



WESCO United
Recreational
Handbook
&
Playing Rules

Revised 3/2022

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NOTE: Due to COVID-19, changes may be required for the 2022 soccer season. This includes, but is not limited to, the number of practices and games a team will have. WESCO United is committed to creating a safe environment for everyone involved. COVID-19 safety protocols will be distributed closer to the season start due to changing regulations.

WESCO UNITED MISSION

The WESCO United mission is to provide a safe, fair, and fun soccer experience for the children in western Sonoma county.

OUR LEAGUE

WESCO United consists of our Recreational Soccer League and our Select Soccer League. Our Recreational Soccer League is in the fall and consists of divisions sorted by two year age groupings from Under-Six (U6) to Under-Sixteen (U16). Our divisions are organized around elementary schools for the very youngest players and by team drafts based on League evaluations for the Under-Ten (U10) through Under-Sixteen (U16) players. Our Select League is the travel side of our league. Select teams play a longer season and participate in NorCal Fall League against other clubs' competitive soccer teams and can choose to participate in regional tournaments.

SEASON OF PLAY

The WESCO United recreational season runs from August to October with games beginning approximately the second to last week in August, or as close thereto as possible. In 2022, opening day will be August 20th.

The recreational season consists of approximately 8-12 games (at the scheduler's discretion). U6 will play fewer games and only on Saturday at the beginning of the season to allow for more training. WESCO United reserves the right to alter schedules to best serve the strengths/weaknesses of teams.

The WESCO Harvest Cup Tournament ends the season typically on the third Saturday & Sunday in October. In 2022 the dates for the Harvest Cup would be October 22nd & 23rd. All age groups and teams will be included, and the Harvest Cup team entry fee is included in the team sponsorship. Teams without a sponsor must pay a fee to enter the tournament.

SEASON STANDINGS

Season standings will be kept for U10, U12, and U14.

- Awards will be distributed to the first, second, and third place teams in each division.
- Season winners will be determined by points tally (3 points for a win, 1 point for a tie, 0 for a loss). Tie breakers will be (1) head-to-head results, then (2) goals scored during the season, then (3) least goals conceded during the season.

Game scores are not kept for U6 and U8 divisions and these players will all receive participation awards.

PLAYER AGE DEFINITION

Players are defined by the birthday they reach in the calendar year in which the playing year finishes. For the 2021/2022 playing year, players are defined as the following:

- Under-Six (U6) Division – birth years 2017 & 2018 (generally 4 & 5 years old)
- Under-Eight (U8) Division – birth years 2015 & 2016 (generally 6 & 7 year old)
- Under-Ten (U10) Division – birth years 2013 & 2014 (generally 8 & 9 year old)
- Under-Twelve (U12) Division – birth years 2011 & 2012 (generally 10 & 11 year old)
- Under-Fourteen (U14) Division – birth years 2009 & 2010 (generally 12 & 13 year old)
- Under-Sixteen (U16) Division – birth years 2006 & 2007 (generally 14 & 15 year old)

REGISTERING FOR THE SEASON

Registration for our fall recreational league is done in the spring, with open registration from April 1st through May 31st. Late registration is available June 1st through July 30th on a first come first-serve basis as space is available. Players signed up after the formation of teams shall be placed only if players are needed to fill an existing team. Open roster spaces will be filled at the League's discretion.

Players in U6 through U14 will register for our regular internal recreational season. For players who register for U16, teams will only be formed if there are enough players and volunteers and will participate in a joint season with other teams from neighboring recreational leagues in the area through Cal North Dist. 5.

VOLUNTEERS

WESCO United is a volunteer run organization. In order for the league to run smoothly, it is important to have as many parent volunteers as possible. Please look through the volunteer opportunities and decide where you will be able to assist.

COACHES

The coach or designated adult (18 years or older, unless approved by the League) should attend every practice and every game. There must be an approved adult at all functions.

All coaches and assistant coaches in the WESCO United League shall complete an approved Coaches Application form online. Coaches must complete coach background screenings and/or other protocols as determined by the League. They also must attend coach training sessions when offered by the League.

Selection of recreational coaches shall be made by the Rec Committee and a list shall be submitted to the Board at their meeting. WESCO Select coaches must be submitted to the Board when chosen. Paid coaches and trainers shall be screened by the Select Committee and recommended to the Board.

