

Table of Contents

Fields and Games	1
A Brief Soccer Primer, U10 through U14	1
A Brief Soccer Primer, U8 and U9	5
THJSL Rules Summary	7
Judicial Procedures	9
THJSL Club Presidents and Executive Officers	9

Fields and Games

- 1. Restrooms** - Most fields don't have them, so prepare accordingly.
- 2. Field Locations** - Maps to all THJSL fields are provided in this guide. Keep it handy for Saturdays.
- 3. Arrive on Time** – arrive 30 minutes prior to the start of a game
- 4. Post the Game Schedules** on your refrigerator or bulletin board
- 5. Remember to Leave the Playing Fields Clean** - Field use is a privilege given to us by the local parks and school committees, and can be revoked. Please respect our playing fields.
- 6. Spectator Locations** - When feasible, players should stand on one side of the field and spectators on the other.
- No tobacco or alcohol is permitted.
- 8. Parking** – Please remember that parking on public streets is shared with local residents. It is important to be courteous and not block driveways, mailboxes, or any access to a private residence. THJSL is granted the use of many of the school fields as part of an agreement with the local School Board. Should the residents around a field or school determine that the children's use of the field results in a negative impact on the neighborhood, they may ask the School Board to revoke our field privileges.

A Brief Soccer Primer, U10 through U14**Introduction**

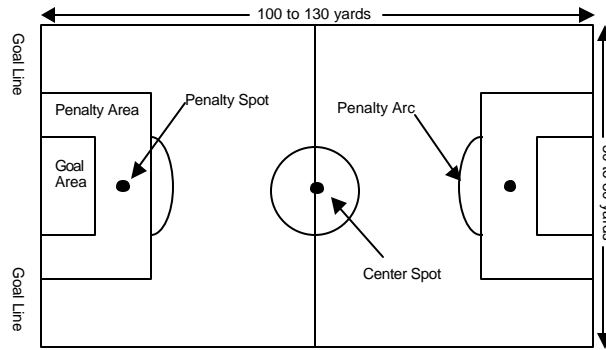
The clock runs continuously, and once the game is started, coaches must let the players play and make the decisions on the field. Time outs are not permitted except for injuries. **Note:** *The referee will not stop play at the request of a coach, sideline spectators, or parent. There are no time outs in soccer. It is up to the referee to determine when, and if it is safe to stop play. It is a worldwide soccer tradition for the ball to be kicked out of bounds following an injury. Upon resumption of play, it is also traditional for the ball to be thrown in back to the team that last had possession.*

Field of Play

A soccer field is rectangular. The dimensions are set by the regulations of the soccer league or governing body. International fields have a maximum size of 130 yards long by 80 yards wide. Fields for college and high school are usually between 100 and 120 yards long and 50 to 75 yards wide. Fields for younger children are smaller and vary in size based upon the space available at the time the field was developed. The field is sometimes referred to as the "pitch" and is marked with boundary lines as shown below. The lines that run the length of the pitch are "touch lines" or "sidelines" and the lines running at the end of the pitch are the "goal lines" or "end lines."

A full size goal is 8 feet high and 24 feet wide. It is centered on the middle of the goal line. Smaller goals are described for the younger players later in this guideline. A goal net should be

attached to the goal to catch the ball when a goal is scored.



Field Markings

The Goal Area begins 6 yards from each goal post on the goal line and extends 6 yards out into the field of play. The ball is placed inside this area when goal kicks are taken.

The Penalty Area extends 18 yards into the field of play and contains the Goal Area. Within this area the goalkeeper can handle the ball.

The Penalty Spot is a mark 12 yards from the mid-point of the goal line from which a penalty kick is taken. Penalty kicks are awarded when the defensive team commits a direct free kick foul inside the penalty area.

The Penalty Arc is a 10-yard arc at the top of the Penalty Area and centered on the Penalty Spot. During a Penalty Kick all players must be outside of both the Penalty Area and the Penalty Arc.

Markings at the Center of the Field

The Center Circle is located at the middle of the field and has a radius of 10 yards. A kick-off is taken from the center spot to begin each half and to resume play after a goal has been scored. On kickoffs all opposing players must remain outside the center circle and on their side of the field.

