

**U11-12 Age Group
Season Playing League Rules**
Revised August 2016

1. Field size: Approx. 225' x 141' (75 x 47 yards)
2. Goal size: Approx. 6.5 x 18.5
3. Ball size: #4
4. Maximum number of players on the field: 9
5. Minimum number of players on the field: 6
6. Maximum number of players on a team: 14
7. Game duration: 60 minutes; each half is 30 minutes with a 5-minute halftime.
8. Head coaches' license level: Elk Grove Soccer Certificate
9. Home team uniform colors are BLUE and visiting team is WHITE
10. Game day sequence of events:
 - a. Coaches shall have their team roster, player medical releases, and team passes at all events.
 - b. Teams shall show for every game, rain or shine.
 - c. In adverse weather, the referees shall decide if conditions are safe for games to commence.
 - d. No make-up games shall be scheduled.
 - e. No games shall be rescheduled by Elk Grove Soccer unless a conflict was created at the League level.
 - f. The home team shall occupy the south or east side of the field.
 - g. Spectators must stay in the technical area (10 yards each side of center approximately 3 yards off the touch line). Spectators must conduct themselves in a supporting manner with no negative comments to players, coaches, or referees of either team. Disruptive spectators may be directed by a referee to leave the area, which is defined as movement to the nearest sidewalk. The spectator's name shall also be recorded on the game card. Disruptive coaches or parents shall have their name recorded on the game card and their pass withheld and forwarded to the club manager or Elk Grove Soccer 1st V.P.
 - h. Home teams are responsible for putting up nets for first game of the day, and taking down nets for the final game of the day.
 - i. The home coach shall initiate a game card for each game and pass to the visiting coach for completion then providing to a referee.
 - j. Elk Grove Soccer, via club referee coordinators, shall assign the referees for each game. In the event the assigned referee(s) fail to show, volunteers may be used for assistant referee positions.
 - k. A referee shall check a team prior to the start of the game (approximately 15 minutes prior to scheduled game time) by performing the following:
 - i. Line up the players, shoulder to shoulder along the penalty area line (or away from the field if a game is in progress) and, while using the game card, verify a player pass is available for each player. Having players and passes in alphabetical order will make this go a lot faster!! A player pass is required for each player. Verify a coach's pass for at least one of the coaches present. There will be NO exceptions to passes – NO pass – NO play.

- ii. Call the name of the player and have them step forward, check for jewelry, hair barrettes, and other potentially hazardous items. Players must remove all unauthorized items. Players may not play with casts, soft or otherwise.
 - iii. Players will tap their shin guards to ensure wear on skin, under socks. All players must wear shin guards at all times.
 - iv. Players will turn and show the bottom of their cleats to verify there is no presence of a toe cleat. Remove toe cleats by having them cut off.
 - v. Verify the number on the jersey matches the number on the game card.
 - vi. After the player has passed the check they should gather behind the referee until all players have been checked.
- I. Teams shall begin to warm-up off the field and, if time permits, on the field. At no time shall the start of a game be delayed for team warm-up.
- m. After check-in of both teams (which can be done simultaneously by two referees), the referees shall ask for the captains at the center circle.
- n. The captains shall shake hands with the opposing captains and referees.
- o. A coin toss will commence with the visiting captain calling "heads" or "tails" while the coin is in the air. The winner of the coin toss selects which goal to defend and the looser has kick-off.
- p. Games shall start PROMPTLY ON TIME or earlier if teams are ready.
- q. Referees shall apply all laws of the game. Direct and Penalty kicks, and slide tackling, are allowed at this age group and above.
- r. All players who attended practice the week prior shall play a minimum of one half the game. Exceptions to this shall be for illness, school conflict, etc., which shall be at the coaches discretion. All players shall be afforded playing time in every game.
- s. Substitutions shall occur at a throw in for the team wishing to substitute, opposing team can substitute if team with throw-in is subbing, at a goal kick for either team, at a kick off for any team, at half time and at a stoppage for injury. Injured players shall be substituted when removed from the field; the opposing team may substitute one for one.
- t. When an injury occurs on the field and the referee stops play, all players remain in place and a referee shall motion to have a coach enter the field to care for the injured player. Coaches shall assess the player to determine if safe for them to get up on their own or to move them. If unsure due to the extent of the injury then call 911 for emergency services. At no time shall a spectator enter the field unless cleared by a referee. Non-injured players shall remain in place however, it is discouraged to have them sit or kneel as this can tighten up muscles and be harmful to players. Instead players should continue to move around IN PLACE.
- u. At the conclusion of the game all scores will stand and shall be recorded on the game card. There shall be no overtime for ties. Games shall not be protested.
- v. The center referee shall ensure the game card is turned in at the next weekly referee meeting.
- w. Scores shall be promptly recorded on TeamSideline via an email the coach or team manager will receive following the game. Scores are monitored for

- significant imbalances in team seeding and mid-season adjustments in brackets may occur.
- x. Intentional heading of the ball is not allowed. The referee shall award an indirect free kick for the opposing team from the spot that the ball was intentionally headed.
 - y. Coaches are encouraged to avoid running up a winning score. To help equalize a score a team that is losing a game by four goals may add an extra player to the field. If the score differential exceeds six goals the losing team may add another additional player. (Maximum of two additional players). Additional players must be removed if the differential goes below four (second player removed) and below two (last extra player removed).
11. Incident reports shall be completed for all injuries and sent to the Elk Grove Soccer 1st V.P.
12. Home teams shall report field problems to their club manager.