



General Policies and Playing Rules

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Portions of this booklet were adopted from various local club handbooks.

Mission Statement

The mission of the Seashore Soccer League is to promote mental and physical fitness, good sportsmanship, self and community pride, and to provide young people with an opportunity to learn and to play organized soccer.

Purpose

This document provides general policies and modified playing rules for Seashore Soccer League (SSL) teams, U6 - U18, playing within Carteret County. If a rule is not covered within this document, conform to FIFA soccer rules.

Conduct

The personal conduct of all individuals associated with SSL (players, coaches, referees, parents, and SSL officials) must be *above reproach*, as spelled out in the "United States Soccer Federation (USSF)". Any individual who displays poor sportsmanship or objectionable behavior is subject to removal from all SSL activities. Such removal will be at the discretion of the Board of Directors. Before the start of each season SSL Board of Directors shall review and approve all coaches and referees. In addition, any individual who did not exhibit good sportsmanship or conduct during the previous season must be approved by the Board of Directors before coaching again. SSL may allow a player or coach to continue in SSL on probation under conditions set by the Board of Directors. Care must be taken to obtain input from all concerned parties before a Board decision is made.

SSL **prohibits** coaches and parents **from smoking** on the field and during games and practices. **Alcohol is prohibited** at any park facilities, fields, and parking areas.

SSL **discourages bringing dogs (leashed or not)** and other pets to the soccer fields during practice and games. Rotary Parks does NOT allow dogs anywhere, except the walking path.

SSL **prohibits** air horns and other noise makers during and/or after games.

SSL players, coaches, parents, spectators, and visitors must comply with all Carteret County Parks & Recreation Park Policies and Procedures at all times. A list of these Policies and Procedures can be found on the CCP&R website www.ccparksrec.com.

Player Eligibility

- A. Permanent residents of Carteret County are eligible to participate in SSL competition. Exceptions will be considered on a case by case basis by the SSL Board. The SSL Board will rule by majority vote on eligibility violations.
- B. Players may be ineligible for competition if false information relative to birth date and home address is put on registration forms. Proof of age and address can be required at any time by SSL Board of Directors. Player can not be the same age as age bracket prior to Aug 1 for upcoming season. Age chart will be available at SSL website www.ssl-nc.com.
 - a. **example 1:** Player A turns 8 in July 2007. Player A can not play U8 for Fall 2007 or Spring 2008 season. Player must play at least in U10 level.
 - b. **example 2:** Player B turns 8 in August 2007. Player B can still play U8 for Fall 2007 or Spring 2008 season.
- C. Players are not eligible for competition until payment of fees has been received by SSL. Players will not be placed on a team until registration fees are paid in full. A check returned for Non Sufficient Funds (NSF) will require full payment of registration fees plus the current return check fee to be paid in cash or certified funds. No team is eligible to begin the regular season until registration fees for all players are paid to SSL unless special arrangements have been made.

Volunteer Eligibility

All volunteers MUST complete the on-line Risk Management form and be APPROVED before being allowed to volunteer in any capacity, per NCYSA requirement. Visit the SSL website for the current link for Risk Management. Any person wishing to become a volunteer with the League, must first contact the Area Commissioner and then complete the Risk Management on-line form. After background check has been completed and approved by NCYSA, Area Commissioner will be notified of approval and then volunteer may participate with players.

Practices

Practices shall begin no sooner than 3 weeks prior to the first scheduled game. Fall season games begin the weekend after Labor Day. Spring Season games TBA.

Practice times:

- U6 – 45-60 minutes 1-2 times a week
- U8 - 60 minutes 2 times a week
- U10 – 60-75 minutes 2 times a week
- U12 - 90 minutes 2 times a week

Practice times should not exceed the above for each specific age group. Practices are defined as any organized instruction or soccer play while a coach and/or asst. coach is present on the field.

All practices times/days will be scheduled through SSL Commissioners not Parks and Rec.

