

RECREATIONAL PROGRAM HANDBOOK

FOR TEAM COACHES

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Introduction

Welcome to the Recreational Soccer Program at Eclipse Soccer Club! On behalf of the Eclipse Soccer Club Board of Directors, our many volunteers, and our players, I want to thank you for volunteering to manage and coach an Eclipse recreational soccer team.

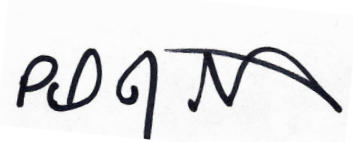
Eclipse Soccer Club is the largest soccer club in the southwest Houston area, with well over 2,400 youth from the ages of 3 to 19 who are playing soccer in many different leagues and at many different competitive levels. Eclipse has a program that's just right for every youth soccer player, no matter how well he or she plays soccer.

This handbook was developed exclusively for our Recreational Soccer Program coaches. It contains the information that you will need to understand your role and responsibilities, and the roles and responsibilities of others that you will rely on to help you manage the team.

The club realizes that you are choosing to invest your time and energy into the development of the youth in our area. Our club is built on the efforts of volunteers like you. We understand the importance of providing you with clear and practical information so that you may effectively fulfill your duties as a coach.

As a coach, you will have considerable influence over the character and development of the players on your team. I encourage you to understand the considerable influence that you'll wield over the young men or young women under your guidance. Strive to be a positive influence at all times. How you react in good times and bad will speak volumes.

Thank you for again for volunteering. Good luck this season!

A handwritten signature in black ink, appearing to read 'P. Rossetti', with a stylized flourish at the end.

Paul Rossetti
President
Eclipse Soccer Club

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Eclipse Soccer Club Philosophy

The Eclipse Soccer Club's (Eclipse) first priority is to ensure that all youth in the club have fun learning and playing the world's number one sport in a safe, positive environment. Eclipse encourages healthy competition and the development of good soccer skills while instilling the importance of teamwork, dedication, and good sportsmanship.

It is the policy of the club that all players, regardless of age or skill level, be allowed to play at least 50% of every game (except Division I). It is also the club's policy that the same player not play more than one half of the game as goalkeeper in recreational level games. Coaches are encouraged to move players around in various positions.

Eclipse Soccer Club has a wealth of extremely qualified coaches who have voluntarily dedicated their time to working with our approximately 2,400 players. Eclipse provides the opportunity for these coaches to attend coaching development programs, and encourages all coaches to obtain coaching license. Through parent/player coach evaluation forms, coaching progress is monitored to assure that the club's and player's expectations are being met.

Eclipse has a zero tolerance policy in effect with regard to abusive language directed at players, coaches, or referees by coaches or players themselves, parents, or others present on the field at any time. Referees and coaches are given the authority to ask anyone in violation of this policy to leave the field and report such action to the Eclipse Board of Directors. Players are encouraged to report any such actions they encounter to the referee or coach. These are children and only through positive reinforcement will their soccer experience be an enjoyable one.

It is the contention of Eclipse Soccer Club that any team that operates as a team, has fun, learns and competes fairly, and has the positive support of parents has won the game regardless of the score.

Our Vision

The club is a federation of community-based recreational soccer programs in south and west Houston with a single select soccer program, whose teams and individual players compete consistently at the regional and national level.

The club is widely acknowledged as providing the highest quality player development programs, facilities, staff, education, leadership, and management so that all participants are encouraged to reach their maximum potential while developing a passion for the game.

Our Mission

We strive to provide an environment that promotes a passion for the game and a positive overall experience for all participants.

We promote community-based recreational soccer programs in south and west Houston by providing high quality player development curriculum, coaching development, training support, and operational assistance for these programs.

We commit to continuous improvement of our select soccer program's performance at all levels by supporting recreational soccer programs, developing players and attracting outside talent.

