

# **Kettle Moraine Soccer League**

## **Parent Handbook**



**Fun, Fitness and Fair Play!**

Revised: April 2011

**TO ALL PARENTS AND SOCCER PLAYERS:**

*Welcome to the Kettle Moraine Soccer League (KMSL). KMSL consists of separate clubs from Erin, Hartford, Slinger, Hustisford, Richfield, Jackson, and West Bend.*

*Our philosophy is FUN, FITNESS AND FAIR PLAY!*

*KMSL was established as a low-key, low-pressure soccer league. While we are always looking for new ways to improve the league, our original goals and objectives have remained unchanged - primarily, these goals are to see that each young player learns the basic skills of soccer or improves existing skills in an atmosphere of fun, teamwork and good sportsmanship. Competition is a natural ingredient existing in all team and most individual sports. We simply do not stress competition as being the primary purpose of this program.*

*The following pages of this brochure contain information about the rules of soccer and the regulations of the KMSL, as well as information designed to help parents and players in making this season a positive experience for all involved. Please take the time to read the entire brochure.*

*Volunteer coaches or assistant coaches who do not totally support this philosophy, or who take issue with the rules set down to keep KMSL as a low-pressure program, are asked not to apply, but perhaps volunteer in a non-coaching capacity.*

*Your comments and suggestions are welcome and help us to continually improve the program. Please do not hesitate to call your KMSL Commissioners.*

**BILL OF RIGHTS FOR YOUNG ATHLETES**

- Right to participate in sports.
- Right to participate at a level commensurate with each child's maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right to participate in safe and healthy environment.
- Right to proper preparation for participation in sports.
- Right to equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have fun in sports.

**KMSL AGE DIVISIONS**

As of August 1st of the current year at fall registration...

- U-7 Under 7 years old
- U-8 Under 8 years old
- U-9 Under 9 years old
- U-10 Under 10 years old
- U-12 Under 12 years old
- U-14 Under 15 years old (but not out of 8th grade)

Each season consists of two halves of eight weeks each. The first half is in fall and the second half is in spring. Beginning with the fall season, new teams are organized and players return to the same team in spring.

## UNIFORMS AND EQUIPMENT

Each player is required to provide their own soccer or gym shoes. Soccer shoes are not required, but highly recommended! Should you decide to purchase soccer shoes, molded type cleats are acceptable. **NO** baseball shoes or shoes with a single toe cleat are allowed. Shoes should "just" fit rather than be too large. Each player must have a team jersey. Shorts must be 90% same team color. Socks must be 90% same team color.

**SHIN GUARDS ARE MANDATORY.** Other pads of any kind are not allowed except for the goalie, who can wear sweat pants, kneepads and approved helmet at any time. Shin guards are to be age and size appropriate.

Jeans are not acceptable playing attire. If temperatures are below 50 degrees at game time, players may wear additional clothing (including stocking caps and gloves). Jerseys must be the outer layer. Team shorts may be worn over any color pants or pants the same color as the team shorts can be worn over the shorts. Over 50 degrees, shorts are required - no pants of any kind.

A soccer ball is as important to a soccer player as a baseball glove is to a baseball player. While a soccer ball is not required for your child to participate, it is strongly recommended that each player should have his/her own soccer ball, clearly marked with name, address and phone number.

## PRACTICES AND GAMES

Practices will be held weekly, with the location determined by the individual clubs or coaches. An additional hour of practice is permitted during the two weeks preceding the first scheduled game. Each team is required to hold one practice session per week and is not permitted, under any circumstances, to hold more than three hours of practice per week. A practice game or scrimmage is considered a practice session.

All KMSL coaches are volunteers who donate a good deal of their time so that your children can have fun playing soccer. Please see that your child understands his/her responsibility as a team member and attends the practices as well as games, and notifies the team coach in advance when he/she cannot be in attendance. A player who consistently attends and effectively participates in practice will play at least half of the game.

