

# **Twin Rivers Area Youth Soccer League**

## **Rules Packet**

### **2018 Season Final**



# **Twin Rivers Area Youth Soccer League**

## **Mission Statement**

**We the members of The Twin Rivers Area Youth Soccer League seek to foster a safe, fun and recreational environment for all of the elementary school children of our member groups. We seek to provide each child with a fair opportunity to participate and to emphasize sportsmanship and fair play. The focus of Twin Rivers Area Youth Soccer League is to help the children play safe, have fun and learn new skills by encouraging quality instruction.**

## **Twin Rivers Area Youth Soccer League Members**

Alpha Borough  
Greenwich Township  
Holland Township  
Lopatcong Township Athletic Association  
Phillipsburg Youth Soccer Club  
Pohatcong Township  
St. Philip & St. James Athletics

## **Twin Rivers Area Youth Soccer League 2018 Board Members**

<b>President</b>	Kevin Perna	SPSJ
<b>Vice President</b>	Wim Roemersma	Lopatcong
<b>Secretary</b>	Jack Preiss	Alpha
<b>Treasurer</b>	Tim Zagra	PYSC
<b>Representative</b>	Brian Thompson	Greenwich
<b>Representative</b>	Tom Cooper	Holland
<b>Representative</b>	Nelvia Horvath	Pohatcong

All members have an equal vote on any League issues.

# Twin Rivers Youth Soccer League Official Rules 2018

## Article 1

### General League Policies

1. Instruct and teach the laws and rules that are the game of soccer and how to implement them.
2. Instill discipline and sportsmanship into the minds of the players, coaches, fans and referees, while still using the game for enjoyment.
3. **This is a recreational league, there shall be NO team stacking, etc. Each organization is responsible for ensuring equivalent teams are created at each level. If there is more than one team per level, a draft must occur. No single grade teams shall be permitted if there are more than one team per level.**
4. A 6-goal differential shall not be exceeded. It does not matter which teams scored the goals up to that point. The Mercy Rule is only violated if the dominating team scores a goal beyond the 6-goal differential, in which the following action will be taken:
  - a) First Time: Game will be finished but forfeited by the team that exceeded the 6-goal differential. The head coach will receive a red card.
  - b) Second Time: Game will cease. The assistant coach will receive a red card.
5. Each township/organization is responsible for reviewing with their coaches recommended strategies for limiting goals when a game is one-sided. Some of these strategies are listed on the last page of this packet.
6. Coaches identification must be worn as defined in Article 4 below. No more than 3 coaches are permitted on the team's bench. Coaches are to remain on their half of the field.

## Article 2

### Team Entries and Field Designations:

The season begins the first Saturday following Labor Day. Member representatives to the league must notify the President and the Secretary of the league as to the teams from that municipality to be entered in the league. This notification must be given by the deadline set each year in order to provide sufficient time to arrange the schedules. At this time, playing fields to be utilized in each municipality must be designated and approved by the league Directors.

### Roster of Players:

Temporary rosters of all participating players must be submitted to the league along with the declaration of teams entered and must be updated with the league secretary no later than the first game of the season. Any additions to the rosters will be allowed throughout the season and must be submitted to the Secretary and TRAYS Board immediately. The roster given by the league will be used by all municipalities. They must include birthdays and grade they will enter this September.

**Roster Size:**

<b>Level</b>	<b>Age</b>	<b>Players</b>	<b>Min/ Max</b>
Kinder Kickers	U6	4 v 4	min 10, max 14
Little Kickers	U8	4 v 4	min 10, max 14
Biddy	U10	7 v 7	min 8, max 12
Intermediate	U12	9 v 9	min 10, max 16
Senior	U14	11 v 11	min 12, max 18

Exceptions to the number of players will be granted on a case by case basis by the TRAYS board.

If an organization has more than the maximum allowed they must bring this to the board for their approval.

**Player Eligibility for Fall 2018 Season:**

<b>Level</b>	<b>Age</b>	<b>Birth Year</b>	<b>Potential Grade</b>
Kinder Kicker	U6	2013	Kindergarten
Little Kicker	U8	2011 / 2012	1 <sup>st</sup> and 2 <sup>nd</sup> grade
Biddy	U10	2009 / 2010	3 <sup>rd</sup> and 4 <sup>th</sup> grade
Intermediate	U12	2007 / 2008	5 <sup>th</sup> and 6 <sup>th</sup> grade
Senior	U14	2005 / 2006	7 <sup>th</sup> and 8 <sup>th</sup> grade

- Exceptions can be made for 8<sup>th</sup> graders who age out of eligibility. The TRAYS board will have the right to vote on allowing these players to play.
- It is the responsibility of each organization to bring these players to the TRAYS board for their approval. Failure to do so and these players will be deemed ineligible.