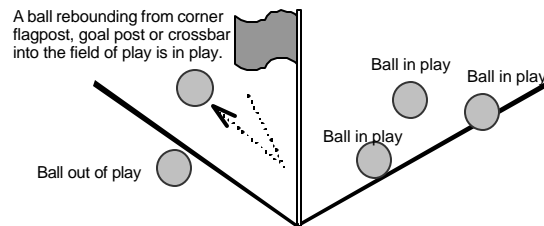
A flag or cone is placed at each corner of the field. At each corner there is a 1-yard radius arc where the ball is placed for a corner kick. A corner kick from the corner arc is awarded to the offensive team if a defensive player is the last to touch the ball before it goes out of play over the defensive team's goal line.

Game Duration The length of the game is as follows.

Age	Grade	Game Played (a)	Max Players per Team	Ball Size	Game Length (b, c)
U10	4th	8 versus 8	14	#4	50 min
U11	5th	11 versus 11	18	#4	60 min
U12	6th	11 versus 11	18	#4	60 min
U13	7th	11 versus 11	18	#5	70 min
U14	8th	11 versus 11	18	#5	70 min

- a) At the U11 through U14 age levels, 11 players per team may be on the field at one time; U10 teams field 8 players.
- b) Game time is divided into two equal halves, with a 5-minute break between. The clock runs continuously during each half, and is *not* stopped for breaks in the action (no time outs may be called or requested).
- c) Forfeiture of game by a team unable to field legal minimum of players is official 10 minutes after scheduled start time. If mutually agreed, a scrimmage game can be played with referee present.

Ball In and Out of Play. The ball is out of play only when the entire ball crosses over the sideline or goal line. If part of the ball is still covering the line, the ball is in play. A player may play a ball while standing/running out of bounds. For a goal to be scored, the entire ball must cross the goal line between the goalposts.

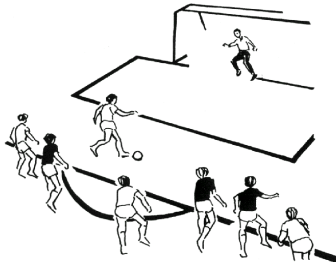


When the ball passes over the sidelines the team that last touched the ball before it went out loses possession, and the opposing team is awarded a throw-in. If the defensive team kicks the ball over her/his own goal line, the offensive team receives a corner kick. If the offensive team kicks the ball over the goal line, the game is restarted with a goal kick.

Fouls. Fouls are divided into two types: major and minor. The list below describes these two types of fouls.

Majors Fouls	Minor Fouls
Deliberately handling the ball	Dangerous play
Kicking an opponent	Impeding the progress of another player
Striking an opponent	Goalkeeper taking too much time (consistently more than 6 seconds)
Tripping an opponent	Offside (technically, not a "foul")
Pushing an opponent	Goalkeeper handles ball after throw- in by his/her own player
Jumping at an opponent	Slide tackle
Charging an opponent in a violent manner	Goalkeeper handles a ball deliberately kicked/passed to them by a teammate.
Charging from behind	Un-sporting behavior

Penalty Kick A major foul that occurs within the penalty area results in a penalty kick. A penalty kick is taken directly in front of the center of the goal at a distance of 12 yards. Only the defending goalkeeper is allowed to attempt to block the penalty kick while all other players besides the goalkeeper and the player taking the penalty kick must stand outside the penalty area.



A major foul that occurs outside the penalty area results in a direct free kick. Direct free kicks may be shot directly into the goal.

A minor foul results in an indirect free kick. Unlike a direct free kick, an indirect free kick must touch another player before a goal can be scored.

For both direct and indirect free kicks, the defending team may form a "human wall" 10 yards from the location where the ball is being kicked. . If the location is closer than 10 yards from the goal line, then the defending team is allowed to form the wall on the goal line.

Note that slide tackles are not allowed in any THJSL game.