TEAM PARENT/MANAGER

Every team is encouraged to find parents to volunteer as team parent/manager(s) who assist the coach with the management of the team, organization of additional activities and communicating with the parents.

Team Parent/Manager can assist the coach by organizing the following:

- Planning and ordering the team banner
- Organizing snacks for the game

SPONSOR/SPONSOR FINDER

Every WESCO United team is asked to find a sponsorship for their team. This helps keep our costs low as well as covers the cost of team banners and participation in the Harvest Cup tournament. Parents can volunteer to help teams find a local community sponsorship or to sponsor a team themselves.

REC COMMITTEE

The Rec Committee plans and runs the Rec season, including evaluations and the Harvest Cup. These volunteers have a meeting once a month throughout the year and are responsible for making decisions regarding the Rec league. If you are interested in joining the Rec Committee, please email soccer@sonic.net.

FIELD PREPARATION

Before and during the season, volunteers are needed to assist with the maintenance of our fields and keep them ready for soccer. Volunteers can also assist their teams by preparing the field for play before games.

REFEREE/BACKUP LINESPERSON

Official referees are required to obtain a license by taking an official course (there is a fee to take the course). Being an official referee is a paid job and parents who are interested in becoming official referees can start the process online at <https://www.cnra.net/new-referee/>.

Sometimes it is necessary to have parent volunteers step in as referees when an official referee is not available. Each recreational team is required to make a "linesperson"/assistant referee (A.R.) available for each scheduled game if needed.

TEAM FORMATION

All WESCO SELECT teams shall be formed by a date established by the League, and a team roster submitted to the League Registrar not later than the August Board meeting for the fall season.

All Recreational teams within an age group shall be formed so as to be as equal in ability as possible when more than one team exists in an age/gender band.

Teams playing in Cal North Dist. 5 shall be formed in accordance with District Playing League Rules. This happens where there are not enough teams to play within WESCO United (in-house).

Every attempt will be made to have players assigned to a team. If players have registered and a coach has not been found for that team, parents shall be notified and refunds granted if no volunteer coaches come forward. In the event that there are too many players for the available team, assignment to team shall be based upon the time and date of registration. Early sign-ups will be placed on teams first.

Players signed up after the formation of teams shall be placed only if players are needed to fill an existing team. Open roster spaces will be filled at the League's discretion.

FORMATION FOR DIVISIONS U6 & U8

Teams for divisions U6 and U8 shall be formed based on elementary school groupings. U6 will be combine both boys and girls on one team. U8 will have separate divisions for boys and girls.

Requests for placement on a specific team, or to play with another specific player must be made before team formation. Any requests for team placement must have a legitimate (hardship) reason.

FORMATION FOR DIVISIONS U10 & UP

Teams for divisions U10 through U14 shall be formed by a draft process as specified by the Rec Committee/League. Boys and girls play in separate divisions. Girls can play on boys teams but not the other way around.

All players within an age group shall be notified of at least one (1) pre-draft evaluation where their skills can be assessed before team selection. All players should attend evaluations if at all possible regardless of what part of Sonoma County they live. This applies to divisions where there is more than one team in any age/gender group. Coaches within an age group are required to attend a different age group's evaluation.

During the draft, coaches must select their child as a selection at the appropriate rating. One assistant coach's child must be selected as a selection at the appropriate rating to be guaranteed ("protected") placement on their team. If a coach's child did not attend evaluations, they must select their child first before picking any other players.

Recreational "play-ups" for U10 though U14 are approved by the Rec Committee. Any player requesting to play up must attend the evaluation in the age group they want to play in and score at least a 3 (out of 5) on their evaluation score. Play-ups will be placed only if they do not displace players legitimately in the age group or unfavorably impact the teams in their legitimate age group (leaving them short of players). Play-ups still require the Rec Committee/League's approval.

Requests for placement on a specific team, or to play with another specific player must be made before team formation. Any requests for team placement must have a legitimate hardship reason. In order for placement requests to be considered, all involved players must attend a player evaluation day for their age in the spring AND request this placement at a meeting of the League Board.

Improper team selection, use of non-registered players or players not drafted by their specific team will result in the loss of all points for all League games played until the team is redrafted as specified by the League.

If coaches play players other than those registered on their team, the game shall be a forfeit and will be brought before the Board or P.A.D. Committee for disciplinary action. ***This is a very serious breach of League rules.***

A coach may request that the League verify a player's eligibility by checking registration forms.