**Player Movement:**

1. Each player must play for the member organization representing the town that he/she lives in.
2. Exception: If a player lives in Town "A" but goes to school in Town "B" (via school choice) then that player is allowed to play with Town "B."
3. Players may move from one organization to another under the following circumstances:
  - a. If there are issues between the player or their parent and the coach that may not be in the best interest of the team/organization or to the child.
  - b. If a parent is adamant that their child play for another organization, they must get a written release from their primary organization, as well as the TRAYS Board's approval.
  - c. If a player's primary organization cannot field a team at the player's level, for that season only.

**4. If a player is found to be playing for a different organization (without permission) the punishment could be:**

- a. Player could sit out up to 2 games and a team may forfeit 1 game.
- b. The final penalty will be at the discretion of the TRAYS Board once they find out all the details.

**Player Participation:**

Each player in good standing must play a minimum of one half of every game of which they are present. Players wearing casts will not be eligible for competitive play.

**Failure to Field a Team:**

If a team fails to fulfill a scheduled game at any time, it will be punished by the loss of that game. Any visiting team that fails to field a side within 30 minutes after the scheduled start of a game, or 15 minutes for a home side, that team shall forfeit the game to the opponent 1-0. In the event that both teams do not appear, and the referee deems the ground playable, then both teams shall be awarded a loss.

**Teams will field an equal number of players at the start of all games.**

- Kinder Kickers (U6) and Little Kickers (U8) will play 4 v 4, with a maximum of 5 v 5 if agreed upon by both coaches. Typically (if there are enough players) a KK and LK team will randomly split and play 2 games side by side.
- Bidy (U10) – A Bidy game shall consist of 7 v 7 teams with a minimum of 5 v 5.
- Intermediate (U12) – An intermediate game shall consist of 9 v 9 teams with a minimum of 8 v 8.
- Senior (U14) – A Senior game shall consist of 11 v 11 with a minimum of 9 v 9.

**Article 3**

**Officials / Referees:**

One referee shall be designated to each game. The referee is the sole time and scorekeeper. They shall conduct themselves in the manner stated in “The Laws of The Game.”

The referee has the duty to:

- a. Inform the coach of any infractions of the Laws of The Game by any member of the coach’s team.
- b. Discipline a coach, supporter, or parent in the same way as the player’s i.e.; yellow card, red card. If a coach, supporter, or parent is sent from the field of play, he/she, as must a player, leaves the surrounding area and takes no further part in the proceedings. The red card will also issue a one game suspension and a \$25 (twenty-five) fine that must be paid from their own pocket to the relevant township.
- c. Interpret the laws to fit each game and implement them.
- d. Review the laws with the coaches before the start of each game.
- e. Inform the Head Referee/Assigner of any red and yellow cards and the reason for the card. The Head Referee/Assigner should in turn notify the league board and the carded individual’s township director(s).

A Head Referee/Assigner shall be appointed by the league. The Head Referee shall designate a referee for each game that is scheduled. In the event of a non-appearance of a referee the opposing coaches may agree to referee. If they agree to referee the game the result will be an official one.

At the KK (U6) & LK (U8) levels, one coach from each team will officiate. Each coach will take a side of the field. They are permitted to be on the field. They may also elect to re-schedule games as needed.

### **Referee Fees:**

For 2018 - Bidy (U10) Intermediate (U12) and Senior (U14) levels the referee fee of **\$25.00 per team (\$50 per game)** will be paid to the official before the start of the game. Half of the referee fee shall be paid if the if the teams/league director cancels the game less than one hour before the scheduled game time.

### **Article 4**

#### **Laws of The Game:**

All games will be played under “The Laws of The Game,” as stated by F.I.F.A. unless otherwise stated by the league or modified by the U.S.S.F., in “The Official Rules of Soccer.”