A Brief Soccer Primer, U8 and U9

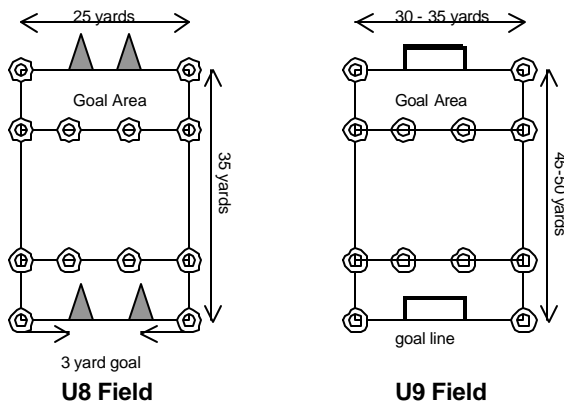
The Game The U-8 and U-9 age groups play "small-sided" games, where the number of players on the field is greatly reduced from the traditional 11-versus-11 game. The emphasis is on enjoyment and player development. Small-sided soccer is intended to better meet the development needs of younger children by giving them more touches on the ball. In the U-8 age group there are 4 players per team on the field with no goalkeeper. In the U-9 age group there are 5 players per team on the field, one of whom is the goalkeeper.

U8 No Goalie Considerations. All four players must join in the attack with the very most defensive player advancing at least to the midfield line when the ball is deep in the other teams zone. No player should lollygag in the goal mouth. No goalie means just that!

The Team Each team of 12-14 players is divided before play begins into smaller, evenly balanced teams of 6 to 7 players. The team's coach handles one group, while the assistant coach or a parent helper handles the other. These smaller teams compete separately on two parallel fields against a similarly configured pair of opponents' teams. Coaches are encouraged to divide their players differently from one Saturday to the next.

The Field of Play U-8 games are played on a 25-yd by 35-yd field. U-9 games use a field of 30-35 yards by 45-50 yards. Fields are set up as shown below. The eight field markers are brightly colored disks. These are used instead of short cones for safety reasons. Each U-8 goalpost is built from a tall (at least 15 inches high), heavy, rubbery cone.

Flags are no longer put into the goal cones due to the risk of



injury

Players There are four (U-8) or five (U-9) players per team on the field at one time. In U-8 there is no goalkeeper whereas in U-9 one player from each team is goalkeeper. Substitutions are allowed at any stop in play and after the referee signals approval. Coaches are expected to rotate all their players between field positions and goalkeeper in the course of the season.

Referees The referee's main responsibilities are: (a) to ensure the safety of the players; (b) to conduct the game; and (c) to help the players learn the spirit and rules of the game. All decisions made by the referee are final once play has been restarted. The referee can terminate the game if players, coaches or spectators violate the spirit of the game or its rules.

Coaches and Spectators Coaches have the ultimate responsibility for teaching their players the spirit and rules of soccer. Spectators and coaches are bound by the same rules and codes of conduct as described in the Brief Soccer Primer at the beginning of this guide.

Method of Scoring A goal is scored when the ball passes between the goalposts and (U-9) below the crossbar, or (U-8) below an imaginary line drawn about three feet high between the two cones that form the goal. A goal cannot be scored directly from a kickoff, throw-in, free kick, or throw by the opposing goalkeeper. A goal can be scored directly from a corner kick.

Offside Offside is not enforced in U-8 and U-9 games, but referees should instruct players and prevent flagrant "cherry-picking." The referee is the sole judge of whether a player is seeking to gain advantage through "cherry-picking".

Throw-In When the ball completely crosses the sideline, a throw-in is awarded to the team that did not last touch the ball. Any player on this team may take the throw-in. When taking a throw-in, both feet must stay in contact with the ground and both feet must be behind the sideline. The thrower must use both hands and deliver the ball from behind the head in one continuous movement. After the ball has been thrown onto the field, another player must touch the ball before the thrower can play it again. If a throw-in is taken improperly, the referee may briefly explain the proper technique to the player, give them a second chance and/or award a throw-in to the other team.