Schedules for games will be distributed before the first game. Most games will be played on Saturdays; times vary from week to week. Some of our fields are in low areas - excessive rainfall could cause some changes in scheduled games.

Soccer is played in most any kind of weather. Normally games are not canceled because of rain. If games are in progress and weather becomes stormy, referees are instructed to halt games when there is lightning in the area. If you feel a game is being played under such conditions, remove your child from the field and report the incident to a club or league commissioner.

## **VOLUNTEERS IN KMSL**

The success of KMSL depends primarily on the acceptance of our philosophy and rules, and the participation of countless enthusiastic volunteers. The best way to be sure that this program is a good experience for your youngsters is to get involved!

This season we will have many league teams serving well over 1,500 kids. This means many referees and linesmen will be needed every Saturday. Each team must have a least one coach and may have assistant coaches accounting for many other volunteers this season. Club volunteers are needed to help organize teams, distribute equipment, act as a liaison between the coaches and program coordinators, notify coaches of program changes and collect equipment at the end of the season.

Volunteers are also needed to help with mailings, registrations, and to put up and take down nets and flags before and after games. Clinics and meetings will be provided to help the inexperienced. Anyone who would like to learn more about the rules and skills of soccer is encouraged to attend the meetings and clinics.

Many of our volunteers have been doing more than their share by coaching more than one team in a season, refereeing as many as 3-4 games per week, and volunteering for more than one job within the program.

### **DO YOUR SHARE! VOLUNTEER AND SIGN UP NOW!**

### **SPECIAL HINTS FOR PARENTS AND YOUNG ATHLETES**

Many books and research publications are available which explain the proper approach in dealing with youngsters involved in sports activities. Summarized below is a list of the points most frequently emphasized.

KMSL fully endorses these recommendations and encourage all parents to consider them carefully.

Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best and avoid fear of failure based on the prospect of disapproval and family disappointment if they don't measure up to expectations. Give them positive re-enforcement. Learn to hide your feeling if you are disappointed.

Try to be completely honest with yourself about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.

Be helpful, but don't "coach" on the way to the field, on the way back, etc. It's difficult not to, but it's a lot tougher for the child to receive constant advice, pep talks and critical instruction.

Teach them to enjoy the thrill of competing by trying their best. Don't tell them winning doesn't count, but help develop the feel for competing, trying hard, and having fun.

Try not to re-live your athletic life or lack of one through your children's experience in a way that creates pressure. Let them make mistakes. Let them make their own decisions on the field. Let them be creative. Don't pressure them because of your pride. Don't assume they like the same things you like, want the same things, or have the same attitude. Think of your child as a child, not as "my son or daughter, the athlete!"

Don't compare the skill, courage or attitudes of your children with other members of the team, at least in their hearing. If your children show a tendency to resent the treatment they get from the coach or the approval another team member gets, be careful to talk over the facts quietly and try to provide fair advice.

Get to know your children's coaches so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to expose your children to them. Coaches have a tremendous potential influence. Too many parents let their children play for coaches whose approach is less than desirable. Here is where you should speak up!

Remember that children tend to exaggerate both when praised and when criticized. Temper your reactions - take a look at the situation and gradually try to develop an even level. Don't overreact and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem may not be as it appears.

## DO'S AND DON'TS FOR PLAYERS AND PARENTS

PLAYERS:

- DO have fun playing soccer!
- DO get to your practices and games on time.
- DO be fair and generous to your teammates and opponents
- DO stay with your teammates on the sidelines so that you are ready when it is your turn to play.
- DO thank the referee at the end of your game.
- DO read and learn the KMSL rules and ask your parents to read them, too!
- DO be a good loser and a graceful winner.
- DON'T criticize your teammates or opponents.
- DON'T use bad language - you could be ejected from the game.
- DON'T argue with the referee.
- DON'T practice on game fields unless authorized - use other parks or open areas.