- a) Goal kicks at the Bidy (U10) level shall be taken from the **edge of the goalie box**.
- b) The 6 second rule for the goalkeepers does **not** apply at the Bidy level.
- c) The referee may give a “Second Chance” throw-in at the Bidy level. They should explain the reason and teach how to properly do a throw-in.
- d) Players & coaches will remain on one side of the field for the entire game.
- e) Parents and children (fans) shall view the game from the opposite side of the field that the players & coaches are on between the two 14/18-yard lines and NOT behind either goal.
- f) No more than three (3) coaches will be permitted on the player’s side of the field, and shall be identified by a shirt, hat or ID tag.
- g) No coach will be permitted to be a flag person at any time. Flag persons are not permitted to coach while working. If at all possible, the Flagman should be an adult.
- h) Fans will not be permitted to be closer than 10 feet to the touch line; the restraining line for spectators will be identified in paint.
- i) During the game, coaches & players are restricted to the area on the sideline between midfield & the 18-yard line on which their bench resides.

### **Fouls and Misconduct:**

A player who intentionally commits the following offenses shall be penalized by the award of a direct free-kick and at the referee's discretion a yellow/red card:

- a) Kicks or attempts to kick an opponent.
- b) Trips an opponent.
- c) Jumps at an opponent.
- d) Charges an opponent in a violent and dangerous manner.
- e) Charges an opponent from behind unless latter is obstructing.
- f) Strikes or attempts to strike an opponent or spits at him.
- g) Holds an opponent.
- h) Handles the ball.

If any of these offenses are committed in the penalty area, then a penalty-kick shall be awarded. An indirect free-kick and at the referee's discretion a yellow/red card will be given against a player who intentionally;

- a) Is guilty of unsportsmanlike conduct.
- b) Shows by word or action dissent from any decision given by the referee.
- c) Persistently infringes "The Laws of The Game."

**\*Any player issued a yellow card must sit out for two (2) minutes – a substitution is allowed.**

A player shall be sent from the field of play and be suspended for a minimum of 1 game when shown the red card, if in the opinion of the referee, he/she:

- a) Is guilty of a foul and abusive language.
- b) Is guilty of violent conduct.
- c) Is guilty of serious foul play.
- d) Is guilty of second yellow card offense.
- e) Is guilty of committing the "Professional Foul," i.e.; impeding an opponent by pulling by their shirt, tripping them or deliberately stopping an opponent from reaching the goal by illegal means.

Any coach or spectator guilty of the above infractions or who intentionally interferes with play shall be shown a red card.

**Slide tackling is not permitted except at the Senior level.**

**Heading the ball is not allowed at the Kinder Kicker (U6), Little Kicker (U8) and Bidy (U10) levels. If a player heads the ball the opposing team is awarded an indirect free kick.**

At the second receipt of a red card during one season, the player or coach must appear in front of the TRAYS board before being eligible for reinstatement.



### **The Ball In And Out Of Play:**

The ball is out of play:

- a) When it has wholly crossed the goal-line or touch-line, whether on the ground or in the air.

The ball is still in play:

- a) If it rebounds from a goal-post, cross-bar or corner-flag post into the field of play,
- b) If it rebounds off either the referee or linesman when they are in the field of play

### **Off-Side (Enforced at Biddy (U10), Intermediate (U12) and Senior Levels (U14):**

A player is in an offside position if he is nearer to his opponent's goal-line than the ball, unless;

- a) He is in his own half of the field of play, or;
- b) He is not nearer to his opponent's goal line than at least two of his opponents.

A player shall only be declared offside and penalized for being in an offside position, if, at the moment the ball touches, or is played by, one of his team, he is, in the opinion of the referee;

- a) Interfering with play or with an opponent, or;
- b) Seeking to gain advantage by being in that position.

A player shall not be declared offside by the referee;

- a) Merely because of his being in an offside position, or;
- b) If he receives the ball from a goal kick, a corner-kick, or a throw-in.

If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from where the infringement occurred.

### **Length of Game/Substitutions:**

#### **Length of games:**

<b>Level</b>	<b>Age</b>	<b>Players</b>	<b>Length of Game</b>	<b>Half Time</b>
Kinder Kicker	U6	4 v 4	4 quarters x 10 minutes	5 minutes per quarter
Little Kicker	U8	4 v 4	4 quarters x 10 minutes	5 minutes per quarter
Biddy	U10	7 v 7	2 halves x 25 minutes	10 minutes per half
Intermediate	U12	9 v 9	2 halves x 30 minutes	10 minutes per half
Senior	U14	11 v 11	2 halves x 30 minutes	10 minutes per half

### **Kinder Kickers (U6) / Little Kickers (U8)**

- A size 3 ball is used.
- 4 v 4 (no goal keeper)
- Teams shall split in two so that two simultaneous 4 v 4 games are played at the same time. Teams can play 5 v 5 if numbers permit.
- Teams shall change sides at the end of half time.
- Substitutions are allowed during stoppages of play with consent of the on-field coaches who are serving as referees.

