



Spirit League Soccer Guidelines

Spirit League follows the general guidelines listed below for soccer. The Guidelines vary by age division.

Division 1 (13 to 22 years)

- The field of play will be the full regulation field
- The Spirit Way Game Day Schedule will be followed
- The medium sized nets will be used as goals (same as Division 2)
- The corners of the field will be marked with corner flags
- Referees' will be volunteer parents or appointed official referees
- Referees will call penalties -penalty/ free kicks will be awarded
- One referee on the field
- Volunteers will be used as sideline referees if necessary
- Head referee will call offside
- Linesmen will call ball out of bounds and mark point of throw -in
- Coaches will coach from sidelines only
- There can be one Coach on either side of the field
- Coaches may assign a volunteer to stand near the goal to assist the goalie
- Volunteer may encourage the goalie
- Volunteer may give high fives to goalie
- Volunteer may give water to goalie
- Volunteer may not interfere with a play
- Volunteer may not touch the ball while on the playing field
- Team size is 9/10 players -depending on attendance teams need to be equal in size
- Equal number of players on the field
- Coaches will balance the number of players to be equal on both teams
- If there are 8 and fewer players the field will be down sized by moving the nets
- Each athlete will play the same amount of time.
- Athlete substitution will be conducted when play is stopped or at the end of each quarter monitored by coaches and Athletic Director
- Practice with game is total of 1.5 hours long (includes 30 minutes of practice time **with** water breaks and game time of 1 hour with 4, 10 minute quarters **plus** water breaks
- Start of game is a kick off from center field
- Athletes and parents must be aware of the dangers of wearing glasses on the field. Safety glasses are encouraged.

- The Blood Rule: States that an athlete that receives an open wound, is bleeding, or who has blood on them or their clothes, must immediately leave the playing area to receive medical attention. Though they may be able to play again later, they cannot go back and play again until the wound is taken care of, bleeding has stopped, and all contaminated equipment and clothing has been replaced.

Division 2 (9 to 13 years)

- The field of play will be from the top of the circle to the goal line full width of the field
- The Spirit Way Game Day Schedule will be followed
- The medium sized nets will be used as goals
- The corners of the field will be marked with corner flags
- Coaches will Referee the game.
- Coaches will call penalties -briefly explain infringements to players and continue play.
- Two coaches can referee -one from each team
- Volunteers will be used as side line referees
- Team size is eight players -depending on attendance teams need to be equal in size.
- Each player will play the same amount of time monitored by coaches and Athletic Director
- Player substitution will be conducted when play is stopped or at the end of each quarter or designated by the Athletic Director
- Practice with game is 1.5 hours long total (includes 30 minutes of practice time with water breaks and game time of 1 hour to include 4, 10- minute quarters plus water breaks
- Uniform for playing Spirit League Soccer
- Cleats or Tennis shoes (no metal cleats)
- Shin guards -under socks and fully covered by socks must be worn
- Team shorts and jersey are required
- No jewelry -rings, bracelets, necklaces, earrings
- Medical bracelets may be worn -it is required that the bracelet be covered by tape or a wrist sweatband.
- Athletes and parents must be aware of the dangers of wearing glasses on the field. Safety glasses are encouraged.
- The Blood Rule: States that an athlete that receives an open wound, is bleeding, or who has blood on them or their clothes, must immediately leave the playing area to receive medical attention. Though they may be able to play again later, they cannot go back and play again until the wound is taken care of, bleeding has stopped, and all contaminated equipment and clothing has been replaced.

Division 3 (6 to 9 years)

- The field of play will be an area 50' x 90' and cones will be used to mark sidelines.
- The small 3 x 6 nets will be used as goals
- Coaches will Referee the game.
- There will be no penalties -just play a friendly game of soccer.
- Team size is 9 athletes- depending on attendance teams need to be equal in size.
- Each athlete will play the same amount of time monitored by coaches and Athletic Director
- Practice with game is 1.5 hours long total (includes 30 minutes of practice time with water breaks and game time of 1 hour to include of 4, 10 minute quarters plus water breaks. Please note – Depending on athlete ability, the Athletic Director, together with the Coaches, may decide to not conduct quarters and limit game time, as appropriate
- Uniform for playing Spirit League Soccer
- Cleats or Tennis shoes (No metal cleats)
- Shin guards -under socks and fully covered by socks
- Team shorts and jersey
- No jewelry -rings, bracelets, necklaces, earrings
- Medical bracelets may be worn -it is required that the bracelet be covered by tape or a wrist sweatband.
- Athletes and parents must be aware of the dangers of wearing glasses on the field. Safety glasses are encouraged.
- The Blood Rule: States that an athlete that receives an open wound, is bleeding, or who has blood on them or their clothes, must immediately leave the playing area to receive medical attention. Though they may be able to play again later, they cannot go back and play again until the wound is taken care of, bleeding has stopped, and all contaminated equipment and clothing has been replaced.

All Divisions - Guidelines

- Any athletes expressing physical or violent behavior will be asked to leave the field until an appropriate intervention is established and agreed upon by parent, coach, and Athletic Director.
- Foul language will not be tolerated. One warning may be given to athlete, but if inappropriate language continues, athlete must be removed from the game until coach sees fit for athlete's return and an apology is made.

Website Resources for Soccer Coaches

The following websites are provided to serve as ideas resources for different drills and instruction as the season progresses:

<http://www.coachingsoccer101.com/drills.htm>

<http://www.ncaa.com/education/resources/soccer-drills>

<http://www.usyouthsoccer.org/coaches/coachconnectlessonplans/>

<http://soccerhelp.com/>

<http://www.footy4kids.co.uk/soccerdrills.htm>