Formation of Teams

- A. Only the Commissioners designated by SSL have the authority to place players on teams and assign coaches. Coaches cannot add players directly to any team. Commissioners are encouraged to seek an equal distribution of talent. Final decisions by the SSL Board will be made if a dispute arises. Expansion (new) teams will be protected as much as possible.
- B. Players who have played soccer for several years and are at an advanced skill level may play up an age level if the commissioner and parent deem it in the best interest of the child. Each case will be decided individually.
- C. Teams and games may be Coed except for Girls divisions which will have only female participants.
- D. The number of divisions shall be set by SSL prior to each season to accommodate growth of SSL. Age limits for each division are set by the state (North Carolina Youth Soccer Association – NCYSA) and can be found on the NCYSA website or the SSL website.

Number of Players

- A. Maximum number of **players on the field** (including goalkeeper) at any one time: U12 shall be 8; U10 - 6; U8 - 4; U6 - 3 (no goalkeeper).
- B. Maximum number of **players on the roster** for U12 shall be 14; U10 - 10; U8 - 8; U6 - 6.
- C. Minimum number of **players to start a game** for U12 shall be 7; U10 - 5; U8 - 4; U6 - 3
- D. A team is allowed 10 minutes after the scheduled starting time to field a team of at least the minimum number of players. If it can not do so, the game shall be forfeited. If no referee has arrived at the field after 15 minutes from the scheduled starting time, the game shall be re-scheduled at a later date. All games that affect SSL standings for tournament must be played and Commissioners will advise both teams of new date and time, when available.

- E. If a team is short on players prior to start of game, the opposing team can share players, if agreed by opposing coach. The game will stand as played.

Player Participation

- A. U6 – U18 Recreation Play: Each player shall play at least half (50%) of the game.
- B. Exceptions being for injury or disciplinary reasons (at the coach's discretion). If playing time is to be decreased for disciplinary reasons, the opposing teams coach must be given prior notification. The child's parent(s) must also be given prior notification including an explanation of the reason for the disciplinary action.
- C. Coaches may also reduce the playing time of a player for missing practices for "unexcused" reasons. Some "unexcused" reason would be missing practices to play other sports/activities or missing a practice before a game without player notifying coach that they will be at the game on Saturday/Sunday even though practice will be missed. Any further clarification of this should to be addressed to that teams commissioner.

Point Spread Rules (U10 Mandatory; U8 and U6 encouraged)

The purpose of the following rules is to promote player development and sportsmanship in the game of soccer versus winning at all costs. It should also deter the belief that "scoring" or "not scoring" is the only measurable outcome and objective for this sport. Player and character development and sportsmanship are the PRIMARY objectives of SSL, not winning or losing. Please refer to the Mission Statement above!

When a team goes up by 5 goals, they should begin to implement strategies to control further goal differential, but also continue to challenge the players on the skills and tactics of the game. Strategies may include moving offensive players to defense, scoring with headers only, shooting with weak foot, passing 5 - 10 consecutive times prior to shooting, and etc. If these measures do not maintain a respectable score differential, the following shall apply:

If a team goes up by 7 goals, they must remove a field player.

If the team down by 7 scores a goal, the teams return to even numbers.

If the point differential reaches 10 goals, the team up by 10 must remove a second player, giving the team down by 10 a 2-player advantage.

If the team down by 10 then scores, the team up can choose to add 1 player back to the field.

A coach who exceeds the 10-goal differential at the end of the game will be required to respond by completing the Point Spread Form on the SSL website www.ssl-nc.com within 72 hours of the game, outlining what measures they took to control the spread. This form will be forwarded the SSL Board of Directors (BOD). If the BOD believes the coach failed to implement appropriate and reasonable strategies to control the goal differential, they may require the coach to appear at the next BOD meeting to explain the circumstances further and face possible sanctions. These sanctions include, but are not limited to, those listed in the "CONDUCT" section of the SSL General Policies and Playing Rules book. If the coach fails to provide the written explanation within 72 hours, they will be deducted a point from their regular season standings and the coach WILL BE REQUIRED to appear at the next Board Meeting. If the coach willfully fails to attend the Board meeting, the coach will be suspended from coaching until further notice from the Board.