General Information

Parent Code of Conduct

I will set a good example for my child in his/her soccer development by adhering at all times to the following:

1. I will ensure that my conduct shall reflect courtesy, sportsmanship, good citizenship, respect for others.
2. I will respect the game of soccer and its Laws.
3. I will show respect for the authority of the referee and the coaches, even though I will sometimes disagree with their calls. I will refrain from questioning decisions of the referee.
4. I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or Eclipse official, even in jest.
5. I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where Eclipse operates.
6. I will not use profanity nor hostile, negative, foul or abusive language.
7. I will show good sportsmanship before, during and after games. I understand that soccer is a game, and that the players/parents on the other team are my opponents, not my enemies.
8. I will remain in the Marked Spectator Area, i.e., between the 18-yard line and at least 3 yards behind the touchline.
9. I will not use horns, wooden clappers, sirens, power megaphones and other noisemakers.
10. I will follow field/facility rules and regulations, respecting at all times the property of others.
11. I will help guests or new participants understand the "Laws of the Game" (www.fifa.com) so that they can watch and enjoy the game better.
12. I shall refrain from coaching my child during the match from the sidelines.
13. I understand that improper behavior at a match may result in the coach receiving a yellow card caution or even a red card ejection. A parent may be asked to leave the field by the referee, a club official, or the coach if he or she behaves inappropriately.
14. I understand that if I violate this Code of Conduct, club or league policies and procedures, or Federal, State or local laws, upon review, the Eclipse Soccer Club can, and will if necessary, suspend an individual from future soccer activities.
15. Parents should not be openly critical of team members, coaches, training staff members or club officials in front of their own child. Public criticism may affect your child's attitude toward that player or adult, which could also undermine team spirit and morale.
16. Parents must not approach any training staff member or team manager during or after a club event or competitive match with any specific complaints regarding the team or child. We ask that the parent wait and discuss with the relevant training staff member or coach at a mutually convenient time (and perhaps location) to discuss the issue.
17. Parents must keep a sensible distance from any training or game situations (please observe from a distance). This is in order to help our players avoid feeling pressure from parents and also helps the training staff or coach keep the full attention of the players. In age groups where parents occupy the sideline opposite the players, parents should refrain from approaching the player side of the field. This is a distraction and does not help your child or his team. The exception to this rule is to bring your child liquids or equipment they may require.
18. Parents should try whenever possible to volunteer for some type of club event each year. A club is only as strong as its volunteer core, and we always appreciate offers of help in every area. Please contact any board member if you have an interest in offering assistance to your club.

19. Parents must give as much advance notice as possible regarding a player missing any future team event. It is of great benefit to team preparation if we know a player will be missing. This allows us time to compensate for the loss of the player by making the necessary adjustments.
20. Finally, we ask that you please contact us if you have any ideas to make us a better club. We want to provide the best service possible on behalf of the players entrusted to our program. Contact information for Board members and Recreational commissioners are on the Eclipse website, and we are genuinely interested in the ideas, suggestions and comments of our members.

Code of Ethics for Coaches

I coach because I want to help young people mature into well adjusted, productive adults with strong character and because I want these young people to get a proper exposure to the fun and exciting game of soccer. In short, I want them to enjoy soccer and sport and to grow up well.

- 1) My actions and personal manner will be a good example for young people to follow.
 - a. I will treat all players, coaches, administrators, parents and referees with the respect and courtesy I desire for myself.
 - b. Any dissatisfaction I want to express will be stated in a private forum and in a restrained and civil manner.
 - c. I will respect and honor the beliefs and sensitivities of all players, coaches, parents, administrators, and referees.

- 2) No matter how selected, I recognize that all players on my team have value, both as players and as a person.
 - a. If I select players for a competitive or select team, I will do so recognizing that players are on the team to play, not to watch.
 - b. If I am assigned players for a recreational team, I recognize that all signed up to play and have fun and, except for health or disciplinary reasons, I am committed to playing each player more than fifty percent of the game and in a manner that seems fair to all players and parents.
 - c. As a coach it is not appropriate for me to teach the players that "life is not fair"; they will learn enough of that on their own. My job is to make the soccer part of their life as fair as possible, no matter what the level of competition.

- 3) I will be prepared for each game and practice.
 - a. For practices I will have a practice plan that efficiently uses the time available and teaches the players important skills and strategies for the game of soccer.
 - b. For games I will have a game plan that will utilize the talents of all my players to the utmost while insuring that each player feels needed and respected.

- 4) I will be an encourager, not a discourager.

- 5) I will follow all the Laws of the Game and will abide by all the administrative procedures of my club, local association, South Texas Youth Soccer Association, United States Youth Soccer, and the United States Soccer Federation.

- 6) I will do my best to make soccer the fun game for all.

Code of Ethics for Parents

As a parent I play a special role in contributing to the needs and development of children.

Through my encouragement and good example, I can help assure that all the boys and girls learn good sportsmanship, and self-discipline. In soccer young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat – all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Support your child by giving encouragement and showing interest in their team is very important.