PARENTS:

- DO remember that KMSL is a recreational and instructional league - relax at the games and watch your child learn, improve and have fun.
- DO see that your child is properly dressed for the game.
- DO introduce yourself to your child's coach and offer to help in any way you can. Learn with your child by helping with practice sessions, or offer to contact other parents and arrange for a half-time treat of juice or orange slices.
- DO cheer the players of both teams in a positive way. There is a big difference between yelling to a child and yelling at him. Yelling to him is okay, once in a while, but don't expect results - he is trying to concentrate on the ball, his teammates, his opponents, and the game - trying to listen to someone on the sidelines is very confusing.
- DO bring lawn chairs and blankets, but be sure to place them 10 feet behind the touch line - remind others, it is a KMSL rule!
- DO thank the referee and let him/her know when he/she called a good game.
- DO read and learn the KMSL rules and go over them with your children.
- DON'T criticize the players, coaches or referees.
- DON'T use bad language - you could be ejected from the park.
- DON'T expect the referee to see everything that happens on the field and don't tell him what he missed!
- DON'T offer the referee your glasses, your whistle or your running shoes - even if you think the referee needs them. If you have a serious complaint, contact your Club or League representative.
- DON'T coach from the sidelines, unless you are the team coach.

PLAYERS & PARENTS:

**REMEMBER, IT IS NOT THAT YOU WON OR LOST, BUT HOW YOU PLAYED THE GAME!**

## YOU WANTED TO KNOW!

- Question:** My daughter's team only has practice one a week and the other team in our neighborhood always has two practices. I don't think that's fair!
- Answer:** Some of our volunteer coaches have more free time to conduct practice sessions than others. Many coaches work or travel out of town and must make special arrangements just to get one practice session in their own schedules, yet still they volunteer because they enjoy working with the children and want them to have an opportunity to play soccer. If you have a child on such a team, why not get together with one or two other parents and volunteers to conduct an extra practice session to help out the busy coach.
- Question:** Whom do I call if I have a complaint?
- Answer:** If your complaint has to do with your child as a team member, call the coach and talk about your concerns. If your complaint is about the coach and you don't feel you can talk to the coach personally about the problem, call a Club representative. If you are a coach and have a problem, call a Club or League representative.
- Question;** How do I find out if games have been canceled due to bad weather?
- Answer:** Most games will not be canceled until game time and at the scheduled field. If they are canceled earlier, your coach or team director will notify you. Games will be rescheduled.
- Question:** I would really like to see my children learn to play soccer fairly well and enjoy the game. What can I do to help besides signing them up with a KMSL team?
- Answer:** It would help if they had their own soccer ball and permission to play in your yard or a nearby park or school with their friends. If you attend their games, don't yell, "kick it" or "shoot it" every time they get the ball. Let them use their own imagination. Let them make and learn from their mistakes.
- Question:** I can understand why you don't want too much coaching from the sidelines, but I can't help really getting excited when I watch my child play. You can't really expect adults to keep quiet on the sidelines. Any suggestions?
- Answer:** Remember, we promote positive encouragement and support, but PLEASE - NO COACHING FROM THE SIDELINES!



## KETTLE MORAINÉ SOCCER LEAGUE

There are 17 rules of soccer and even those familiar with the game seldom have a full knowledge of all 17 rules. The KMSL rules are based on the FIFA Laws of the Game. Some of the KMSL rules represent a small departure from the official rules in that they are modified for the small sided game format and younger players.

Rules may not be completely applied at the younger ages in order to permit children to play and learn the skills, as well as to make it easier for referees to be introduced to refereeing.

The following is a summary of the FIFA rules with the KMSL modifications. For the full interpretations of the rules, consult with appropriate members of the KMSL, Director of Referees or your referee after the game.

### 1. The Field of Play

The field of play is marked and divided into various parts by lines. All lines are part of the field of play. Appropriately sized fields are used for each division. See the diagrams at the end of the Parent Handbook for required dimensions.

