name of the player from the team roster and have them step forward.
 - After check-in, the referees shall ask for the captains at the center circle so opposing team captains and referees can shake hands and commence with the coin toss. The toss will be called in the air-heads or tails. The winner of the coin toss selects which goal to defend and the loser has kick-off.
 - Games should start PROMPTLY ON TIME or earlier if teams are ready.
 - Laws of the Game are applied at this level (see link at the bottom of the page), which include direct and Penalty kicks.
 - A referee may direct players/spectators/parents to leave the area, which is defined as movement to the nearest sidewalk
 - A referee may stop play due to an injury. Depending on the injury, the referee may determine whether or not to have the coach enter the field to evaluate the extent of injury. Call 911 if unsure of the extent of the injury for emergency services. Only authorized persons are allowed to enter the field of play.
 - Scores are recorded by the referee (and coaches). On completion of the game, the referee gives the final score to both teams and the home team coach reports the score via the Team Connect system.
 - Coaches should avoid running up the score. Repeat violations could result in discipline for head coach.
 - Overtime for ties is not allowed for regular scheduled games during the season

· Elk Grove Soccer strongly encourages players and coaches proceed to congratulate each other by handshakes and/or high fives in a display of “good game” sportsmanship. Traditionally the goalie leads the team and coaches trail. Coaches and players are strongly encouraged to thank the referees.

Playing Rules U16-U19 Age Group

Game Information

9. Ball size: #5
U-14 Field size: Approx. 336' x 225' (112 x 75 yards). *See the dimensions Elk Grove Soccer are using under the Field Setup Information in this handbook.*
10. Goal size: 8' x 24'
11. U-14 maximum number of players on the field, including goalie: 11
12. Minimum number of players on the field: 7
13. Maximum number of players on a team: 18
14. U13/14 are two-35-minute halves with a 5-minute half-time break
15. U15-19 teams play in the District 6 Community Playing League and follow rules specified on www.d6soccer.org
16. Home team shall occupy the south or east side of the field.
17. Home teams are responsible for putting up and taking down nets on game day if they are the first or last game of the day.

Game Day

Coaches:

- Parents must stay in the technical area (10 yards each side of center and approximately 3 yards off the touch line).
- Coaches must have their team roster and player medical releases for any soccer related event.
- Teams must show up for every game unless Elk Grove Soccer decides conditions are not safe due to such things as adverse weather conditions, field safety etc. Coaches may also decide at the time of the game if conditions are safe to play or continue playing the game.
- Elk Grove Soccer will determine if make-up games can be scheduled.
- Players are guaranteed to play a minimum of one half the game.
- Parents must conduct themselves in a supportive and positive manner. Please refrain from using negative comments towards players, coaches, spectators or referees of either team.

Referees:

- The referee shall check the team approximately 15 minutes prior to the start of a scheduled game time by performing the following functions:
 - Line players up along penalty area line to:

- Check players for jewelry, hair barrettes, and other potentially hazardous items (players must remove unauthorized items). Players may not play with casts, soft or otherwise.
- Have players tap on shin guards to ensure wear on skin (shin guards go under socks).
- Check the bottom of players' cleats to verify there is no a toe cleat. Players are allowed to cut off toe cleats.
- Call the name of the player from the team roster and have them step forward.
- After check-in, the referees shall ask for the captains at the center circle so opposing team captains and referees can shake hands and commence with the coin toss. The toss will be called in the air-heads or tails. The winner of the coin toss selects which goal to defend and the loser has kick-off.
- Games should start PROMPTLY ON TIME or earlier if teams are ready.
- Laws of the Game are applied at this level (see link at the bottom of the page), which include direct and Penalty kicks.
- A referee may direct players/spectators/parents to leave the area, which is defined as movement to the nearest sidewalk
- A referee may stop play due to an injury. Depending on the injury, the referee may determine whether or not to have the coach enter the field to evaluate the extent of injury. Call 911 if unsure of the extent of the injury for emergency services. Only authorized persons are allowed to enter the field of play.
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