Help my child work toward skill improvement and good sportsmanship in every game. Teach my child that hard work and an honest effort are often more important than victory – that way your child will always be a winner despite the outcome of the game!

Always Be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember That Your Child Wants to Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals – to play the game for themselves. Take care not to impose your own standards and goals on them.

Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieves their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be a Sideline Coach or Ref

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!

Code of Ethics for Players

I will play soccer for the enjoyment of the game.

I will show respect to all involved in the game:

- Referees
- Coaches
- Parents and spectators

And most of all to the players, both on my team and the opposing team, for without the other players, the game would not be played.

I will conduct myself with dignity and obey the laws of the game.

Levels of Play: An Overview

Eclipse Soccer Club forms teams that play at various levels of competition:

- United Soccer Clubs leagues administered by Eastern District Division One Association (EDDOA)
- Houston PDF leagues for Academy teams
- Division II and III – leagues administered by Houston Youth Soccer Association (HYSA)
- **In-House Recreational** – leagues administered by Eclipse consisting of teams solely from within Eclipse Soccer Club.

Within the **Eclipse Recreational** program:

- U15+ boys and girls teams (“Rec/HYSA” teams) compete against other Houston area teams at the Recreational Division III level.
- U4, U5 & U6 coed, U8 to U14 boys and girls *in-house* teams compete against other *in-house* Eclipse Recreational teams.

Game Schedules

Every effort is made to post schedules onto the club website (*Recreational > Game Schedules*) as soon as possible. Eclipse has limited field space; therefore, scheduling is a massive effort.

Rec/HYSA Teams (U15+ boys and girls)

Division III games are scheduled by HYSA. Please be aware that HYSA may communicate any changes in the rules and game schedules during the playing season. Game schedules are posted on the HYSA website: HYSA.US.

In-House Recreational Teams

All in-house games are scheduled by Eclipse.

Weather Considerations – Rainouts and Lightning

The morning of games, coaches should check our field status at the **Eclipse rainout number: 281-265-0569 and in the Field Status section of the club website.** (For U15+ Rec/HYSA teams, additional rainout procedures are outlined in the coach's material issued by HYSA.) General soccer policy is that games are played rain or shine. A game will not be canceled because of rain if the field is still in playable condition and, of course, there is no lightning. Consideration will be given to field damage from play when it is muddy.

We regularly update our field status both on the club website and rainout number. If the field line and website indicate that the fields are open, the team should be at the field at the scheduled time. The decision to postpone or cancel a game is made by the referee or the Field Manager.

In-house games cancelled due to weather may be rescheduled at the Club's discretion during a designated make-up week/weekend. U15+ Rec/HYSA games will be rescheduled per HYSA rainout procedure for each division.

Eclipse Soccer Club Lightning Policy: This policy is to be followed for all Eclipse Soccer Club activities, including but not limited to practice sessions, scrimmages and games. This policy is to be enforced by club officials, coaches and referees without exception.

If lightning is observed and the interval between the lightning and the accompanying thunder is less than 1 minute:

- All soccer activity must be stopped immediately.
- Fields must be cleared.
- All participants should be advised to find a safe place (such as a car or building) to wait.
- Soccer activity shall not resume for a minimum of 30 minutes following the initial suspension or the last lightning / thunder interval less than 1 minute.

As an alternative to the above visibility/sound test, a mobile weather application (such as WeatherBug's Spark) may be used. Activities should be suspended if lightning is detected within a 10-mile range. Activities may resume when there has been no lightning detected in the 10-mile range for at least 30 minutes.

Season Timelines (approximate and subject to change)

On-time Registration (late registrations accepted as space allows)

- Fall season: early May to early July
- Spring season: early November to mid-January

Notification of Team Placement

- Fall season: coaches will contact players in mid- to late August.
- Spring season: coaches will contact players in mid- to late February.

Practices (Coaches will inform players of schedule/location.)

- Fall season: beginning in mid- to late August
- Spring season: beginning in mid-to late February

Regular Season Games

- Fall season: beginning the 2nd weekend of September (weekend after Labor Day), and ending the weekend before Thanksgiving (dependent upon the number of teams in each age group).
- Spring season: beginning the 1st weekend of March, and ending mid- to late May. Games are not held the weekends of Spring Break week.

Team Picture Day (Fall season only): To be determined. Photographer/Studio will e-mail coaches, and coaches will inform players of exact date/time.