Protests

- A. Rulings on protests will be made by the Appeals Committee in a majority vote. Appeals Committee to be formed by the SSL Board of Directors.
- B. Only protests that involve interpretation of the rules will be accepted. Judgment calls cannot be protested.
- C. A protest in writing, accompanied by a \$25.00 fee, must be submitted to SSL President, or in his/her absence to SSL Vice-president, within 72 hours of the game in question and a phone call to the President within 24 hours of the game in question. Money will be refunded if protest is approved. If the protest is lost, protest fees revert to SSL Treasury. The President shall convene the Appeals Committee within four calendar days (preferably before the next regularly scheduled game), and present the protest to them. The decision of the Appeals Committee will be final.
- D. The Appeals Committee may, if the situation warrants, deem it necessary to have parties to the protest present to clarify the actual happenings. If this is the case, or if one of the parties to the protest insists, then both sides must be represented along with officials in question.
- E. The referee's judgment with regard to the physical condition of the field and its acceptance for play, to the actual happenings and occurrences related to the game, and those prerogatives granted by the "Laws of the Game" published by USSF shall not be protested.
- F. SSL Officials may eject players, spectators, and/or coaches at any time before or during regulation or overtime play for any infraction of the Parent/Player, Coach, and/or League – Codes of Conduct. Any refusal, from party being asked to leave, will result in a forfeit from the team which party is associated. Teams whose games affect tournament standings will take a loss, resulting in no points for that game.

Referees

SSL Officials are trained and tested by State certified instructors. They are paid officials. Contact the league for employment opportunities.

For more information on training: <http://www.ncsra.org/clinics.html>

Yellow Card/Red Card Policy

Players

Yellow card: any player receiving a yellow card will be substituted for at the time of the infraction, and will remain out of the game for the remainder of the period. If a player receives a second yellow card is issued in the same game, it then becomes a red card (see "Red Card" below). If a player gets a post game yellow card then he/she will sit out the first playing period of their next game.

Red card: any player receiving a red card will be ejected from the game, and his/her team must continue one player short for the remainder of the game. He must also sit out during his/her team's next played game. He/she must be present, dressed out, and sitting on the team bench for the entire game. If the player does not comply with this rule, his/her suspension from play will be continued until he/she has complied.

Two red cards: any player receiving a second red card during the playing season must sit out the next two games. He/she must be present, dressed out, and sitting on the team bench for the entire two games, and must appear before the SSL Disciplinary Committee. If the player does not comply with this rule, his suspension from play will continue until he/she has complied.

Coaches or team attendants are not to be shown the Yellow or Red card for misconduct. Only player and substituted players will be shown the card. They will be sent off the field if required, and the misconduct action noted in the game report for further sanctioning by the League.

Coaches

Red card: If a coach is issued a red card, he/she will be relieved of his/her coaching duties for the remainder of the game in which the infraction occurred, and suspended from coaching the next scheduled game. The coach may not be present at the site of their next scheduled game.

Two red cards: If a coach is issued a second red card during a season, he/she will be required to appear before the SSL Disciplinary Committee before he/she will be allowed to resume coaching duties.

Safety and Equipment

- A.** Coaches shall ensure field conditions are safe prior to start of game, i.e. goals properly anchored, holes filled, foreign objects removed, ant hills removed, etc.
- B.** Recommended ball sizes:
1. U13 & up: #5
 2. U10 - U12: #4
 3. U6 - U8: #3
- C.** Uniform minimum requirements:
1. All players must wear the shirts, shorts, & socks provided by Seashore Soccer League.
 2. All players must wear approved soccer cleats.
 3. All players must wear shin guards underneath socks. No part of shin guard should be visible at any time.
 4. No metal objects such as watches, bracelets, necklaces, rings, etc, shall be worn by any player.

Official in charge of the game will inspect all safety equipment at the beginning of game. Official's decision at the time of inspection is final. If equipment is found below standard, player may not play until discrepancy is corrected. Only player in U6 age bracket may wear non-soccer cleat athletic shoes (tennis shoes).