PLAYER REQUIREMENTS

All players must be registered with the League to participate in League sanctioned games and practices. Registered players may not wear their League or Club logos while participating in games or scrimmages against non-affiliated teams, and are not covered by League insurance for non-sanctioned play.

UNIFORMS

All players must wear club approved uniforms with League approved colors to League games, which include a jersey with a number. Uniform jerseys are provided by the League. We encourage all team members to wear matching uniforms, including matching shorts and socks whenever possible. Socks should be of the same color for the entire team if possible.

ALL PLAYERS MUST WEAR SHIN GUARDS at all practices and games. Shin guards must be made of a firm material (i.e. plastic, plastic with metal inserts, solid molded foam etc.). No old style soft foam-rubber shin pads shall be allowed. Socks must be worn up and completely over the shin guards.

All players shall wear appropriate footwear. A player may not play in his/her bare feet. Soccer type shoes are recommended. If cleats are worn they must be soccer cleats. No toe cleats are allowed. Traxion type cleats are allowed.

There will be **absolutely no wearing of any type of jewelry** that could be dangerous to other players or to themselves (i.e. watches, wristbands, any type of ring "ear, nose, finger etc", hats, headbands, bandannas, friendship bracelets, metal hair clips, berets, beads, pins, chewing gum, etc.) Long fingernails may be required to be covered with tape or gloves. The referee will decide what is considered acceptable and has the final say.

The goalkeeper must have proper attire that distinguishes them from other players. A goalie jersey, practice pinnie, or equivalent is allowed. Tank tops, sports bra etc. are not allowed even if goalie is distinguishable from other players.

FIELD LOCATIONS

WESCO United partners with local parks and schools in the community for use of their fields. The majority of games and practices are held at Ragle Ranch Park. Some practices and games can be held at other locations including Twin Hills Middle School, Apple Blossom School, Hillcrest Middle School, Brook Haven Middle School, and the Forestville Youth Park. Other locations are available for practices if requested by coaches and approved by the League.

While Ragle Ranch Park is a county park and allows dogs at the fields, parents and spectators are asked to remember that schools do not allow animals on campus. **Please remember not to bring your pets on to campus even in your vehicle!**

GAME DAY

Players in all recreational age groups **must play at least 50% of each game**. The penalty for noncompliance is forfeiture of the disputed game.

A coach who plans to keep a player out for sickness or disciplinary reasons shall inform the other coach, the referee, the player involved and the player's parent or guardian prior to the game.

When a jersey color conflict exists, the home team must wear alternate colored pinnies. Referee is the final judge on color conflict.

Game schedules will indicate who is the home team. The home team is responsible for providing three properly inflated game balls for each game played. However, the referee has final decision on the most suitable ball to be used.

FORFEITS, CANCELLATIONS, RAINOUTS

Rain-out, heat, smoke, or fire warning notification will come from the League; check the website, www.wescosoccer.org, for updates. Any necessary cancellations will be emailed out by the League as early as possible with a minimum of 30 minutes prior to the start. A date and time will be given later for make-up games if possible. Make-up games will be scheduled any day of the week. If a team is unable to make the make-up date they will forfeit the game, as long as the opposing team shows up with the requisite minimum number of players.

Games will NOT be canceled except by League officials for weather conditions or dire emergency, or at the discretion of the referee, or as below.

Teams are required to wait 15 minutes after scheduled game time before leaving the field if the opposing team is not present or has too few players to start game. A team may start the game with a minimum number of players. (See modified age group rules below)

Rescheduling or forfeits will be determined by the League. In the event the game cannot be replayed, the game shall stand as a tie, scoring 1-1. Rescheduling shall be determined by the League scheduler. Forfeits stand 1-0.

In the absence of a scheduled referee for a League game a suitable substitute(s) agreed upon by both coaches may serve as referee(s). The game will then be played under normal League rules. Either team may cancel without forfeiture before start of play.

If a game is abandoned by a referee, it will be referred to the WESCO PAD committee for review within 48 hours and a recommendation will be presented to the League within 7 days.

SPORTSMANSHIP

Both teams are to sit on one side of the field opposite from spectators. Spectators should remain on the side of the field opposite the teams. Spectators are not allowed on the players side of the field or positioned near the goals. Coaches must confine themselves to an area 10 yards of their side of the field. No one is allowed to roam up and down the sidelines, or to stand near the goal areas, to coach and/or advise the players (U8 & up, see U6 below).