No spectators or coaches are permitted to occupy the area behind either goal line. At U-7-U-10 divisions, teams generally assemble on opposite sides of the playing field at least 10 feet behind the sideline to allow space for the linesman to run and for throw-ins. Individual clubs may designate at the U-12 and U-14 level that fans use one sideline and that both teams use the other sideline. Follow the home club's policy regarding sidelines. If issues arise, the home side of the field rule is to be enforced. Home side being east on the north/south field, and south on the east/west field.

### 2. The Ball

The legal size for each division is as follows:

U-7	#3
U-8	#3
U-9	#4
U-10	#4
U-12	#4
U-14	#5

### 3. Number of Players and Substitution

Two teams shall play games, each consisting of:

U-7	Not more than 4 players and not less than 3 players.
U-8	Not more than 4 players and not less than 3 players.
U-9	Not more than 6 players and not less than 4 players.
U-10	Not more than 6 players and not less than 4 players.
U-12	Not more than 8 players and not less than 6 players.
U-14	Not more than 11 players and not less than 7 players

A team short of players may borrow from same or younger U-division to field a team – may not have substitutes.

**Substitutions:** By team in possession prior to a throw-in. By either team prior to a goal kick, after a goal is scored, between periods or following an injury to a player. If the team in possession substitutes prior to a throw-in, the opposing team may also substitute. Substitutes are to be standing at the halfway line prior to the stoppage and can enter the field of play only after receiving permission from the referee.

No player is permitted to play only the position of goalkeeper for an entire game. A player who plays one or more quarters as goalkeeper must also play at least one quarter in another position in the field.

U-14 Only: A goalkeeper, at their request, may remain as goalkeeper for a full game.

If during the course of the game there is a five-point spread in the score, the referee will ask the coach whose team is down by 5 points if he/she wants to add a player or play with current number of players. An extra player can be used until there is a four point spread in the score.

#### 4. Player Equipment

All participants in a game must wear shoes. Soccer shoes are recommended. Athletic shoes or turf shoes are allowed. Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous. Shoes shall not be altered in any way that makes them unsafe. Baseball shoes or shoes with a single large toe cleat are not allowed.

All players on a team must wear the same color jerseys, socks and shorts. Each goalkeeper wears colors which distinguish them from the other players, the referee and the AR's. Jerseys may be worn over long sleeved shirts of the same or different color. When the temperature is below 50 F, shorts may be worn over athletic pants of a different color or athletic pants of the same color as the shorts may be worn over the shorts.

Age and size appropriate shin guards are required and must be covered by socks.

No equipment that is considered dangerous to themselves or other players may be worn. Jewelry (rings, wristwatches, earrings, necklaces) is considered illegal equipment. Medical information tags, if worn, have to be taped with the information exposed against the body. Casts are not only allowed under any conditions. Artificial limbs are permitted but must be completely padded with no metal or hard material exposed. If your child wears glasses, a strap to hold them in place and/or "sport glasses" are highly recommended. Non-prescription sunglasses are not allowed. Soft hair restraints, headbands and hats are allowed. Plastic, metal or beaded hair restraints or hats with hard portions (e.g. baseball hats) are not allowed.

#### 5. Referees

The referee shall have jurisdiction over a game and shall enforce rules and decide disputes. **The referee's word in the game is final.** Questions of the referee may be made by the coaches in a civilized manner away from the players and spectators at half-time or end of the game. Serious protests should be discussed with Club or League representatives.

The referee has the authority to stop the match due to serious injury of a player. The referee has the initial responsibility to determine, in their opinion, whether a player is seriously injured, but is not allowed to attend to the injuries. Coaches and parents are to wait for permission to enter the field to attend to the injured player. If the referee stopped play for an injury or permitted someone on the field to attend to an injured player, the injured player must leave the field until play is restarted. If the player was not substituted, the injured player may reenter the field at the halfway line **with the permission of the referee.** The restart after the referee stops play is a dropped ball.

