



YOUTH SOCCER RULES AND REGULATIONS

ALL GAMES SHALL BE COVERED BY MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION RULES EXCEPT FOR THOSE MODIFIED BY THE FOLLOWING:

League Philosophy

SLARA sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity, tolerance and inclusiveness, and all other policies pertaining to community understanding and development. SLARA reserves the right to make decisions which it feels are in the best interest of the league and community.

What to Expect?

SLARA soccer leagues aim to serve as introductions to the sport of soccer for the youth in the community. For many of the players in the league, this will serve as their first experiences with soccer as well as organized sport. It will be a learning process for all of them. Some will pick up the game and skills quicker than others. Be patient and keep the focus on fun! Players should play equal amounts of every game, receive equal instruction, and be provided with an environment suitable for skill development and recreation.

Role of the Youth Coach

SLARA thanks you for your decision to serve as a coach! SLARA coaches are vital to the implementation of all youth leagues. As a coach, your role is to serve as a communicator to parents and players alike, facilitate a learning environment, and provide supervision. It is not uncommon for youth players to view a coach as a role model, use this opportunity to teach fair play, sportsmanship, and a love for the game. Keep practices fun, yet instructional. Use gameplay as teaching moments for young players. Coaching youth sports can be a very rewarding experience, remember to have fun with this!

Shirts and Schedules

1. Players will be provided a team t-shirt for games. T-shirts are handed out at the first scheduled game or earlier if available.
2. Game schedules and rosters are provided at the coach meeting. These are emailed out to all parents and posted at www.slrec.net after the meeting. Coaches should send an introductory email out to their teams prior to the first practice.
3. In the event of game or practice cancellations – Coaches and parents will be notified with an email if possible and updates will be posted to our Facebook page. You can also contact Justin Lambregtse on his cell phone at 248-924-6694
4. Make-ups will be added if possible.

Team Rosters

1. Roster requests are not guaranteed. All requests must follow the Youth Sports Request Policy. A Friend Request Form must be completed and turned in to the Sport Manager for the request to be considered.
2. Coaches may pick their assistant coach. If no preference is given, assistant coaches will be assigned to head coaches depending on availability.
3. Teams are put together by the Sport Manager using the registration system. Teams are randomly assigned based on experience level. Every effort is made by SLARA to create even teams.
4. Teams will consist of no more than 12 players.
5. Every player must play an equal amount of time.
6. SLARA reserves the right to adjust team rosters as needed.

Coach Responsibilities

1. All coaches and assistants must be registered with SLARA. They must have completed coaching paperwork on file before getting involved with the team. Coaching paperwork includes a volunteer application, background check, and concussion certificate.
2. Coaches are responsible for reviewing rules with their players
3. Coaches are responsible for their players' conduct before, during, and after all games.
4. Coaches will receive their players' t-shirts and schedules. Coaches are responsible for distributing these items to each player.
5. Teams should not arrive more than 15 minutes prior to their scheduled game time. Warm-up time is not guaranteed.
6. Coaches are responsible for team conduct on practice nights. All park rules must be followed and any staff that is present must be treated with respect.
7. Coaches are to provide equal playing time to each player on their roster. Coaches should, to the best of their ability, encourage all players and provide them with opportunities to succeed.
8. Every child, parent, coach, and SLARA staff member are to be treated with respect.

Participant/Spectator Conduct

1. During the game, a participant/spectator may not question officiating or act in an unsportsmanlike manner. All concerns should be addressed with the Site Supervisor.
2. The following acts are subject to penalty:
 - a. Any player, sponsor, manager or fans who use abusive, profane or obscene language or gestures, which are audible to the official or league director, shall be ejected from the game and suspended from the next game in which their team takes part. Violent infractions will call for a longer suspension at the discretion of the League Supervisor. PRE-GAME AND POST-GAME activities are included in this rule.
 - b. Committing actions tending to influence decisions by the official or coach.
 - c. Shouting or clapping hands to distract the official or opponent.

3. For minor offenses, such as questioning officials, unsportsmanlike conduct, or intentional delay of the game, a warning will be issued. In cases where the offense is continuously repeated, the player/spectator may be removed from the game and asked to leave the school facility by the Site Supervisor.
4. For serious offenses, such as deliberate violence towards another individual, profane or obscene language and gestures, verbal assault, etc., the offender will be removed from the game/facility and subject to dismissal from the future games.