Requirements to Coach

- All volunteers (coaches, assistant coaches, team parents) must: 1) formally register with the Club, and 2) submit to background check in order to obtain a valid Adult Participation/KidSafe pass (APP). Registered volunteers must affix their photo to the front of the pass, sign the back, and laminate the entire pass. Fall season APPs are valid for one year (9/1 - 8/31); spring season APPs are valid until 8/31 of the current year. Coaches must display valid APPs (laminated, photo affixed and signed by volunteer) during all games.
- All coaches are required to attend an age-appropriate coach clinic and obtain a coaching license within 12 months from the time they begin coaching for the Club. If they do not obtain a license, the state league does not allow them to continue to coach. Eclipse will reimburse registered coaches for clinic fees paid, once attendance has been verified.
- Any person 16 years of age or older may coach an Eclipse team. Youth coaches younger than 18 years of age must have an adult assistant coach and must have an adult parent present at all practices and games.

Practice & Games: General Guidelines

1. Practice fields and times will be scheduled by the Recreational Commissioners. **DO NOT** arbitrarily show up at the field to practice. **DO NOT** contact school principals for practice fields.
2. Practice games ("friendlies") should be scheduled only with other Eclipse and HYSA/EDDOA teams, and the HYSA or EDDOA Administrator needs to be informed for insurance reasons. Contact the Recreational Commissioner for assistance in scheduling a practice game.
3. Teams should participate only in games and tournaments sanctioned by USYSA.
4. Eclipse guidelines recommend no more than two practices per week for recreational teams.
5. Report any unsafe field conditions to the Field Coordinator or any other Eclipse official.
6. Field damage usually occurs when practices or games are held on wet grounds. Please use good judgment on wet surfaces.
7. If a field is closed for games for the day, it is also closed for practices or other soccer activities for the day. However, if a game is canceled on a field because of playing conditions, the remainder of the games scheduled for that field may still be played depending upon the field condition at game time. The referee of each game will determine whether the game can be played.
8. Coaches or parents should not drive a vehicle onto any field or school grounds.
9. **ABSOLUTELY** no alcoholic beverages are allowed on the grounds used by Eclipse. Use of tobacco products is prohibited on Eclipse fields and in the designated spectator and coaching areas.
10. **DO NOT** leave the practice field or match area until players' parents or guardians have picked up all of your team players. Encourage your parents to pick up the players on time by ending your practice on time.
11. Shin guards must be worn at all practices and games. Players shouldn't chew gum at practice or games. Jewelry must not be worn during practice or games; **this includes earrings, regardless of how they may be covered**. No hard casts are allowed, regardless of the level of padding.
12. Coaches should carry a general first-aid kit with them to practice and games. They should also have medical release forms and emergency contact information for each of the players.
13. Frequent water breaks are required every 15 minutes, particularly early in the fall season or during hot and humid conditions.
14. Heading the ball
 - U12-and-below: Heading the ball in practice or game competition is not allowed. (See *Rules of Play* section below for game situations.)
 - U14s: Headers are allowed during games, but should be limited during practice.

The Game

Play Time

All players (in-house AND U15+ RecHYSA), regardless of skill level or age, must play at least 50% of every game. A player is not allowed to play the goalie position for more than 50% of the game.

Player Uniforms and Equipment

Uniforms are usually distributed at the coaches meetings before the first game. Players will not be allowed to play unless they are in full Eclipse uniform. The team must play in the Eclipse uniform or risk forfeiture unless there is a color conflict. Shin guards are mandatory. A player without shin guards will not be allowed to play. The home team must change shirts when there is a color conflict. Goalkeepers must wear colors that clearly distinguish them from players on their own or opposing team. (U15+ Rec/HYSA only: each player on a team must have a number on the back of his/her shirt that is different from the numbers of the other players of his/her team.) Footwear may be tennis shoes or soft cleated soccer shoes; hard cleats are not allowed.

Coach/Player Credentials

In-house games: **Only registered head coaches and assistant coaches with valid APPs may be on the team/player sideline, and a maximum of 2 coaches per team are allowed on the team/player sideline during games. A team mom/dad with a valid APP may fill in as one of the coaches on game day only if the 2-volunteer maximum is not exceeded.** APPs must be properly prepared (photo on the back, signed by volunteer, laminated) and visibly displayed during all games.

U15+ Rec/HYSA games: Prior to the game, each coach will hand the referee an official game report form on which the team roster (with registration and jersey number), name of the field, game number, division of play, name of club, and coach(es) are filled out. The referee will also check player cards and coach APPs, which will be presented by each team's coach.