Unlimited substitutions may be made at any stoppage of play. All substitutions must be made from the

sidelines at the center of the field and only after receiving a signal from the referee and during a stoppage of play. Substitutions can be made during any stoppage of play at the referee's discretion.

A player who is shown a Yellow Card, must be substituted; the player may return to the game at the next legal substitution opportunity, at the discretion of the coach.

Only one voice from the sidelines is permitted. Coaching must be done in a civil manner and the tone of voice should be informational and encouraging, not demanding or critical. Coaches and spectators may not address comments at players on the opposing team unless the comment is positive and encouraging. Adults are expected to be sensitive to how comments might be received by players, particularly young players.

Coaches are responsible for the behavior of their players and their spectators. If the players and/or spectators cannot be controlled, the coach will be held responsible and penalized. Coaches are subject to yellow card and red card enforcement.

The WESCO United Code of Conduct is included at the end of this document.

POLICY ON RUNNING UP THE SCORE

WESCO plays under the United States Youth Soccer Association code of conduct (Fair Play) which states that the emphasis to teams should be that there is more to the game than just the final score. We realize that at times the talent of one team will exceed that of another. If during the course of a game, one team has a point lead of 5, coaches should introduce one or more of these techniques to try and minimize their team's scoring of more points. ***Please make every effort to minimize the differential in the score. A forfeit will be imposed for a score differential of more than 7 points at the end of the game. Own goals do not count.***

Tactical coaching suggestions to avoid high score differentials:

- Player Positioning: Switch key player positions [Example: striker/center forward moves to goalie or defender; switching midfield to defensive (back) mid positioning]; limit attacking midfield
- Shooting: Chip shots only; outside-the-box shots only. Non-dominant foot shots (or "weak foot only" shots). Chest traps to volleys from at least 15 yards from goal line
- Passing: Only have crosses enter inside the box, then pass out. Minimum amount of touches/passes prior to shot [Example: Minimum 5 touches/passes to same team without interference from opponent, then shoot].

REFEREES

U6 will not have assigned referees. Each team is responsible for assigning a coach or other individual to co-referee. (See modified U6 age group rules below)

U8 will be assigned youth monitors to referee. If a monitor is not available, two volunteer parents or coaches are drafted, one from each team, one half each. (See modified U8 age group rules below)

U10, U12, U14, and U16 games will be officiated by referees approved and assigned by or on behalf of WESCO. An active referee as determined by guidelines set up by the USSF will be assigned. If no referee is available, a

coach or parent may serve as referee, as agreed upon by the two team coaches.

Particularly at the younger age divisions, less experienced/in-training referees may be officiating. Please be respectful. The referee has a responsibility to enforce the Laws of the Game to the best of his/her ability. It is not the place of the players, coaches or spectators to make the job of the referee more difficult by dissent through words or actions. Referees are encouraged to take appropriate action to maintain control over the game. Referees should request coaches to deal with spectators where necessary. The Laws of the Game have been updated such that coaches can be shown yellow or red cards, just like players.

If a coach behaves in an unsporting manner, at the recommendation of the Referee Coordinator and the approval of the Board, the coach in question will be **suspended for at least two (2) games**. Any further incident may result in suspension for the duration of the season.

Each team will be required to make a "linesperson"/assistant referee (A.R.) available for each scheduled game if needed. At the referee's discretion, the coach may be required to A.R. the game if a parent volunteer is not available. "Club Linespersons" can only indicate when the ball is out of bounds.

All WESCO referees will be required to wear the appropriate USSF Referees Uniform in a neat, proper, and professional appearance (i.e. shirts tucked in, socks pulled up over calf etc.) The WESCO Referee Coordinator will oversee the uniform dress code.

VIOLETIONS AND COMPLAINTS

All violations and complaints (separate from FIFA playing rules) after a 24 hour waiting period must be submitted to the League P.A.D. Committee by filling out the Grievance form. This form can be found at www.wescosoccer.org/parentresources and submitted via email (to padcommittee@wescosoccer.org), mailed to P.O. Box 423, Sebastopol CA 95473, or dropped off directly at the League office (130 South Main Street, Suite 213, Sebastopol).