Divisions

Preschool (Co-Ed)

K-1 (Co-Ed)

Grades 2-3 (Co-Ed)

Grades 4-5 (Co-Ed)

Practices

Preschool practices will take place before games, for a half-hour. Grades K-5 practices take place on a separate day from games and will last for 1 hour.

Equipment

No equipment is required by SLARA. Tennis shoes/soccer cleats and shin guards are recommended. Each child is encouraged to bring their own soccer ball to practices.

Preschool Playing Rules

Field and Player Equipment

1. Field dimension is 30 yards in length by 20 yards in width.
2. Goals are 4 x 6 feet
3. Size 3 soccer ball is used
4. Footwear: tennis shoes or soft-cleated soccer shoes.
5. Shin guards/mouth guards are recommended, but not required.

Team Rules

1. Maximum numbers of players on the field at any one time is five (Fewer may be used depending on number of players in league).
2. There are no goal keepers.
3. Substitutions can be made at the start of each quarter, at time-outs, or for injuries.
4. Each Player shall play a minimum of 50% of the game time.

Duration of the Game

1. Practice will occupy the first 30 minutes of time, and the game will occupy the last 30 minutes.
2. Games will be divided up into 4, 5-minute quarters.
3. There shall be 1-minute breaks between quarters, with a 3-minute half time.

Game Play

1. Home team (Coach's choice) gets kick to start 1st and 3rd quarters. Visitors get 2nd and 4th. Kick-offs should only be utilized at the start of a quarter.
2. Opponent must be 5 yards from the center mark while kick-off is in progress.
3. The ball is out of play when the WHOLE ball goes over the boundary line. There is some leniency as it is better for their development to keep playing and not have to reset as much.
4. A goal is scored when the WHOLE ball goes over the goal line.
5. When a goal is scored, simply let the team who was scored on start with possession of the ball. A kick-off is unnecessary as goals will be common without goalies.
6. Do not keep score of the games.
7. Fouls: must be blatant, examples are kicking an opponent, tripping an opponent, striking an opponent, holding, charging. When a foul occurs, the affected team gets a chance to reset with a free kick.
8. Handballs should result in an indirect free kick at the point of the infraction.
9. All free kicks are to be indirect. That means it must be touched by two players before a goal can be scored.
10. There are no penalty kicks.
11. Throw-ins are allowed when the ball goes out of bounds. Teams can kick the ball in bounds, but a throw in is encouraged to be taught throughout the season.
12. There are no corner-kicks at this age group.
13. Coaches officiate and dictate the game play.

Grades K-1 Playing Rules

Field and Player Equipment

- 1 Field dimension is 30 yards in length by 20 yards in width.
- 2 Goals are 4 x 6 feet
- 3 Size 3 soccer ball is used
- 4 Footwear: tennis shoes or soft-cleated soccer shoes.
- 5 Shin guards/mouth guards are recommended, but not required.

Team Rules

- 1 Maximum numbers of players on the field at any one time is five (Fewer may be used depending on number of players in league).
- 2 There are no goal keepers.
- 3 Substitutions can be made at the start of each quarter, at time-outs, or for injuries.
- 4 Each Player shall play a minimum of 50% of the game time.

Duration of the Game

1. Games will be divided up into 4, 10-minute quarters.
2. There shall be 2-minute breaks between quarters, with a 5-minute half time.

Game Play

1. Home team (Coach's choice) gets kick to start 1st and 3rd quarters. Visitors get 2nd and 4th. Kick-offs should only be utilized at the start of a quarter.
2. Opponent must be 5 yards from the center mark while kick-off is in progress.
3. The ball is out of play when the WHOLE ball goes over the boundary line. There is some leniency as it is better for their development to keep playing and not have to reset as much.
4. A goal is scored when the WHOLE ball goes over the goal line.
5. When a goal is scored, simply let the team who was scored on start with possession of the ball. A kick-off is unnecessary as goals will be common without goalies.
6. Do not keep score of the games.
7. Fouls: must be blatant, examples are kicking an opponent, tripping an opponent, striking an opponent, holding, charging. When a foul occurs, the affected team gets a chance to reset with a free kick.
8. Handballs should result in an indirect free kick at the point of the infraction.
9. All free kicks are to be indirect. That means it must be touched by two players before a goal can be scored.
10. There are no penalty kicks.
11. Throw-ins are allowed when the ball goes out of bounds. Teams can kick the ball in bounds, but a throw in is encouraged to be taught throughout the season.
12. There are no corner-kicks at this age group.
13. Coaches officiate and dictate the game play.