### **Biddy (U10) / Intermediate (U12) and Senior (U14)**

- Teams shall change sides at the end of half time.
- Teams can sub players in good standing, on their own possession of the ball (with permission of the referee), goal scored, or for medical or safety reasons.
- All players in good standing shall play at least half the game.

### **Little Kickers (U8) and Kinder Kickers (U6) will follow the U.S. Soccer Player Initiative:**

- A size 3 ball is used.
- 4 v 4 (no goal keeper.)
- Shin guards are required.
- Substitutions are unlimited and can occur at any time.
- Games consist of four (4) 10-minute quarters, with 5 minutes at half time. Teams switch sides at half.
- Playing times can be less than 10 minutes when agreed to by both coaches.
- Field:
  - Length 25 - 35 yards
  - Width 15 - 25 yards
- Goals should be no larger than 4' high x 6' wide.
- Corner flags are optional.
- Field lining – The only lining required is the perimeter and a half line.
- Kick offs, free kicks, throw ins, goal kicks and corner kicks are used to start or restart play.
- Kick ins and/or dribble ins are also acceptable.
- All free kicks are indirect.
- Opponents should be 10 feet away from the ball on all restarts.
- No penalty kicks.
- No off-sides.
- No heading is allowed. If a player heads the ball an indirect free kick should be awarded to the opposing team from the spot of the offense.
- No referees are required. One coach from each team is permitted on the field.
- TRAYS Rule – Teams shall consist of 10 to 14 players. Prior to game time, your team will be randomly divided into two squads. Two games shall be played simultaneously. If one team does not have enough players for two squads, we encourage player sharing so that two games can occur.
- **Together, coaches and parents are expected to create and promote a fun and safe environment for the players.**

### **New 2018 – Bidy Level U10 will follow the U.S. Soccer Player Initiative:**

- A size 4 ball is used.
- 7 v 7 (6field players and 1 goal keeper)
- Shin guards are required.
- Substitutions are unlimited and can occur at any stoppage.
- A Game consist of two (2) 25-minute halves, with 10 minutes at half time. Teams switch sides at half.
- No added time in the event of a tie.
- Field:
  - Length            55 - 65 yards
  - Width            35 – 45 yards
- Goals should be no larger than 6.5 feet high x 18.5 feet wide. Exception: “Old” Bidy goals are still allowed to be used.
- No punting by goal keeper. If a goal keeper punts or drop kicks the ball, an indirect free kick shall be awarded to the opposing team from the spot of the offense.
- The TRAYS Board has voted to **NOT** play with a “Build Out Line.”
- Off-sides will be enforced.
- No heading is allowed. If a player heads the ball an indirect free kick should be awarded to the opposing team from the spot of the offense.

### **New 2018 – Intermediate Level U12 will follow the U.S. Soccer Player Initiative:**

- A size 4 ball is used.
- 9 v 9 (8 field players and 1 goal keeper)
- Shin guards are required.
- Substitutions are unlimited and can occur at any stoppage.
- Game consist of two (2) 30-minute halves, with 10 minutes at half time. Teams switch sides at half.
- No added time in the event of a tie.
- Field:
  - Length            70 – 80 yards
  - Width            45 – 55 yards
- Goals should be no larger than 7 feet high x 21 feet wide. Exception: “Old” Intermediate goals are still allowed to be used.
- Off-sides will be enforced.
- Heading the ball is allowed.

## **Senior Level – U14**

- A size 5 ball is used.
- 11 v 11 (10 field players and 1 goal keeper.)
- Game consist of (2) 30-minute halves, with 10 minutes at half time. Teams switch sides at half.
- Field size – Standard full-size field.
- Heading is allowed.
- Slide tackling is allowed.

### **Weather:**

In case of inclement weather forecast with a chance of thunderstorm or lightning, players' safety is always the primary concern. We must be alert to the danger of lightning on a wide-open field and take the proper precautionary actions quickly. The United States Soccer Federation (USSF) position is that if you can hear thunder, you are within reach of lightning and that referees must protect the safety of all participants by stopping game activities quickly so that participants may retire to a safer place before the lightning threat becomes significant. Applying the 30-30 rule, it is recommended to wait no less than thirty (30) minutes after hearing the last thunder before leaving shelter. The game will be postponed/cancelled if thunder is still present after the first thirty (30) minute break. These guidelines should also apply to practices.