Duration of Games

- A.** Duration of games shall be as follows:
- a. U18: two equal 45 minute halves
 - b. U16: two equal 40 minute halves
 - c. U14: two equal 35 minute halves
 - d. U12: two equal 30 minute halves
 - e. U10: two equal 25 minute halves
 - f. U8: four equal 10 minute quarters
 - g. U6: four equal 8 minute quarters
- B.** There shall be a 5 minute break at halftime for U10-U14. For U6 – U8, there shall be a 6 minute halftime break and 4 minute break after the first and third quarters. Teams will exchanges ends of the field at the halftime break.
- C.** Half games stand as completed games if cut short due to adverse weather conditions. Games stopped with more than the half to play, will be played over in their entirety (except U6 and U8). Area Commissioners will contact coaches once game is re-scheduled. Rescheduling of any game which does NOT affect standing for tournament will be solely at the discretion of the Area Commissioner.
- D.** Score sheets will be completed and faxed or emailed to the number/address on the bottom of the score sheets or completed on-line at www.ssl-nc.com by 5 p.m. on the Tuesday following the game. If score sheet is not submitted by the deadline, one (1) point will be deducted from tournament standings, as per tournament rules.

Size of Fields

Fields of play shall be rectangular with dimensions (in yards) more in length than width as follows:

	length	width
U13 & up:	100 - 130	70 - 100
U12:	70 - 80	45 - 55
U10:	45 - 60	35 - 45
U8:	25 - 35	20 - 30
U6:	20 - 30	15 - 25

Substitution

- A. U6 & U8: a team can substitute players at the quarter or halftime break; ***exception for teams with more than maximum players on the team*** – as long as both coaches agree, a team may substitute on its own throw in or either team may substitute on a goal kick, after a goal is scored, or at halftime.
- B. U10 & up: a team may substitute on its own throw in or either team may substitute on a goal kick, after a goal is scored, or at halftime.

Additional Rules

A. U6

1. There shall be no goalkeeper.
2. Coaches can assist players on the field during the game.
3. Coaches will referee the game and keep time.
4. Throw-ins shall be taken from the touch line.
5. Goal kicks shall be taken from the goal line.
6. Corner kicks shall be taken from goal line and touch line intersection.
7. Opponent must be at least 3 yards from the ball during goal and corner kicks and 3 yards from the center mark during kick-off.
8. There shall be no penalty kicks
9. There shall be no offside rule.
10. Slide tackling is prohibited and must be penalized as *playing in a dangerous manner* by awarding an indirect free kick to the opposing team. (see notes on page 8)
11. See full description of kick-in, corner kick, and goal kick in Laws of the Game Definitions at the end of this handbook.
12. Parents, players and spectators shall remain a minimum of 3 yards off the touch line at all times.
13. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.
14. Asst. Coach(es) being placed on the opposing side line, must first be cleared with the opposing coach before game begins.

B. U8

1. There shall be no goalkeeper.
2. Coaches must remain on touch lines during the match.
3. There shall be a certified center referee, when available.
4. Opponent must be at least 5 yards from the ball during goal, corner, and free kicks and 5 yards from the center mark during kick-off.
5. Throw-ins, goal kicks, corner kicks, fouls and miss conduct, and free kicks will conform to FIFA rules as described in the Laws of the Game Definitions at the end of this handbook. A second throw-in shall be allowed if a player commits a foul during initial throw-in. The referee shall explain the proper method before allowing a second throw.
6. There shall be no penalty kicks.
7. There shall be no offside rule.

8. Slide tackling is prohibited and must be penalized as *playing in a dangerous manner* by awarding an indirect free kick to the opposing team. (see notes on page 8)
9. Parents, players and spectators shall remain a minimum of 3 yards off the touch line at all times.
10. Spectators should be on the opposite side of the field from the coaches and players.
11. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.
12. Asst. Coach(es) being placed on the opposing side line, must first be cleared with the opposing coach before game begins.

C. U10

1. There shall be no offside rule.
2. Slide tackling is prohibited and must be penalized as *playing in a dangerous manner* by awarding an indirect free kick to the opposing team. (see notes below)
3. Except for rules provided in this document, conform to FIFA rules.
4. See full description of fouls and misconduct, free kicks, penalty kicks, throw – in, and goal kick in Laws of the Game definitions at the end of this handbook.
5. Parents, players and spectators shall remain a minimum of 3 yards off the touch line at all times.
6. Spectators should be on the opposite side of the field from the coaches and players.
7. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.