U15+ Rec/HYSA ID cards: Players and coaches must have a laminated identification card (for coaches, an APP - please see **Requirements to Coach** section, above). These ID cards must have the person's signature and picture on them prior to lamination. The coach should keep the player cards during the season. Fall season APPs are valid for one full year (9/1 through 8/31); spring APPs are valid until 8/31 of the current year. New player cards are issued at the beginning of each season and are valid only during the season in which they are issued. However, please do not throw your players' cards away at the end of the season.

If you should lose an ID card, please contact the Club Registrar.

Game Duration

U17-U19	45-minute halves
U16	40-minute halves
U14	35-minute halves
U12	30-minute halves
U8-U10	25-minute halves
U4-U6	four 8-minute quarters (2-minute breaks between quarters 1 & 2, 3 & 4)

All age groups have a half-time break (5-10-minutes, at the referee's discretion). Exception: U4/5/6 games are not assigned referees.

Game Format & Player Limitations

U13/14-U19	11 v 11	Minimum to start the game is 7
U9/10-U11/12	8 v 8	Minimum to start the game is 6
U7/8	7 v 7	Minimum to start the game is 5
U4-U6	3 v 3	Minimum to start the game is 3

The Ball

The home team provides the game ball.

U4 – U7/8	Size 3
U9/10 – U11/12	Size 4
U13/14 and up	Size 5

Rescheduling

Rec/HYSA Teams (U15⁺)

Generally, HYSA games are rescheduled by the HYSA Administrator only for weather related cancellations. Refer to the HYSA website regarding rainout and rescheduling procedures.

In-House Recreational Teams

In-house games cancelled due to weather may be rescheduled at the Club's discretion during a designated make-up week/weekend.

If a U4/5/6 team is unable to play a scheduled game, that coach must notify the opposing team's coach, giving as much advance notice as possible. If desired, both teams may reschedule at a mutually agreeable time (possibly during either team's normally scheduled practice).

If a U8 to U14 team is unable to play a scheduled game, that coach must notify the opposing coach, giving as much advance notice as possible. The cancelling team coach must also notify Eclipse's Referee Assignor ASAP so referee assignments can be adjusted. If desired, both teams may reschedule at a mutually agreeable time on their own:

- First, coordinate with the Recreational Commissioner an available field and day/time.
- Next, if coaches wish to have a referee present, contact the club Referee Assignor with this request. The club does not assign referees to rescheduled in-house games. Coaches must pay the referee cash at the fields -- Referee Assignor can provide more information.

All coach contact information can be found on the club website's **Recreational** section.

Referees

EDDOA, EDS2, HYSA, and Eclipse assign certified referees to all games (except U4/5/6). Club policy authorizes referees to apply the same disciplinary measures to coaches as may be applied to players. That is, coaches may be warned (same as a yellow card) or expelled (same as a red card) for misconduct under Law XII. Additionally, STYSA, EDDOA, EDS2 and HYSA follow a progressive penalty point system that may result in suspension of players or coaches for accumulated violations.

Rules of Play – In-House Teams

(U15+ Rec/HYSA teams: refer to Rules of Play posted at HYSA.US)

For general Rules of Play, see the HYSA website (HYSA.US).

All games must start within 15 minutes of the scheduled time. After 15 minutes delay, a team that is tardy or fails to appear will forfeit the game.

An eligible player is one properly registered with Eclipse and formally assigned to the team.

A player shall be considered “suited-up” for a game when, in the opinion of the official referee, he/she:

1. Satisfies all eligibility requirements,
2. Wears the official team uniform,
3. Is wearing shin guards, and
4. Otherwise wears appropriate soccer clothing.

The home team has the choice of the side of field. U7/8-and-older teams and their associated spectators must be on opposite sides of the field: both teams (coaches and players) will sit on one side of the field, with each taking a half. A team's spectators shall sit on the opposite side of the field on the half that is directly opposite their team. Either coach may ask the referee to enforce the rule. The referee may decide conditions prohibit this. In this case, spectators (and teams) should try to separate, with each team staying to one side of the mid-field line.

Only coaches displaying a current KidSafe/Adult Participation pass are allowed in the team's technical area. Team spectators will remain behind the restraining line on their respective side of the field and shall come no closer to any portion of the playing field unless expressly directed to do so by the referee.

