

# East Side Soccer Club Rules

## **ESSC** **Points of Interest**

1. Players must obey league rules and put forth their best effort.
2. Players and spectators must exhibit good sportsmanship, including respect for referees, linesmen, coaches, opposing players, spectators, and fellow teammates.
3. Players are responsible for attending team practices and games. Failure to notify coaches ahead of time may result in loss of playing time.
4. Verbal abuse, offensive language, game interference and/or unruly behavior by players or spectators will not be tolerated.
5. Players and spectators should respect the equipment in a game area by not hanging on goals, climbing nets, etc. This not only ensures long life of equipment but also prevents injuries due to accidents.
6. Remember that this is a training ground for players, coaches, and referees. Please support their efforts in a positive manner.
7. For the health and safety of all participants, please do not bring dogs to the games.

**AS A VISITOR, YOU ARE A GUEST**  
**AS A HOME TEAM, YOU ARE A HOST**



# **EAST SIDE SOCCER CLUB LEAGUE ORGANIZATION**

## **I. ORGANIZATION**

The East Side Soccer Club (ESSC) is a volunteer organization, comprised of communities in the greater Lansing area offering quality recreation soccer opportunities for youth. The principles of good sportsmanship, team play and equal opportunity are basic to the organization. The East Side Soccer club is dependent upon community support in organizing, coaching, and refereeing. All players, spectators, coaches, referees, and other volunteers must display these principles.

## **II. ELIGIBILITY**

Participation is open to boys and girls who will have enrolled in grades 2<sup>nd</sup> -8<sup>th</sup> when school begins each fall.

## **III. REGISTRATION**

Registration is held each year before the fall season begins. All players who register during the time limits set each year for open registration are assured a place on the team. Following registration, players will be added to a waiting list and will be placed on a team as spaces become available. Refunds will be granted only if the player withdraws prior to the start of the season.

## **IV. TEAM FORMATION**

Teams will be formed according to grade.

- 2<sup>nd</sup> and 3<sup>rd</sup> grades – 7 v 7 Small Sided Teams (desired maximum of 10 players per team)
- 4<sup>th</sup> through 8<sup>th</sup> grades – 8 v 8 (desired maximum of 14 players per team)

If there are a small number of registrations in some grade groups, it might be necessary to combine grades.

Any request for a player to play in an older age group from the above must be made by the parents in writing to the president of ESSC. Requests will be considered only if the following three conditions are present:

- 1) Players are of the same family;
- 2) Birth years are consecutive (i.e., 1984-85);
- 3) It can be verified that the maturation and skill levels are appropriate to compete in the requested division.

Under no circumstances will children younger than grade 3 be allowed to play up. Under special circumstances it may be possible for a child to play in a lower grade league.

Request for playing in a lower grade league should be submitted to ESSC president in writing.

#### **IV. TEAM FORMATION (Cont)**

**Team assignments** are governed by the geographic location of the player's residence with a desired maximum of 14 players per team (8 vs.8) and 10 players per team (7 vs.7). An attempt is first made to place players on teams with members of their elementary school. Teams are restructured each fall with team composition likely to remain the same for spring play. Players on the waiting list will be added to teams for spring play as openings become available.

#### **V. PLAYING SEASON**

The East Side Soccer Club plays a split season with games in the fall scheduled from early September through the end of October and games in the spring scheduled from mid-April through late May.

#### **VI. UNIFORMS AND EQUIPMENT**

1. Each player must obtain an ESSC approved jersey. The jersey is required for game participation for both fall and spring seasons.
2. Players may not add patches, names, or any other items to their uniforms.
3. The jersey must be visible at all times. Additional clothing may be worn under the official jersey.
4. Regulation soccer shoes, gym shoes or sneakers are permissible. Shoes' soles may have either solid detachable studs, or molded rubber or plastic studs. Studs must be less than  $\frac{3}{4}$  inch long and have no sharp edges.
5. Referees will check cleats to be sure no metal parts are exposed.
6. Players will not be allowed to wear any jewelry. Referees will check to see that players are not wearing any jewelry of any kind to include watches and plastic hair restraints. Request for an exception to the above rule shall be submitted to the ESSC president in writing or e-mail.
7. Players with rigid cast and/or splints will not be allowed to play.
8. Shin Guards are required for games and practices. Hard shin guards must be covered by the player's socks.
9. Teams will be issued goalkeeper jerseys. Goalkeepers must wear a jersey of a color which distinguishes him/her from other players and the referee.