D. U12 & up

1. Offside rule applies.
2. Except for rules provided in this document, offside, fouls and misconduct, free kicks, penalty kicks, throw – in, and goal kicks will conform to FIFA rules as described in the Laws of the Game Definitions at the end of this handbook.
3. Parents, players and spectators shall remain a minimum of 3 yards off the touch line at all times.
4. Spectators should be on the opposite side of the field from the coaches and players.
5. Coaches, players, and spectators are not allowed behind the goal line or past the penalty box along sidelines at any time during a game.

In an effort to clarify the meaning of the slide tackling rule, and thereby unify the application and understanding of the prohibition against slide tackling, the following is offered:

“Tackling” means to challenge an opponent for possession of the ball. Therefore, to penalize for a slide tackle, the referee must determine that a player who is the victim of an illegal slide tackle is in possession of the ball (the ball within playing distance).

- Sliding to gain possession of the ball is permitted if no opponent is within playing distance of the ball.
- Playing the ball while lying on the ground is permitted if no opponent is within playing distance of the ball.
- Sliding to kick or play the ball for any purpose is permitted if no opponent is within playing distance of the ball.

Goalkeepers within their own penalty area may execute slide tackles, both head first and feet first, provided that it is not done dangerously or recklessly per normal FIFA Laws of the Game. Goalkeepers who travel outside their own penalty area become subject to the same prohibitions against slide tackling as field players.

The differentiation between an illegal slide tackle and an inadvertent slip and fall following a legal tackle shall be made by the referee, using his or her judgment. A slide tackle may be accidental and still deemed illegal by the referee.

All coaches must read and sign a Coaches Rule of Conduct form each season. Also, coaches must obtain and keep in their possession at all times, a signed Player and Parent Rule of Conduct form. These forms may be requested for review at any time by an SSL Board member.

Who is covered by SSL rules? – All players, coaches, visitors, spectators, officials, and members of the Board of Directors. SSL shall enforce rules based upon the following levels: local, state, national. Any conflicts/protests shall be first addressed by the Area Coach Liaison then Area Commissioner; followed by the SSL Director of Coaching. If problem is not resolved at that level it should then be brought before the entire SSL Board of Directors and President for a ruling.

SSL Post Season Tournament

A. The SSL Post Season Tournament will be *single elimination* format. All teams in the U10 division will participate. The Commissioner's Committee will determine sites and brackets. Regular season rules of play will carry over to the tournament except as listed below.

B. Seeding for the tournament shall be determined by each team's season standing within their respective age bracket. The team's standing shall be computed by using the following point system:

- 3 points for a win (either on the field or by forfeit)
- 1 point for a tie
- 0 points for a loss

C. The team having the most points at the end of a season will be designated as first place seed. Should two or more teams end the regular season with an equal number of points, the winner shall be determined by the following tie breakers:

1. Head to head competition.
2. Points awarded by point spread per game limited to a 4 point spread.
3. Fewest goals allowed for season total.
4. Commissioner's Committee will conduct blind draw.

D. Tournament Tie Breaking Procedure:

All games ending in a tie will go to **Golden Goal** overtime for a maximum of two 5 minute periods of play. First team to score wins the match.

If the score is still tied after overtime play, then the game will go into a shoot-out:

Each team will select 5 players who were on the field at the end of Golden Goal play to participate in the tie breaking kicks. Coin toss will determine which team kicks first and the teams will alternate kicks. The team that scores the most goals out of 5 kicks wins. If the score is still tie after 5 kicks, both teams will continue kicking in an alternating fashion in the same order until one team scores and the other misses, i.e. team A makes kick 7 and team B misses kick 7. After all players (including goalkeeper) from the field have kicked once, then, if necessary, players from the bench will kick. Goalkeepers can be substituted with any player from the field at any time during the tie breaking procedure.

E. Awards will be given to the teams that finish first and second place in the SSL Post Season Tournament.

U10 Team Tournament Play

If a team wants to enter a tournament in state or out of state, you must contact the SSL Registrar as soon as you have received the tournament application to receive assistance with completion of paperwork and player passes.

ECSA Rec. – East Carolina Soccer Association

Definition: Recreation level play with other clubs in the Carteret, Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible. The other half will be away games not to exceed a 50 mile distance from the team's practicing field.