Referees are certified annually by KMSL. Equivalent current certification from USSF or WIAA is acceptable. USSF and WIAA certified referees must be made aware of KMSL modifications to the rules. Referees must be at least 12 years old to receive certification. A single center referee is used for the U7/U8 level. Certification is recommended for the U-7/8 referee. A referee that has been trained by a club may be used. A single, certified center referee is required for U-9/10 and above. The center referee should be at least 2 years older than the division, e.g. 14 years old to referee a U-12 game.

#### 6. Assistant Referees / Linesmen

Linesmen are recommended only for U-10 level and below. Each team may be required to provide one linesman to assist the referee in calling the ball out-of-bounds. Linesmen are not permitted to coach players or make calls other than out-of-bounds. Certified referees may be used as assistant referees for U-9/10. Certified referees are required for the two assistant referees for U-12 and above.

#### 7. Duration of Game

The game is divided into equal halves, the duration of which is determined by the age group involved. Each half may be further divided into quarters.

U-7	Four 10 minute quarters
U-8	Four 10 minute quarters
U-9	Four 12 minute quarters
U-10	Four 12 minute quarters
U-12	Two 30 minute halves
U-14	Two 35 minute halves

Half-Time: No less than 5 minutes, but not more than 10 minutes.

Quarter-Time: No more than 2 minutes.

Clock stoppage only for injury or referee's discretion.

NO OVERTIMES OR TIE-BREAKERS.



## 8. The Start of Play

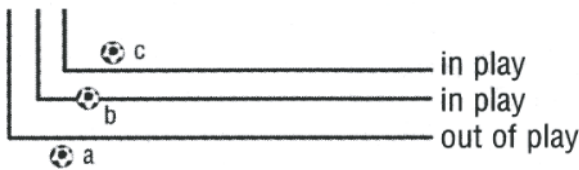
The winner of the referee's coin toss (visitor's call) has the choice of which goal to attack. Loser of the toss shall kick off. At the beginning of the game, half-time, quarters and after goals, the game is started with a kick-off. Goal defending and kick-off are switched at half time at all levels. Team kicking off at start of game will also kick off at start of 2<sup>nd</sup> quarter where appropriate and opposing team will kick off at start of 2<sup>nd</sup> half or 3<sup>rd</sup> and 4<sup>th</sup> quarters where appropriate.

### Kick off procedure

- All players are in their own half of the field
- The opponents of the team kicking off are outside of the center circle
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and moves forward
  - Players may not cross the center line or into center circle until the ball is in play – not when the referee gives the signal
- The kicker does not touch the ball a second time until it has touched another player

## 9. Ball In and out of Play

If any part of the ball is on the line, it is still in play. The ball is out of play when it has passed completely over the line, either on the ground or in the air.



## 10. Method of Scoring

The entire ball must completely cross the goal line, between the posts and below the crossbar for a goal. A goal MAY be scored during play directly from a:

- kickoff
- direct free kick
- goal kick – only against opposing team
- penalty kick
- corner kick – only against opposing team
- dropped ball
- goalkeeper's throw, punt, or drop-kick

U-7/8 variation: Goal may not be scored directly from a kickoff and no direct kicks.

A goal MAY NOT be scored during play directly from a/an:

- indirect free kick
- throw-in
- free kick into a team's own goal

## 11. Offside

A player is in an offside position if he/she is in front of the ball and has fewer than two defensive players between him or herself and the defending goal line when the ball is last played by one of his or her own team. One of the defensive players is usually the goalkeeper.

A player is **not** offside:

- When receiving the ball on the first play of a goal kick, corner kick, or throw-in.
- If the player is in his own half of the field.
- If the ball is last played by an opposing player.