#### **VII. PARTICIPATION**

One of the main philosophies supported by ESSC is to give every player the opportunity to play. Players present prior to the start of each game or arriving during the first quarter and in proper uniform shall play at least two quarters of the game. If a player arrives during the second or third quarter, the player must play a minimum of one quarter.

Exceptions to this rule are as follows: 1) A coach suspends players from game participation for unexcused absences from games or practices; 2) A player may also be suspended for unruly or unsportsmanlike conduct or malicious destruction of property. Such suspensions must be reported and approved by the Community Board Member and ESSC president. In all cases the parents should also be notified of the action.

### **VIII. PRACTICE**

League teams are limited to three practice hours per week. Coaches are encouraged to devote at least half of each practice to drills on basic skills (i.e., ball handling, passing, shooting, and goal keeping).

### **IX. GAMES – CANCELLATION – POSTPONEMENT**

1. A minimum of 6 players for 8v8 and 5 for a (7v 7) small sided shall constitute a team. A game cannot commence or be continued if one or both teams cannot field enough eligible players, Home teams proved the game ball.
2. Soccer games are seldom cancelled. Each team must report to the field as scheduled unless notified by the Community Leader or the ESSC president that the game has been cancelled. This rule applies under all conditions.
3. Upon arrival at the field, only the referee may cancel the game. A game will be cancelled under the following conditions: danger to player such as lightning, hail, poor field/game conditions from excessive water on the field, strong wind, or darkness. When thunder or lightning is present, the game should be postponed for 30 minutes. If the thunder or lightning persists for 30 minutes, the game is to be cancelled and rescheduled if possible. Coaches should also apply these guidelines in canceling practices.
4. Coaches may postpone games only after obtaining permission from the ESSC designated Community Board member. Permission for postponements will be granted only if one coach cannot field a team because of competing scheduled activities and/or holidays. When a postponement has been approved, the coach initiating the request must notify the opposing coach, the chief referee, and the designated Community Board Member and make arrangements to reschedule the game. Should the referee and/or opposing coaches show up without being notified, the team requesting the postponement will forfeit the game.
5. Coaches are encouraged to reschedule forfeited games so that players will have their proper game playing time, even though the rescheduled game will not affect their standings.
6. Games or practices cannot be held without adult supervision (age 18 or over). It is the coach's responsibility to make sure that another adult is present at any scheduled team event if the coach cannot attend.

### **X. PLAYER GUIDELINES**

1. Players must be registered to participate in ESSC activities.

2. Players shall obey all league rules and shall put forth their best efforts.
3. All players must show good sportsmanship. This includes respect for the referee, coaches, opposing players, spectators and fellow teammates.
4. All players are responsible for attending scheduled practices and games. Failure to notify your coach when absence is necessary and may result in the loss of game playing time.
5. Verbal abuse, offensive language, game interference or unruly conduct against the referee, linespersons, opposing players or fellow teammates will not be tolerated and may result in the loss of playing time or suspension if a red card is given during a game.
6. Any player yellow carded must leave the game. The player (or substitute) may not re-enter the game until the next stoppage of play.
7. Any player ejected (red-carded) from a game shall be automatically suspended for the next regularly scheduled league game. Further penalties will be determined by the ESSC president after consultation with the referee, community leader, and other involved parties.
8. If a player displays an unwillingness to adhere to these requirements the privileges of playing in the ESSC program may be revoked after consultation with the coach, community leaders and the ESSC president.