Protests and appeals from coaches are sent to the P.A.D. Committee. Only violations of the rules of this competition or misapplication of the "Laws of the Game" shall be proper subjects to be considered for action. Judgment calls by referees on the field **are not subject to appeal**.

Red cards given to players and/or coach ejections are reported to the League by the referee of record. Send-Off Reports shall be forwarded to the League President and P.A.D. Committee within 72 hours. They will act in accordance with WESCO Bylaws.

A player red card is an automatic one game suspension. A coach red card is an automatic two game suspension. Coach ejections are not subject to protest or appeal. Only penalties above set minimums can be appealed.

Protests and appeals are to be in writing (typed or printed), mailed to the WESCO office, and shall be accompanied with a fee of Fifty dollars (\$50). Such protest or appeal shall be postmarked within five (5) working days after the official notification of the suspension.

THE HARVEST CUP

The Recreational season traditionally ends with the Harvest Cup Tournament taking place on the third Saturday & Sunday in October. All age groups and teams will be included, and the Harvest Cup team entry fee is included in the team sponsorship. Teams without a sponsor must pay a fee to enter the tournament.

The Harvest Cup is the closing showcase of the season. Scores will not be kept for U6 and U8 divisions. U6 will play a two game exhibition on Saturday and U8 will play in a three games Jamboree, prior to receiving their participation awards for the season.

The U10 through U14 divisions will participate in a round-robin style tournament which will be seeded based on league season standings. Teams will play for 1st through 3rd place and awards will be given at the conclusion of the Championship and Consolation games.

RULES OF PLAY

RULES SPECIFIC TO U6 DIVISION

THE FIELD: Will be a rectangle approximately 20 by 30 yards. Place cones in 4 corners and midway on touchline to mark center line. The goals will be 4 feet high and 6 feet wide.

THE BALL: Will be a Size 3 ball.

NUMBER OF PLAYERS: Each team will ideally consist of seven (7) players with a maximum of nine (9) players. Teams will consist of both boys and girls. The maximum number of players on the field is four (4) at any one time. A minimum number of three (3) players per side is needed to start a game. There will be **NO goalkeeper**. **DO NOT** position a player near the opponent's goal. Players must position themselves at least ten (10) feet from the goal when they do not have the ball. Unlimited substitutions will apply. These substitutions can be made in the run of play. (i.e. without a stoppage in play). **Each player shall play at least 50% of each game.**

LENGTH OF GAME: Each game shall consist of four (4) 8-minute quarters, with 3-minute breaks between quarters and 5-minutes for the half-time. The home team shall take kick-off to start the first half. Visitors start second half with kick-off. Opponents must be three (3) yards away from center mark when kick-off is taken.

REFEREES: Two volunteer parents or coaches, one from each team will serve as co-referees. The whistle should be blown **only** for the start and finish of a half. All other calls should be **spoken out** (i.e. "red throw in"). The rules, and infractions of them, should be explained **very briefly** to the offending player as play continues. When injuries require a stoppage of play, restarts are made by a ball being dropped by the "referee" between two opposing players, who must wait until the ball hits the ground before playing it. **Other restarts are by throw-in. There are no direct kicks, no penalty kicks.**

SCORES: There shall be **NO score** kept. After a goal, the team scored upon takes a kick-off.

COACHES: Each team will be allowed one (1) coach on the field at any one time to talk to and instruct his/her players on the game of soccer. Keep instructions brief; do not interrupt play.

THROW-INS: Players receive two (2) tries at a proper throw-in. Coaches should explain correct method. After two incorrect tries another player should be given a chance.

HEADING: Deliberate heading during a game is a foul resulting in an indirect free kick by the opposing team at the spot of the offense. Heading should NOT be taught during practices.

IMPORTANT NOTE: It is essential that all participants remember that the U6 program will not concentrate on competition or on winning games. Instead, this program will exist for the purpose of introducing very young children to the game of soccer. Our objective will be to give the children involved a positive, rewarding, and happy first experience with the beautiful game of soccer.

RULES SPECIFIC TO U8 DIVISION

THE FIELD: Will be a rectangle approximately 30 by 50 yards. The center circle has a radius of 6 yards. The goal area is 3 yards from each goal post and 3 yards into the field of play. The goals will be a maximum of 6 feet high and 12 feet wide. NO PENALTY AREA.