Grades 2-3 Playing Rules

Field and Player Equipment

1. Field dimension is 30 yards in length by 20 yards in width.
- 1 Goals are 4 x 6 feet
- 2 Size 4 soccer ball is used
- 3 Footwear: tennis shoes or soft-cleated soccer shoes.

- 4 Shin guards/mouth guards are recommended, but not required.

Team Rules

- 1 Maximum numbers of players on the field at any one time is six, five field players and one goal keeper (Fewer may be used depending on number of players in league).
- 2 Substitutions can be made at the start of each quarter, at time-outs, or for injuries.
- 3 Each Player shall play a minimum of 50% of the game time.

Duration of the Game

1. The game shall be divided into 4 equal, 10-minute quarters.
2. There shall be 2-minute breaks between quarters, with a 5-minute half time.

Game Play

1. Home team (Coach's choice) gets kick to start 1st and 3rd quarters. Visitors get 2nd and 4th.
2. Opponent must be 5 yards from the center mark while kick-off is in progress.
3. The ball is out of play when the WHOLE ball goes over the boundary line. There is some leniency as it is better for their development to keep playing and not have to reset as much.
4. A goal is scored when the WHOLE ball goes over the goal line.
5. A kick-off should resume play after the scoring of a goal.
6. Do not keep score of the games.
7. Fouls: must be blatant, examples are kicking an opponent, tripping an opponent, striking an opponent, holding, charging. When a foul occurs, the affected team gets a chance to reset with a free kick.
8. All free kicks are to be indirect. That means it must be touched by two players before a goal can be scored.
9. Handballs should result in an indirect free kick at the point of the infraction.
10. If a player is fouled within 6 yards of the goal, the affected player gets one penalty kick.
11. Throw-ins should be used when the ball goes out of bounds.
12. If the ball goes out of bounds on the end lines behind the goal, the receiving team gets a corner kick.
13. Coaches officiate and dictate the game play.

Grades 4-5 Playing Rules

Field and Player Equipment

1. Field dimension is 45 yards in length by 35 yards in width.
2. Goals are 6 x 12 feet
3. Size 4 soccer ball is used
4. Footwear: tennis shoes or soft-cleated soccer shoes.
5. Shin guards/mouth guards are recommended, but not required

Team Rules

1. Maximum number of players on the field at a time is eight. Seven field players and one goalkeeper (Fewer may be used depending on number of players in league).
2. Substitutions can be made at the start of each quarter, for injuries, or during time-outs.
3. Each player shall play at least 50% of the game.

Duration of the Game

1. The game shall be divided into 4 equal, 10-minute quarters.
2. There shall be 2-minute breaks between quarters, with a 5-minute half time.
3. There will be a whistle to end each quarter.

Game Play

1. Home team (Coach's choice) gets kick to start 1st and 3rd quarters. Visitors get 2nd and 4th.
2. Opponent must be 5 yards from the center mark while kick-off is in progress.
3. The ball is out of play when the WHOLE ball goes over the boundary line. There is some leniency as it is better for their development to keep playing and not have to reset as much.
4. A goal is scored when the WHOLE ball goes over the goal line.
5. A kick-off should resume play after the scoring of a goal.
6. Do not keep score of the games.
7. Fouls: must be blatant, examples are kicking an opponent, tripping an opponent, striking an opponent, holding, charging. When a foul occurs, the affected team gets a chance to reset with a free kick.
8. Handballs should result in a direct free kick at the point of the infraction.
9. Free kicks do not have to be indirect.
10. Offsides will be enforced.
11. If a player is fouled within 6 yards of the goal, the affected player gets one penalty kick.
12. Throw-ins should be used when a ball is kicked out of play
13. If the ball goes out of bounds on the end lines behind the goal, the receiving team gets a corner kick.
14. One referee will be utilized (if available). Coaches should remain on the sidelines at all times, unless no referee is available, then it is their job to officiate the game.
15. All calls made by the referee are final. Referees should not be addressed by parents, coaches, or players at any time. All questions and concerns must be directed to the Site Supervisor or Sport Manager.

Coaches Tips and Tricks

On game day it is recommended that opposing coaches meet pre-game to gain an understanding on officiating the game together. Every effort should be made to follow the rules outlined above, but should both coaches be in agreement, there is some flexibility. SLARA leagues feature free substitutions. You may substitute as needed to ensure equal playing time and keep young players engaged. Be mindful of the time, all games are not to exceed 1-hour. Refer to the Site Supervisor should you have any questions, they will be able to assist.

For practice tips and tricks, please visit our Coach Corner on our website