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Recreation soccer is defined by three principles:

- Every player should have an equal opportunity to participate in every game.
- The formation of teams follows an open or controlled registration policy where every player is accepted and assigned a team by a random process that is evaluated to ensure a balanced level of play.
- The philosophy of player participation is that the competition be held in a low-stress, high-fun environment.

To be specific, recreation teams do not hold tryouts, use open drafts, use invitations or any like process to roster players selectively on the basis of talent or ability, and do not cut players.

-Each local association governs its own recreation program to meet its individual needs within its own bylaws and rules and the bylaws and rules of affiliated organizations such as NCYSA, USYSA, and/or FIFA.

-Local association members can determine how the state recreation program is run by input through the Recreation Council – NCYSA.

Please visit the ECSA website for a complete list of rules and policies associated with ECSA Recreation level of play. www.ecsa-nc.com

Challenge (with ECSA scheduling league)

Definition: Challenge level of play is the next step above recreation play. Players are more experienced and can tolerate a higher level of competition. This level of play will be with other clubs in the Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible.

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Please visit the NCYSA website for a complete list of rules and policies associated with the Challenge level of play. www.ncsoccer.org

CLASSIC LEVEL OF PLAY THROUGH NCYSA

Seashore Soccer League offers classic level of play to advanced players and teams wishing to participate in the State's highest level of soccer, giving you the opportunity to play other clubs across Eastern North Carolina. Players are selected through an advertised tryout. Tryouts are posted on the SSL website www.ssl-nc.com throughout the year and advertised in the newspaper. Players are graded on skill, speed, game comprehension and attitude by the team's coaches. Classic players retain roster rights from Sept. 1st through Aug. 31st. Players on U14 and younger teams are expected to commit to both a Fall and Spring season. Players on U15 and up teams only compete for one season; however teams often participate in tournaments in the off season. Fees in Classic vary from team to team. The fee is based on how many games a team plays and what equipment is needed. Players provide their own uniforms. Half of team's games are usually home in Carteret County leaving four or five games to travel to other clubs in Eastern North Carolina.

Please visit the NCYSA website for a complete list of rules and policies associated with the Classic level of play. www.ncsoccer.org

Any coach wishing to move up to a higher level of play must first contact the Commissioner for that level and/or the Vice President in charge of ECSA Rec., Challenge, and Classic. Any coach attempting to “set up” a team prior to receiving the proper information, will result in a decline for that coach to move to another level.

Parental Expectation:

- Understand the rules of the Game!
- Make sure your child is on time to practices and games!
- Be encouraging and positive to your child, **and ALL children**, while they are playing.
- **DO NOT COACH THE PLAYERS** during practice or the game! Let the coach do the coaching! Reward the player with positive remarks. Avoid panic screaming when the ball is near the goal. The players have enough pressure as it is.
- Allow players to make mistakes. They know when they mess up, they do not need to hear a low moan or sigh from the crowd when they miss a goal.
- Do not offer incentives for your child's performance. Let the coach do the motivating!
- **DO NOT** talk or argue with the referee! Set an example. The level of referees in the U.S. is low compared to other countries because they take so much abuse from parents and don't want to return season after season. Parental/player abuse runs good referees and young aspiring referees off.
- **Support your Coach!** How many times have you listened to parents complain that their kid's coach didn't have a clue...or that he/she didn't know how to motivate the kids? How many times have you felt that way yourself? While we have all had experiences with less-than-perfect coaching, as parents who aren't stepping up to the "coaching plate", you really don't have a right to complain! 99% of the coaches mean well; they just don't have the coaching knowledge required for the position. If you have something to discuss with your coach, do it after the game when the coach has released the team.
- **Volunteer** your services for practices and game day!...oranges at halftime...ice and water for the coolers...setting up a phone tree or email list...carpooling to practice or games...
- Be respectful to other parents! Nothing is worse than to see child's soccer match come to a complete stop to watch bickering parents on the sideline! The final score may not be remembered, but the fan on the touch line making a fool out of him/her self will be.
- Pass the reality test. If your child's team loses, but plays their best, help see this as a "win". Focus on the process, not the end result. Fun and satisfaction should come from "striving to win". On the other hand, don't let "winning" be satisfying if it comes from inadequate preparation and performance.
- Keep the game in its proper perspective. The game should not be larger than life. If the player's performance produces strong emotion in you, suppress them. Remember that your relationship with your child will continue long after the competitive soccer days are over.
- Parents and spectators are to remain on the opposite side of the field as coaches and players during soccer matches.