### **The Ball:**

The ball shall be spherical; the circumference of which shall not be more than 28 inches and not less than 27 inches. The weight of the ball at the start of the game shall be not more than 16 oz. or less than 14oz. Most balls have a recommended pressure already embossed on the outside. These numbers should be adhered to:

<b><u>Level</u></b>	<b><u>Size</u></b>
<u>Kinder Kicker</u>	<u>3</u>
<u>Little Kicker</u>	<u>3</u>
<u>Biddy</u>	<u>4</u>
<u>Intermediate</u>	<u>4</u>
<u>Senior</u>	<u>5</u>

### **Player's Equipment:**

The basic recommended equipment of a player shall consist of a jersey or shirt, shorts, appropriate socks, shin guards, appropriate footwear, and appropriate eyewear, (if necessary). A player shall not wear anything that is dangerous to another player. Shin guards must be covered entirely by the socks. **No jewelry of any kind shall be worn including watches, earrings, necklaces, etc.**

If eyewear is necessary for play, it must adhere to the following NJ statute:

*“Any child who wears corrective eyeglasses while participating in racquetball, squash, tennis, women’s lacrosse, basketball, women’s field hockey, badminton, paddleball, soccer, volleyball, baseball or softball, sponsored by a school, community or government agency, shall be required to wear protective eyewear that meets the frames standards of the American Society for Testing and Materials (ASTM) F8 0 3 and lens standards of the American National Standards Institute (ANSI) Z8 7.1.”*

Remember that the league is here to make Soccer a fun sport to play and participate in. Rules and regulations are put in place to serve a purpose and are not implemented to be broken. If there are any infractions of these rules, then the individuals at fault will be dealt with accordingly. The ruling of the league and its officials are final. If any individual has questions or protests during or before season, they will be heard and dealt with (see Article 3). Teach your players the fundamentals of the game, respect for others and above all else, fairness and good sportsmanship. With all of this in mind, have an enjoyable season.

### **Reporting Game Results:**

Each coach is responsible for reporting game scores to their township director within 24 hours of the game. Member organization directors are to report their entire organization’s scores to the TRAYS President or designee within 24 hours of game time. It is our intention to get the scores posted on the website within 24 hours. Without adequate notification to the TRAYS board of a make-up game, both teams will be scored a loss for the regular season standings subject to board discretion.

### **Playoff System – Senior (U14), Intermediate (U12) and Biddy (U10)**

**The Top four (4) teams by record will be in the playoffs.**

In the event of a tie for the last playoff spot, playoff team will be decided by:

1. Tie breaker – head to head.
2. The two teams will play a “play-in” game (weather permitting.) at a mutually agreed time the week leading up to the playoff weekend including possibly the morning of playoff weekend.

For playoff seeding, ties will be settled by:

1. Head to Head results.
2. Regular season goal differential.
3. Goals against during regular season.
4. Goals scored during regular season.

## **Playoff Overtime**

- In case of a tie at the end of the game, there will be two (2) 10-minute periods, with teams switching sides after the first 10-minute period.
- Golden / sudden victory goal will be in effect in these overtime periods.
- If no goals are scored during either overtime period, penalty kicks will be taken to decide the game.
- Each team will choose five (5) players to shoot. The Goalkeeper for the shootout does not have to be the Goalkeeper during the game. Additionally, the Goalkeeper selected for shootout may also be selected to take a penalty kick.
- After a coin-flip to decide which team shoots first, teams will alternate shots for all five shooters or until one team wins the shootout. If there is a tie after five penalty shots for each team, the teams will alternate penalty shots until a winner is decided. The players who took the first five penalty shots may not shoot again until all players have taken penalty shots.

# Twin Rivers Area Youth Soccer League

## Tools to Avoid Exceeding a 6-Goal Differential

The following are guidelines that coaches in the Twin Rivers Area Youth Soccer League can implement to avoid triggering the 6-goal differential Mercy Rule. These ideas can be used individually or in combination. It is also suggested that these ideas be used gradually as the dominating team's score exceeds a 3-goal differential.

- **Strong player substitution** - substitute weaker players sitting on the sidelines for the stronger players on the field.
- **Rotate positions** - move the high scorers to defensive positions.
- **Reduce players** – reduce number of players to minimum allowable.
- **One touch** – players are only to physically touch the ball once. After a teammate comes into contact with the ball, they may have another single touch.
- **18-yard line restriction** – dominating team is not to advance beyond the weaker team's 18-yard line (penalty box).
- **Shooting restriction** - No shooting on goal from within the penalty box.
- **Midfield restriction** – dominating team is not to advance beyond the midfield line.