THE BALL: Will be a size 3 ball.

NUMBER OF PLAYERS: Each team will ideally consist of ten (10) players with a maximum of thirteen (13) players. The maximum number of players on the field is seven (7), including a goal keeper, at any one time. A minimum number of five (5) players per side is needed to start a game. Substitutions may be made any time the game is stopped. **Each player shall play at least 50% of each game.**

LENGTH OF GAME: Each game shall consist of two (2) 25-minute periods, with 5 minutes for the half-time. At kick-off (start of halves and after a goal) opponents must be 6 yards away from center mark when kick-off is taken.

REFEREES: The League will provide a Monitor (youth game official typically under 12 years old) for games. **It is suggested that Monitors meet with both coaches before every game and review the rules, so there are no misunderstandings. Take this list to games with you for reference.** If a Monitor is not available, two volunteer parents or coaches are drafted, one from each team, one half each. Calls should be spoken out (i.e. "red throw in"). The rules and infractions of them, should be explained very briefly to the offending player as play continues. When injuries require a stoppage of play, restarts are made by a ball being dropped by the Monitor between two opposing players, who must wait until the ball hits the ground before playing it.

BALL IN & OUT OF PLAY: Players receive two (2) tries for a proper throw-in. Monitors should explain correct method after first attempt.

DIRECT KICKS, PENALTY KICKS AND OFFSIDES: All kicks will be indirect and are taken from outside the defending team's goal box. There is **NO PENALTY AREA**. There is **NO OFF-SIDE** penalty. However, players cannot be stationed by the opponent's goal, since this will be considered as ***unfair and unsporting conduct.***

BUILD-OUT LINE: When the goalkeeper has the ball (either during play or from a goal kick) the opposing team

will need to drop behind the build-out line. This line is halfway between the penalty box and the half line. Once the opposing team is behind the build-out line the goalkeeper can pass, throw underhand or roll the ball to a teammate – NO punting will be allowed. After the ball is put into play by the goalkeeper the opposing team can cross the build-out line and play resumes as normal.

HEADING: Deliberate heading during a game is a foul resulting in an indirect free kick by the opposing team at the spot of the offense. Heading should NOT be taught during practices.

SCORES: Score may be kept, but there is no League Standing for this age group and there will be no “place” awards.

RULES SPECIFIC TO U10 DIVISION

THE FIELD: Will be a rectangle approximately 40 by 70 yards. The center circle has a radius of 6 yards. The goal area is 6 yards from each goal post and 6 yards into the field of play. The goals will be a maximum of 6 1/2 feet high and 18 feet wide. The Penalty Area is 14 yards from each goal post and 14 yards into the field of play.

THE BALL: Will be a size 4 ball.

NUMBER OF PLAYERS: Each team will ideally consist of twelve (12) players with a maximum of fourteen (15) players. The maximum number of players on the field is nine (9), including a goal keeper, at any one time. A minimum number of six (6) players per side is needed to start a game. **Each player shall play at least 50% of each game.**

LENGTH OF GAME: Each game shall consist of two (2) 30-minute halves, with 5 minutes for the half-time.

REFEREES: Normally youth referees will be assigned to officiate these games (typically under 14 years old). **Coaches and parents are reminded that these referees are developing their referee skills, just as the players are improving their game skills.** The important concerns are safety and fair play. If no referee is available, a coach or parent may serve as referee, as agreed upon by the two team coaches.

DIRECT KICKS, PENALTY KICKS AND OFFSIDES: All kicks will be indirect and are taken from outside the defending team's goal box. There is **NO PENALTY AREA**. There is **NO OFF-SIDE** penalty. However, players cannot be stationed by the opponent's goal since this will be considered as ***unfair and unsporting conduct***.

BUILD-OUT LINE: When the goalkeeper has the ball (either during play or from a goal kick) the opposing team will need to drop behind the build-out line. This line is halfway between the penalty box and the half line. Once the opposing team is behind the build-out line the goalkeeper can pass, throw underhand or roll the ball to a teammate – NO punting will be allowed. After the ball is put into play by the goalkeeper the opposing team can cross the build-out line and play resumes as normal.

HEADING: Heading should not be practiced and is not allowed in game. Deliberate heading during a game is a foul resulting in an indirect free kick by the opposing team at the spot of the offense.