All parents and players are required to sign a Player/Parent Rule of Conduct form and return it to their coach.

Seashore Soccer League Rules of Conduct



LEADER'S CODE OF CONDUCT

The purpose of the Seashore Soccer League (SSL) is to provide youth soccer players the opportunity to develop soccer skills through a high level of competition. As a leader in the SSL - as coach, assistant coach, manager, or trainer - I understand the importance of the role I play in the lives of my players, and I accept the great responsibility this places on me. In carrying out these responsibilities, I accept the following code of conduct:

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I will teach and demonstrate respect for the Rules of Soccer. I will insist on the highest respect for soccer officials by players, parents, and fans. I understand that disagreement is contrary to the Rules of Soccer and that criticism of officials could destroy the game. I will abide by SSL's policies, procedures, and rules.
- As a head coach, I understand I am responsible for the behavior of my team's assistants, parents, and fans at all games.
- I will respect the players on my team and on other teams. I understand that soccer is merely a game, and that players and coaches on other teams are my opponents, not my enemies. I will teach my team to appreciate how the variety and diversity of players in our Association makes the league richer and more rewarding.
- I will do my best to keep all players, parents, and spectators at least 3 yards off the sideline of the playing field.
- I will inform parents and spectators that no one is allowed behind the goal line at any time for the safety of everyone.



PLAYER'S CODE OF CONDUCT

It is a privilege to be a player in the Seashore Soccer League (SSL). I understand I must follow the rules written below to remain a player in good standing in the Association:

- I will respect the game of soccer and its rules. I will learn these rules and try to follow them. I will play the game fairly.
- I will show respect for the authority of the referee, even though I will sometimes disagree with his calls.
- I will show good sportsmanship before, during, and after games. I understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
- I will help parents and fans understand the Rules of the Game so they can better watch and enjoy the game. I will be sure they understand that disagreement is not permitted in the SSL.
- I will remain at least 3 yards off the sideline of the playing field during all games.



PARENT'S CODE OF CONDUCT

Soccer is a wonderful sport and a passionate game. We should always remember that our attitude is contagious. The referees, the players, the coaches, and the fans should come together to match skills. The other team is our opponent, not our enemy, and thus should be treated with respect.

While winning is important, playing well and fairly is the essence of the game. We will set a good example for our children in their soccer development by adhering at all times to the following:

- We will not criticize the referee openly or directly before, during, or after matches. Any criticism shall be done in writing, not verbally, to my SSL club representative.
- We will only give constructive feedback to players.

- We will cheer at all matches within the spirit of fair play and will do our best to cheer the effort regardless of the outcome. We will be mindful in matches with lopsided scores that cheering our own "winning" team might be misunderstood.
- We will do our best to teach our players to become students of the game.
- We will endeavor to find the "little successes" that our children have during each match.
- We will show the quality of our sportsmanship before, during, and after each and every match and help our children remember to thank the referees after the match without regard to the result.
- We will do our very best to have our children prepared for every match.
- We will support the learning effort of the players, the coaches, and the referees by demonstrating our patience.
- We understand that improper behavior at a match may result in a parent or fan being asked to leave the field by the referee, an SSL official, or a club official so that the match is not jeopardized by the actions of the parent or fan.
- We will leave the coaching to the coach during the match. We will do our best to not give our child instructions during the match.
- We understand that (upon review) the SSL can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- We will do our best to have as much enjoyment watching the match as the players should have playing the match.
- We will remain, and keep all others in our group, at least 3 yards off the sideline of the playing field.
- We understand that sitting or standing behind the goal line is not permitted.



REFEREE'S CODE OF CONDUCT

Refereeing SSL Soccer games is a privilege. To ensure a safe environment for all soccer participants, referees have been given special responsibilities and are therefore expected to act with professionalism and courtesy at all times.