A player is **penalized** for offside if, in the judgment of the referee, he is:

- Interfering with the play;
- Interfering with an opponent; or
- Gains an advantage from being in an offside position.

U-7/8 Variation: No offside, but, offensive or defensive players are not allowed to plant themselves in the marked off goal area. This includes indirect and corner kicks. Continuation of play into the goal area is allowed. A goal may be scored from within the goal area.

U9/10 Variation: No offside, but, offensive players are not allowed to plant themselves in the marked off goal area when the ball is not in the attacking half of the field.

Players are not penalized for planting in the goal area. Players are to be reminded of the rule and asked to move out of the goal area if the situation allows. For U-7/8, indirect and corner kicks are not to be taken until the goal area is clear.

## 12. Fouls and Misconduct

The player must play the ball, not the other player. The referee will determine whether a play is fair or foul, in accordance with the official rules of soccer.

### Direct Free Kick

A direct free kick is awarded when a player commits the following in a manner considered by the referee to be careless, reckless or using excessive force:

- striking or attempting to strike an opponent
- kicking or attempting to kick an opponent
- tripping or attempting to trip an opponent
- pushing an opponent
- holding an opponent
- jumping at an opponent
- charging an opponent
- spitting at an opponent
- deliberate handling of the ball

### Indirect Free Kick

An indirect free kick is awarded when a player commits the following:

- dangerous play
- misconduct
- offside
- intentionally obstructing opponent
- charging but when the ball is not within playing distance
- deliberately wasting time
- player playing ball a second time when not allowed
- goalkeeper touches the ball with his/her hands after it has been deliberately passed or thrown-in by a team-mate
- goalkeeper controls the ball with his/her hands for more than six seconds
- goalkeeper touches the ball with his/her hands after it has been released from his/her possession and has not been touched by another player
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

Goalkeeper in possession of the ball cannot be charged, obstructed or interfered with by opposing players. Possession or control of the ball includes when the goalkeeper is touching the ball with any part of his/her arms or hands or when bouncing it to the ground or when throwing it into the air and catching it or when releasing the ball into play.

Slide tackling is not encouraged, but is a tool of playing soccer and is permitted at U-12 and U-14 levels if performed properly. Slide tackling is not permitted for U-7/8 or U-9/10 levels and results in an Indirect Free Kick.

### A player shall be shown a yellow card and cautioned for:

- unsporting behavior
- showing dissent by word or action
- persistently infringing the Laws of the Game
- delays the restart of play

A cautioned player is not required to leave the field of play. The player may be substituted during the stoppage.

**A player shall be shown a red card and sent off the field of play if:**

- is guilty of violent conduct
- is guilty of serious foul play
- uses foul or abusive language or gestures
- spits at an opponent or any other person
- receives second caution in the same game

Coaches are responsible for their own conduct and that of their teams, both on the field and on the sidelines. Any player who receives a red card will be suspended for that game. In the event of continued misconduct or unsportsmanlike activity, the referee may ask a coach or spectator to leave the area and may terminate the game. Players and/or coaches involved may be suspended from the league.

*KMSL referees are instructed to be more liberal when dealing with the inexperienced, younger players.*

**13. Free Kick**

A free kick may be awarded when an offense has been committed. The ball must be stationary and placed where the foul was committed. Any opponent must be ten yards from the ball before the kick is taken. Free kicks are direct or indirect.

**Direct Free Kick**, from which a goal may be scored by kicking the ball directly into the goal of the opposing team.

U-7/8 variation: No direct free kicks.

**Indirect Free Kick**, from which a goal may be scored only if the ball is touched by a second player. Second player could be team-mate or opponent.

An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

U-7/8 variation: An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the **line that is parallel and 9 yards from the goal line** at the point nearest to where the infringement occurred.

Distance Variations for Free Kicks – Direct, Indirect & Corner

U-7/8 Opponents must be at least 6 yards away (including goal kicks)

U-9/10 Opponents must be at least 8 yards away.