RULES SPECIFIC TO U12 DIVISION

THE FIELD: Will be a rectangle approximately 50 by 75 yards. The center circle has a radius of 10 yards. The goal area is 6 yards from each goal post and 6 yards into the field of play. The goals will be a maximum of 6 1/2 feet high and 18 feet wide. The Penalty Area is 18 yards from each goal post and 18 yards into the field of play.

THE BALL: Will be a size 5 ball.

NUMBER OF PLAYERS: Each team will ideally consist of fifteen (15) players with a maximum of eighteen (18). The maximum number of players on the field is eleven (11), including a goal keeper, at any one time. A minimum number of seven (7) players per side is needed to start a game. **Each player shall play at least 50% of each game.**

LENGTH OF GAME: Each game shall consist of two (2) 35-minute halves, with 5 minutes for the half-time.

REFEREES: Normally youth referees will be assigned to officiate these games (typically under 16 years old). **Coaches and parents are reminded that these referees are developing their referee skills, just as the players are improving their game skills.** The important concerns are safety and fair play. If no referee is available, a coach or parent may serve as referee, as agreed upon by the two team coaches.

HEADING: Minimal heading training allowed only during practice – not allowed in game. Deliberate heading during a game is a foul resulting in an indirect free kick by the opposing team at the spot of the offense.

RULES SPECIFIC TO U14 DIVISION

THE FIELD: Will be a rectangle approximately 50 by 75 yards. The center circle has a radius of 10 yards. The goal area is 6 yards from each goal post and 6 yards into the field of play. The goals will be a maximum of 7 feet high and 21 feet wide. The Penalty Area is 18 yards from each goal post and 18 yards into the field of play.

THE BALL: Will be a size 5 ball.

NUMBER OF PLAYERS: Each team will ideally consist of fifteen (15) players with a maximum of eighteen (18). The maximum number of players on the field is eleven (11), including a goal keeper, at any one time. A minimum number of seven (7) players per side is needed to start a game. **Each player shall play at least 50% of each game.**

LENGTH OF GAME: Each game shall consist of two (2) 35-minute halves, with 5 minutes for the half-time.

REFEREES: Often youth referees will be assigned to officiate these games. **Coaches and parents are reminded that these referees are developing their referee skills, just as the players are improving their game skills.** The important concerns are safety and fair play. If no referee is available, a coach or parent may serve as referee, as agreed upon by the two team coaches.

HEADING: Minimal heading training allowed during practice – and is allowed in game.

A BRIEF REVIEW OF THE LAWS OF SOCCER

The referee should know and apply all of the "Laws of the Game". Here we will cover only those which are most visible to spectators and new players. Specific rules for our WESCO U6 -U14 divisions supersede those below.

START OF PLAY

LAW VIII: START OF PLAY: Play begins with a kickoff. Which team kicks is decided by the coin toss. (Winner of the toss decides which direction to attack at the start of the game.) All players must be on their own side of the centerfield line and players on the team not kicking must be outside the Center Circle. The ball can be kicked in any direction, and may not be touched again by the kicker until it has been touched by another player. It is "in play" as soon as it rolls, and any player except the kicker may kick it at that time.

BALL OUT OF PLAY AND RESTARTS

LAW XV: THROW-IN. When the whole ball passes completely across either touchline ("sideline") it is put back into play with a throw-in by the team which did not put it out. A legal throw-in starts behind and comes over the head. It is thrown (not just dropped) with both hands. The thrower must face the field with part of his/her body and *both feet* must be touching the touchline or the ground *outside* the field of play when the ball is released. Because proper throw-ins are difficult for young players, **U6 and U8 players get 2 tries**. Illegal throw-ins result in the "turnover" of the ball to the other team.

LAW XVI: GOAL KICK. When the *attacking* team kicks the ball over the goal line (instead of into the goal), the defending team puts it back into play with a kick from anywhere within the goal area. (See special U6 – U8 rules). Defending players may remain inside their own penalty area while the ball is kicked, but no attacking player may touch the ball before it crosses out of the penalty area.

LAW XVII: CORNER KICK. When the *defending* team kicks the ball over its own goal line (and not into their goal), the attacking team puts it back in play with a kick from the Corner Arc on the side where the ball went out. The ball need only be anywhere in the arc; the kicker may only kick it once.