As referees, we will set a good example for everyone in their soccer development by adhering at all times to the following:

- Always remember that the game is for the players. Player safety and fair play come first.
- Study and learn the Rules of the Game and be aware of all changes. Understand the "spirit" of the Rules. Help fellow referees do the same.
- Wear the proper uniform and keep it in good condition. Always be neat in appearance.
- Understand that any criticism of a referee should be limited to constructive criticism in quiet, private referee-to-referee discussions and never within hearing distant of players, coaches, or spectators.
- Respect other referees' decisions.
- Perform designated responsibilities, including attending organized clinics, course, etc. Assist their colleagues in upgrading and improving their standards of officiating, instructing and assessing.
- Honor accepted match assignments. In an emergency, find a replacement.
- Maintain good physical and mental condition so you can keep up with the action.
- Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
- Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.
- Stay calm when confronted with emotional reactions from players, coaches and parents.
- Conduct themselves with dignity both on and off the field of play and shall, by example, endeavor to inspire the true principles of fair play and earn the respect of those whom they serve.

Laws of the Game Definitions

*As defined by U.S. Youth Soccer Handbook for Small sided Games
USYouthSoccer.org*

Fouls and Misconduct: the following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

All fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Fouls and Misconduct:

(U-10- U-12)A direct free kick is also awarded to the opposing team if a player of the following four offenses:

- Hold an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area).
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offenses:

- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession
- Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player
- Touches the ball with his/her hand after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands

An indirect free kick is taken from where the offense occurred.

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line, if a goalkeeper punts or drop-kicks a ball in the air from one penalty area into the opponents penalty area.

Free Kicks(U-6-U-8): All free kicks are direct and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents goal a goal is awarded. If a free kick is kicked directly into the teams own goal a corner kick is awarded to the opposing team.

Free Kicks (U-10-U-12): All free kicks are direct and opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents goal a goal is awarded. If a free kick is kicked directly into the teams own goal a corner kick is awarded to the opposing team.

Kick In: A kick-in is considered as a direct free kick with the opponents 4 yards from the ball until it is in play.

Throw In: A throw in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the throwers:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line

- Uses both hands
- Delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately as it enters the field of play.

Goal Kick (U-6): The goal kick should be taken within 2-3 yards of the goal like anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

Goal Kick (U-8 – U-12): A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- **Procedure:**
 - The ball is kicked from any point within the goal area by a player of the defending team.
 - Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play.
 - The kicker does not play the ball a second time until it has touched a second player.
 - The ball is in play when it is kicked directly beyond the goal area.

The goal kick should be taken within 2-3 yards of the goal like anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

Corner Kicks (U-6-U-8): A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

- **Procedure:**
 - The ball is placed inside the corner arc nearest to the corner
 - Opponents remain at least 4 yards from the ball until it is in play
 - The ball is kicked by a player of the attacking team
 - The ball is in play when it is kicked and moves
 - The kicker does not play the ball a second time until it has touched another player

Corner Kicks (U-10-U-12): A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

- **Procedure:**
 - The ball is placed inside the corner arc at the nearest corner flagpost
 - The corner flagpost is not moved
 - Opponents remain at least 8 yards from the ball until it is in play
 - The ball is kicked by a player of the attacking team
 - The ball is in play when it is kicked and moves
 - The kicker does not play the ball a second time until it has touched another player

Penalty Kick (U-10-U-12): A penalty kick is awarded against a team that commits one of these offenses inside the penalty area:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty

kick has been completed. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moved forward.

Offside (U-12): It is not an offense in itself to be in an offside position. A player is in an offside position if he/she is nearer to his/her opponents' goal line than both the ball and the second last opponent. A player is not in an offside position if he/she is in his/her own half of the field or he/she is level with the second last opponent or he/she is level with the last two opponents or he/she is level with the ball. A player in the offside position is only penalized if, at the moment the ball touches or is played by one of his/her own team, he/she is, in the opinion of the referee, involved in active play by interfering with play or interfering with an opponent or gaining an advantage by being in that position. There is no offside offense if a player received the ball directly from a goal kick, a throw-in or a corner kick.