#### **XI. PARENT OR GUARDIAN RESPONSIBILITIES.**

1. Parents must arrange for transportation to and from games and practices. This is not the responsibility of the coach.
2. Parents should inform the coach of any medical problems (e.g., allergies, asthma, injuries, etc.) that may affect the health and safety of the player.

#### **XII. COACHES GUIDELINES**

1. The coach is responsible for being knowledgeable about the FIFA (Fédération Internationale de Football Association) Laws of the Game and the ESSC modifications.
2. Only two coaches are allowed on the sideline, during the game.
3. Coaches are encouraged to use positive coaching techniques that instruct players in the basic skills and laws of the game and encourage sportsmanship.
4. Coaches are responsible for calling their team together and arranging practices.
5. Coaches are encouraged to devote at least half of each practice session to drills on basic skills.
6. Coaches must make arrangements to have an adult (age 18 or over) at all practices and games.
7. It is the coach's responsibility to complete the Player Accident Report and submit it to the ESSC president for any injury involving a team member.
8. Coaches are to report any malicious destruction of property and equipment to the community representative.
9. Coaches may not add, delete, or transfer players from their assigned team. This is the responsibility of the community representative on the ESSC board.

10. Coaches are asked to display respect for the referees. Introduce yourself before the game. Do not openly dispute calls or show your displeasure to your players or spectators.
11. Coaches are strongly encouraged to attend the educational clinics conducted by the chief coach and chief referee.
12. Repeated violations of coaching conduct, ethics or club rules may result in the loss of coaching privileges.
13. At the conclusion of the game, the team will shake hands.

### **XIII. REFEREE GUIDELINES**

1. Referees assigned ESSC games will need to be approved by the chief referee of the community.
2. Referees will wear black or the pennies provided.
3. It is the responsibility of the referee to insure that the game is properly and safely conducted, and to impose the Rules and Regulations of competition as defined by the FIFA Laws of the Game with ESSC modifications as noted in Sections XVII and XVIII.
4. The referee can caution players or coaches (using yellow card) and eject players or coaches (using red card). Infractions will be reported to community representative.
5. The referee has the right to stop the game if warranted by the weather or inappropriate behavior by players, coaches, or spectators is warranted. Referees will report all forfeited, postponed, terminated, or cancelled games to the community leader.
6. If a player is injured, the referee may stop play to insure the welfare of the player, even if the ball has not gone out of play.
7. The referee does not have to explain his or her judgment of a play.
8. Before each game begins, the referee will give instructions and inspect the players and equipment.

### **XIV. SPECTATOR CONDUCT**

Spectators should cheer positively and encourage both teams. Leave the coaching to the coaches and the refereeing to the referees. Spectators must stand back at least two yards from the sideline. This makes the job of the referee and linesmen much easier. Teams and coaches are on the team side of the field between the midfield line and the penalty area. Spectators are on the opposite side from the players. At no time is a spectator or coach to be located on or behind the goal line.

### **XV. ACCIDENT REIMBURSEMENT**

ESSC does not carry accident insurance. Injuries in soccer sometimes occur. Therefore, all players are encouraged to have accident insurance.

## **XVI. LAWS OF THE GAME**

The current laws of the game as specified by FIFA will be used in all games with the following modifications as outlined in sections XVII and XVIII.

### **XVII. ESSC Special Rules for all grades**

1. Players with rigid casts or splints will not be allowed to play.
2. Instinctive protection of oneself should not be considered a handball.
3. Coaching will be confined to the team side and team half of the field between mid-field line and penalty area, with parents on the opposite side of the field. At no time is a spectator or coach to be located on or behind the goal line.
4. If a player wishes to register in a community other than their home community, the player must register as an individual. The player will then be added to the player pool of that community and will be subject to the team formation procedures of that community.