LAW XII: FOULS AND FREE KICKS. There are 10 major fouls: holding, pushing, kicking, tripping, hitting, spitting at an opponent, handling the ball (except as goalie or on a throw-in), jumping at a player or the ball, making contact with an opponent before touching the ball [on a tackle], and charging violently [or from behind]. Serious fouls result in the violator being cautioned ("Yellow Carded") or ejected ("Red Carded") from the game and the field. Ejected players may not be replaced, and the game continues with a reduced team. When any of the major fouls occur inside the fouler's own penalty area, the attacking team is awarded a PENALTY KICK. This kick is taken from a spot 12 yards in front of the goalmouth and only the kicker and goalie may be inside the penalty area or the penalty arc until the ball is kicked. The goalie *must keep one foot on the goal line* until the kick is taken.

There are six lesser fouls: playing in a dangerous manner, obstructing an opponent's progress [when not playing the ball], preventing the keeper from releasing the ball from his/her hands, the goalkeeper playing the ball again with hands after releasing it, the goalkeeper handling the ball when it has been kicked to him/her by a teammate, and the goalkeeper handling the ball directly from a teammates throw-in. These fouls give the

opposing team an "INDIRECT" FREE KICK (i.e., the ball must touch another player from either team before going into the goal or the goal does not count).

In addition to the above fouls, there are other types of unfair or "unsporting" actions for which players may be cautioned or ejected. Two common ones are **using foul language**, and showing **disagreement** [dissent] with regard to the referee's judgment calls. (WARNING: These violations may be applied to the coach, substitute players, and spectators).

LAW XI: OFFSIDE: An *attacking* player who is not in possession of the ball and is in the attacking half of the field must have at least two opponents ("defenders") between her/him and the goal AT THE MOMENT A TEAMMATE PASSES THE BALL FORWARD. Merely being in an offside position does not warrant a penalty, but if *in the judgment of the referee*, he/she may gain an advantage from being in an offside position, or interferes with an opponent or with play, then the penalty applies. The opposing goalkeeper counts as one defender. The best strategy is to keep two players between you and the goal when receiving a pass in your attacking half of the field. There is no offside direct from a throw-in, goal kick, corner kick, or when the ball has been dropped by the referee. The penalty for offside is an Indirect Free Kick for the opposing team.

WESCO UNITED CODE OF CONDUCT

WESCO United agrees to provide:

- A safe environment in which the player can learn and develop during trainings & games
- A structured soccer learning curriculum appropriate to the age, ability and growth of the player
- Guidelines to the player and parents/guardians on the best ways for them to contribute to the player's soccer development
- Support for the continued academic and personal development of the player

Coach agrees to:

- Show respect at ALL times to parents, players, the opponent, referees, and coaches
- Show up on time and be prepared for all training sessions and games
- Communicate timely with parents concerning adjustments to training times, game schedules, or plans for the tournament
- Motivate and develop ALL players from top to bottom throughout the year
- Attend coach training sessions as offered by the League

Player agrees to:

- Show respect at ALL times to parents, players, the opponent, referees, and coaches
- Attend the training and games regularly and punctually, behave with self-discipline and give notice of and reasons for any absence
- Bring all personal equipment to training sessions
- Practice the techniques and skills taught by WESCO and attempt to apply them in games
- Attend school regularly and punctually, complete school assignments and behave at school as you would at WESCO United
- Follow a lifestyle appropriate to development – spending off time positively; eating, drinking, relaxing and sleeping sensibly
- Realize that should he/she break any of the team rules, they promise to accept any of the consequences given by the coach

Parents/Guardians agree to:

- Show respect at ALL times to parents, players, the opponent, referees, and coaches
- Encourage and help the player meet targets, including this Code of Conduct
- Support the player without pressure, praise good work and refrain from criticizing players, coaches, referees and opponents
- Set a good example to the player by being on-time and positive
- Stay on their side and not behind the goal or on the team-side of the pitch
- Communicate with WESCO staff and volunteers, keeping them informed about matters affecting the player
- Promise not to coach their child in any way that might affect the instruction of the coach. If questions arise as to the subject of training content or skill acquisition, parents agree to ask the coach about this so they can reinforce the instruction
- Understand that by having a child on this team, it creates a great commitment to the club, the coach, and the other parents/players on the team. Parents agree to do their utmost to fulfill any and all obligations and contribute to the positive development of their child and the team.

RAGLE RANCH PARK FIELD MAP