Free Kick / Penalty Kick Free kicks are taken from the spot where a foul or offside occurred except when the infraction occurs within the goal area. When the infraction occurs inside the goal area; the kick is taken from the closest point outside the goal area. All free kicks are indirect, meaning that a goal cannot be scored directly from the kick, but must touch at least one other player (either a teammate or opponent) before a goal can be scored. All opponents must be at least 6 yards away from the ball at the time the kick is taken. The player taking the kick may not touch the ball again until another player touches it.

Goal Kick A goal kick is taken to restart play after the attacking team has played the ball over the defender's goal line without scoring a goal. The ball is placed anywhere in the goal area. The defending team takes the kick.

Corner Kick A corner kick is taken by the attacking team to restart play after the defending team has played the ball over its own goal line. The kick is taken in the field of play within one yard of the corner of the field closest to where the ball went out of play.

Fouls and Misconduct The following types of fouls may be called by the referee.

- Pushing, holding, tripping, spitting, or jumping at an opponent
- Intentionally playing the ball with the hand, except for goalkeepers in their own goal areas
- Dangerous play
- Impeding the progress of another player

- Running into a goalkeeper anytime she/he is in his/her goal area, regardless of whether the keeper has possession of the ball.
- Punts by the goalkeeper that travel past the center line in the air
- Dangerous play or arguing with the referee's
- Foul or abusive language
- Hitting or attempting to hit
- Slide-tackling

All fouls are punished by awarding an indirect free kick to the opponents.

Any player sent off the field for repeated dangerous play, or arguing with the referee's decision will not be allowed to play the remainder of the game. The referee will report the violation and the name of the player. The League will determine the eligibility of that player for subsequent games.

Game Duration

Age	Grade	Game Played	Goalie	Ball Size	Duration
U8	2nd	4 versus 4	NO	#3	40 min
U9	3rd	5 versus 5	yes	#4	50 min

At half time the home teams switch fields and play the other half of the visiting team. This allows both small-sided teams to be evenly matched during the course of the game.

THJSL Rules Summary

- 1. Equipment** All players on the field must wear shin guards and soccer shoes with rounded, molded plastic cleats. All players on the field must be attired in matching jerseys, except goalkeepers, who must wear colors that distinguish them from all other players on the field. In case of a color clash, the home team must change.
- 2. Jewelry** No earrings, watches, rings, necklaces, bracelets, wristbands, or hard casts may be worn during game play or practice. Please contact the THJSL board for special exemptions. Hair bands, if used, must be elastic. Other articles that may be considered by the referee to endanger either the wearer or other players must also be removed. Failure to comply with the referee will automatically disqualify the player from participation until the referee determines the hazard has been resolved.
- 3. Code of Conduct** THJSL considers proper conduct by coaches, parents and players to be an extremely important part of soccer. The referee calls the game, while the coach is responsible for the behavior of team members, parents, and spectators. Neither the referee nor the players should be subjected to negative comments from anyone. Please remember that most of our referees are learning as they go and with the right support will continue to expand their knowledge of the game of soccer and support it for years to come. **Remember: This is a recreational league, not competitive. The objective is to learn the game and have fun!**