**14. Penalty Kick**

Awarded for any violation occurring inside the penalty area for which a direct kick would be awarded if occurring outside the penalty box area. All players except the goalkeeper and the kicker must clear the penalty area and penalty arc when the kick is taken.

U-7/8 variation: No penalty kicks.

**15. Throw-In**

A throw-in occurs when the whole ball entirely crosses the touchline (sideline) on the ground or in the air. A throw-in is taken by a player of the team opposite to that of player who last touched the ball. Legal delivery: The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground, on or behind the touchline. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.

U-7/8 Variation: Allowed two tries.

U-9 and above: A throw-in must be delivered as described above or the ball is awarded to the opponent. If the ball does not enter the field of play, the throw-in is retaken.

## **16. Goal Kick**

When the ball is put out of bounds over the goal line by the attacking team, play is restarted with a goal kick. The defending team takes the goal kick anywhere from within the goal area. The ball must clear the penalty area before it is in play. Attacking players must remain outside the penalty area until the ball is in play.

U-7/8 Variation: At the U-7/8 level there will be a line on the field that is 6 yards out from the goal area and will run the entire width of the field. The opposing team (team not taking the goal kick) must stay behind this line until the ball is kicked by the team in possession (team taking the goal kick). The team in possession can be in front of the line during the kick. The player taking the goal kick may not be the first player to touch the ball after it is kicked. Any other player from either team may play the ball after it is kicked, regardless if the ball has crossed the line.

## **17. Corner Kick**

When the ball is put out of bounds over the goal line by the defending team, the attacking team takes the corner kick from within the quarter circle of the nearest corner. Opponents must be at least 10 yards from the ball until it is kicked.

U-7/8 Variation: corner kicks are not to be taken until all players are out of the goal area.

### Distance Variations for Free Kicks – Direct, Indirect & Corner

U-7/8 Opponents must be at least 6 yards away (including goal kicks)

U-9/10 Opponents must be at least 8 yards away.

## **THE FOLLOWING POLICIES ARE ALSO IN EFFECT FOR THE KMSL**

1. A player who consistently attends and effectively participates in practice will play at least half of the game.
2. It is in the interest of the program and players to develop skills and appreciation of every position on the soccer team. It is, therefore, the policy of this program to rotate players in a different position from time to time.
3. A player in the KMSL may not also be registered and participate in a league that uses tryouts, invitations, recruiting or any like process to roster players selectively to any team on the basis of talent or ability.
4. Opposing players and coaches are to shake hands after each game.
5. No alcoholic beverages will be consumed or allowed near the playing area
6. Smoking is not allowed near the playing area.

## **CHILDREN GROWING CHILDREN HAVING FUN**

## GLOSSARY

### **Advantage Rule:**

Applied by the referee when in his judgment penalizing an infraction would give an advantage to the offending team. He signals the play is to continue, and no penalty is called.

### **Caution:**

A disciplinary action taken by the referee - signaled with a yellow card and officially recorded - against a player guilty of misconduct; a second offense warrants ejection from the game (red card).

### **Centering:**

Passing the ball into the goal from a wing area of the field. Also called "Crossing".

### **Charging:**

Use of the shoulder to charge the shoulder of an attacking player in order to dispossess him/her of the ball - the only time deliberate body contact is allowed in soccer.

### **Clearing:**

Throwing (by the goalkeeper only), kicking, or heading the ball high and wide to move it out of the goal area or the penalty area.

### **Corner Area:**

An area, or quarter circle, with a radius of 1 yard, drawn at each corner of the field, from which corner kicks are taken.

### **Corner Kick:**

A direct free kick taken from a corner area by a member of the attacking team if the ball goes out -of-bounds across the goal line and was last touched by a member of the defending team.

### **Direct Free Kick:**

A free kick that may score a goal directly *See-Free Kick*.