Spectators or coaches cannot stand at the end of the field behind the goal line or beside the touchline from the top of the penalty area to the goal line.

Coaches may give tactical instructions from the sideline to players on the field; however, comments to opposing team members are strictly prohibited.

U10 and younger - A coach may briefly leave the team technical area (but not beyond the top of the penalty area) to convey appropriate tactical advice to players from the touchline and must return to the technical area, behind the restraining line, as soon as they have done so. Spectators must remain inside the technical area at all times, and coaching by spectators is prohibited.*

U11 and older - A coach may briefly leave the team technical area (but not beyond the halfway line or the top of the penalty area) to convey appropriate tactical advice to players from the touchline and must return to the technical area, behind the restraining line, as soon as they have done so. Coaching from the spectator side of the field is prohibited.*

*For any age group, if coaching occurs by spectators, the coach will be requested by the referee to control the situation. If the coach is unable or unwilling to control the situation, the referee may caution the coach. If the infringement continues after a caution from the referee, the coach may be sent off by the referee. If the coach refuses to leave or if coaching by spectators continues after the coach leaves, the referee may abandon the game.

The official referee shall be the sole judge on the field of play, and his decision shall be final. Any complaints about an in-house referee should be directed to the Eclipse Referee Assignor.

In case the officially appointed referee fails to appear at a game, the coaches may agree to a substitute referee who shall assume the duties of the official referee, or by mutual agreement act themselves in that capacity.

In all games, substitutes will be allowed as follows:

- a) The number of substitutions shall be unlimited.
- b) Substitutions may be made, with the consent of the referee at the following times:
 1. Prior to a throw-in by the team in possession
 2. Prior to a goal kick, by either team
 3. After a goal, by either team
 4. After an injury, by either team, when the referee stops the play
 5. At half time
- c) A player for whom a substitution has been made can return to the same game.

Offside Rule

For U7/8 to U13/14, the Offside Rule will be applied liberally. (No camping by the goal.)

Heading the Ball

U12-and-below age groups

- **Heading the ball in practice or game competition is not allowed.**
- Resulting Penalty: When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- If a player does not deliberately head the ball, then play should continue.

U14 age group

- Limit heading during practice.
- Headers are allowed during games.

U4, U5 and U6

Goalkeepers shall not be used in games.

Referees are not assigned to games.

There shall be no off-sides called.

No penalty kicks are to be taken during these games.

Corner kicks and throw-ins will be taken; however, coaches should not slow down the game by positioning their players.

One coach from each team is permitted to be on the field during the game.

A player should play 50% of each quarter (coaches should rotate players every 4 minutes).

When one team is leading by five or more goals, the opposing team should add a fourth player to the field to balance the competition.

Substitutions are allowed at any stoppage of play.

Coaches (1 per team) may be on the field of play during conduct of the game.

The Start of Play – The home team will take the kick-off to begin the game. In the second half of the match, the teams change ends and attack the opposite goals.

Kick-Off: A kick-off is a way of starting and restarting play at the start of each match, after a goal has been scored, and at the start of each quarter.

Procedure:

- All players are in their own half of the field.
- The opponents of the team taking the kick-off are at least four yards from the ball until it is in play.
- The ball is stationary on the center mark.
- The ball is in play when it is kicked and moves forward.

Dropped Ball: A dropped ball is a way of restarting the match after a temporary stoppage by one of the coaches. One of the coaches drops the ball at the place where it is located when play was stopped.

Goal Kicks: When the whole of the ball has crossed the goal line (end line) on either side of the goal, either in the air or on the ground, having last been touched or played by a player from the attacking team, the match is restarted with the ball placed on the goal line. The kicker shall not play the ball a second time until it has been touched or played by any other player. Opponents shall not be any closer than four yards from the ball until it is kicked.

Throw-Ins: When the whole ball has passed over the touch line (sideline) either on the ground or in the air, it is put back into play by a throw-in from that point where it crossed the line, in any direction, by a player from the team opposite to that of the player who last touched the ball. A goal is not to be scored directly from a throw-in.

Corner Kicks: When the whole ball has crossed the goal line (end line) on either side of the goal, either in the air or on the ground, having been touched or played by a player from the defending team, it is put back into play by a kick from the corner by the attacking team. The kicker shall not play the ball a second time until it has been touched or played by any other player. A goal shall not be scored directly from a corner kick.

Contact Us

If you have any questions about the Eclipse Recreational Soccer program, please contact:

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