4. **Blow Out Policy** In keeping with the recreational nature of our league, coaches are expected to prevent games from becoming extremely one sided. In any game in which one team leads another by 5 goals, **the coach of the team with the five goal advantage must take steps to make the game more even!** This is known as “pulling back.” These steps should be taken in consultation with the opposing coach and must include one or more of the following.
- Exchange defensive lines (or other players) with the opposing team.
 - Play short.
 - Play players out of their normal positions.
 - Require a minimum number of consecutive passes before a shot is taken or require that all shots be taken from outside of the penalty area.
5. **Officials** The referee is assigned complete control over the soccer game. The safety of the players is his or her main concern. The referee is responsible for keeping time, enforcing the Laws of Soccer, stopping and restarting the game for fouls and injuries, cautioning or sending off offenders (including coaches or spectators), issuing yellow and red cards, and prematurely ending a game, if necessary. **All decisions by the referee are final once play restarts.** The referee may recruit two linespersons as off-the-field assistants (normally one parent volunteer from each team). A linesperson's sole responsibility is to signal when the ball has left the field of play. When you serve as a linesperson you have committed yourself to being an impartial game official, and you must avoid coaching or directing the players on your team. The referee has both the right and duty to overrule your call if he or she disagrees. Please be patient, smile, and support his or her decision. The referee will typically choose to discuss disputes or requests with the team captain *only*.
6. **Comments to Officials** Spectators, coaches, and players are not allowed to berate, abuse, question or otherwise disrespect the referees. Remember that the referee is often a young high school student/player trying to do his or her best, and that it is impossible to see everything when you are on the field doing the job. At the end of each game coaches and players are to thank the referee and shake her/his hand. Please keep in mind that the referee's participation in the game is just as important as that of any player.
7. **The Impact of Misconduct** .
- After a player is cautioned or sent off, play is resumed by awarding the opposing team an indirect free-kick where the infringement occurred, unless the offense itself would normally result in a direct free-kick or a penalty kick, in which case the appropriate kick is taken.
- For THJSL sponsored events, the referee may caution coaches and/or spectators, or eject them from the field site. Coaches can also be cautioned for not controlling their spectators or players. The referee may abandon the game if the coach, spectator or player does not comply with an order to leave the field site. THJSL requires a player receiving a yellow card to leave the field. The coach may substitute for the cautioned player. The cautioned player may return to the field and continue to play at the next stoppage in play. No substitutions are permitted for players who are sent off.
8. **Coach and Spectator Location** Spectators and coaches are not allowed on the playing field at any time during regular play or at half time. They must remain on their side of the field, at least 18 yards away from the goal line for U-10 and above games. The coach, players, and spectators must stay at least 2 yards back from the sideline to allow room for the linespersons to work safely.
9. **The Team** At the U-11 through U-14 age levels, 11 players per team may be on the field at one time. A U-10 team fields 8 players.

- 10. Captains** Each team will assign one or more captains. The captain is the only person permitted to talk to the referee during a game.
- 11. Player Substitution** Any number of players may be substituted at one time in a THJSL game, with the prior consent of the referee, and only at a dead-ball situation (throw-in, free-kick, goal kick, etc).

Judicial Procedures

The following are highlights of the THJSL judicial procedures. These apply to all games sponsored by THJSL (U8 through U14 and high school recreation.)

- 1.** Referee reports shall be accepted as factual, without requiring further investigation. Spectators are the responsibility of the coach of their team. In the event of misbehavior by spectators, all judicial proceedings will be carried out against the coach.
- 2.** Sometimes youth referees are intimidated by adult coaches. If a youth referee (under the age of 19) determines after a game that a red or yellow card should have been given to a coach, the referee may report it on their game report. Such game report shall state a cause for the card, as found in the Laws of the Game, and the related conduct. The League Vice President shall inform the coach by phone upon receipt of the game report. For all judicial purposes, the card will be considered to have been given on the field..
- 3.** Any participant who assaults a referee (e.g., by pushing, bumping, verbally berating, etc.) or his/her equipment (e.g., kicking the referee's bag/ or breaking the flags) shall be suspended for one year. Violent assault against the referee (e.g., hitting, spitting on, etc.) shall result in expulsion from THJSL for life.
- 4.** Taunting of an opponent or official of a religious, racial, ethnic, gender, or gender preference nature are considered to be “offensive language” and the offender will receive a red card. A second offense in the same contest will result in the game’s termination.

THJSL Administration

	www.thjssl.org	
President	Brian Whitney	642-3903
Vice President	Andrew Klumpp	645-3714
Secretary	John Thomas	297-7426
Treasurer		
High School Recreation	Bob Moore	690-9577
Referee Coordinator	Keith Ericson	597-0434
Fields Coordinator	Scott Meyers	244-7078
THPRD Liaison	Julie Pacarro	645-6498

THJSL board meetings are held the first Tuesday of every month. Most meetings are held at the THPRD Athletic Center at 7:30pm. Call the THPRD Liaison listed above to confirm as the date and location are subject to change. Contact your club president for information regarding club meetings.