### **XVIII. Special ESSC Rules for Grades 2 and 3**

1. **The Field** –40 yards wide by 60 yards long. Goals – six feet high by twelve feet wide.
2. Each player must play at least half of each game unless exceptions have been cleared prior to the game
3. No charging of the goalkeeper when he or she has possession of the ball. (Possession is one finger on the ball.)
4. No slide tackling is allowed. An indirect kick shall be awarded to the other team.
5. **The ball – Size four.**
6. Number of players – Ten per team (optimum). Seven against seven with minimum of five players to play the game.
7. Referee – Minimum of one referee, optimum of two per field.
8. **Game time** 4 (10) minute quarters. Each quarter starts with a kick-off.
9. **Off-sides** – There is no off-sides rule for grades 2 and 3.

### **XVIII. Special ESSC Rules for Grades 2 and 3(cont)**

10. **Free Kicks** – All free kicks are indirect and are taken with the opposing team at least ten yards away from the ball. No free kicks shall be taken by the attacking team within the defending team's goal box.
11. **Penalty Kicks** – None
12. **Throw-in** – A second throw-in will be allowed if the player commits a foul on the initial attempt with the referee explaining the proper method before the second attempt is made.
13. **Corner Kicks** – Opponents must be at least ten yards from the ball.

14. **Substitution** – Grades 2 and 3 may only substitute at a quarter breaks. Mid quarter subs may occur for injuries or yellow cards
15. Instinctive protection of oneself should not be considered a handball.

### **XVIII. Special ESSC Rules for Grades 4 and 5**

1. **The Field** – Rectangular (Min. 45 to Max 50 yards wide) and (Min 75 to Max. 80 yards long).
2. **Goals** – 7 feet high by 21 feet wide or 8 feet high wide by 24 wide.
3. No charging of the goalkeeper when he or she has possession of the ball. (Possession is one finger on the ball.)
4. Each player must play at least half of each game unless exceptions have been cleared prior to the game
5. No slide tackling is allowed. An indirect kick shall be rewarded to the other team.
6. **Substitution** is from the centerline on any throw in or goal kick.
7. For intentional handballs within the penalty box, a penalty kick shall be awarded, and a yellow card will be issued to the offending player.
8. **The ball** – Size four.
9. Number of players – Fourteen per team (optimum). (8) vs (8) with minimum of five players to play the game.
10. Referee – Minimum of 2 referees, optimum of 3 per field.
11. **Game time** 2 (25) minute halves.
12. Instinctive protection of oneself should not be considered a handball.



### **XVIII. Special ESSC Rules for Grades 6 through 8**

1. **The Field** – should be (Min 60 to 70 yards wide) and (Min. 90 to 110 yards long)
2. **Goals** should be (7 feet by 21 feet or 8 feet high by 24 feet wide)
3. No charging of the goalkeeper when he or she has possession of the ball. Possession is one finger on the ball.
4. Each player must play at least half of each game unless exceptions have been cleared prior to the game
5. No slide tackling is allowed. A In-direct kick shall be rewarded to the other team.
6. **Substitution** is from the centerline on any throw in or goal kick.

7. For intentional handballs within the penalty box, a penalty kick shall be awarded, and a yellow card will be issued to the offending player.
8. **The ball** – Size five.
9. Number of players – Fourteen per team (optimum). (8) vs (8) with minimum of five players to play the game.
10. Coaching – Teams on one side of the field with one team on each side of the center line. Spectators are on the other side of the field.
11. Referee – Minimum of 2 referees, optimum of 3 per field.
12. **Game time** 2 (30) minute halves.
13. Instinctive protection of oneself should not be considered a handball.



### **EAST SIDE PARENTAL CODE OF ETHICS**

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- **I will remember that the game is for children and not for adults.**
- I will do my very best to make youth sports fun.
- I will ask my child to treat other players, coaches, and officials with respect regardless of race, sex or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, and being a respectful fan.

**EAST SIDE Coaches**  
**Code of Ethics:**

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all my players
- I will lead by example in demonstrating fair play and sportsmanship to all my players and Referees.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I understand that the EAST SIDE program is a learning program for its **players, coaches, parents and referees.**
- I will refrain from openly disputing calls or showing your displeasure to your players or the referees.
- I will remember that I am a youth sports coach, and that the game is for children and not the adults.