### **Dribbling:**

Using soft touches of the feet to control and propel the ball on the ground without the aid of teammates

### **Drop Ball:**

A ball dropped by the referee between 2 players, 1 from each team, to restart the game after he/she has purposely stopped play for a no-penalty situation. The ball is dropped at the spot where the ball was when play was stopped.

### **Ejection:**

Sending a player off the field. A disciplinary action taken by the referee - signaled with a red card and officially recorded against a player guilty of a personal foul. Usually results in expulsion from at least one future game.

### **Forwards:**

Players who function primarily in the attacking third of the field and whose main responsibility is to score goals. Also called "strikers".

### **Free Kick:**

A place-kick awarded to a team when a player of the opposing team is penalized. A free kick is either a direct kick, called for a serious offense, or an indirect kick, called for minor infraction. Players on the offending team must remain 10 yards away from the ball until it is put into play, unless they are on their own goal line between the goal posts. *See Direct Free Kick, Indirect Free Kick*.

### **Full Backs:**

Players forming the last line of defense, immediately in front of the goalkeeper. Their main job is to repel attacks on the goal.

### **Goal:**

The area into which field players must send the ball in order to score. Two goal posts, a crossbar and netting form the goal, which is positioned midway along each goal line and extends beyond the official playing field.

**Goal Area:**

The area directly in front of each goal, from which goal kicks are taken.

**Goal Kick:**

A place-kick taken from the goal area by a member of the defending team when the ball goes out-of-bounds across the goal line and was last touched by a member of the attacking team. All opposing players must stay outside the penalty area until the ball is in play. A goal can be scored directly from a goal kick.

**Halfbacks:**

See *Midfielders*.

**Handballing:**

A major violation, the intentional use of the hands other than by a goalkeeper. The penalty is a direct free kick.

**Heading:**

Using the forehead, between the eyebrows and the hairline, to direct the ball.

**Holding:**

Using the hands or arms to impede an opponent's movements. A personal foul and the penalty is a direct free kick.

**Indirect Free Kick:**

A free kick that cannot score a goal without the ball first being touched by a player other than the kicker. See *Free Kick*.

**Juggling:**

Keeping the ball in the air continuously by using various parts of the body, except the hands. Juggling is a training technique used to teach ball control.

**Linesmen:**

The two officials who assist the referee. The linesmen patrol the touchlines and carry flags to signal the referee when a ball has gone out of bounds.

**Marking:**

Guarding an opponent. Marking may be tight (close) or loose.

**Midfielders:**

Players who function primarily in the central part of the field and whose main responsibility is to link the defense and the attack. There are three types of midfielders: defending, playing making, and attacking. Also called *Halfbacks*.

**Offside:**

Players are offside if they are on the opponent's half of the field and ahead of the ball at the moment the ball is played by a teammate unless; they are in their own half of the field, at least 2 opponents (including the goalkeeper) are nearer their own goal line. A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by: interfering with play or with an opponent or; gaining an advantage by being in that position. They are not offside on the first play of a corner kick, goal kick, or throw-in. The penalty is an indirect free kick.

**Offside Position:**

A situation in which players are technically offside, but because they are not interfering with the play or an opponent and are not gaining an advantage, the referee will not call a penalty.

**Offside Trap:**

A defensive maneuver designed to lure an attacker into an offside position in order to gain ball possession with the penalty call.

**Penalty Area:**

An area located directly in front of each goal. The goalkeeper may handle the ball in this area, and penalty kicks are taken from here.

**Penalty Kick:**

A direct free kick taken from the penalty spot. It is awarded to the attacking team if a defender commits a major offense within his/her own penalty area. A goal can be scored directly from a penalty kick. Except for the goalkeeper and kicker, all players must be outside of the penalty area and at least 10- yards form the penalty spot until the ball is in play.

**Penalty Spot:**

The place 12 yards in front of the center of the goal line from which penalty kicks are taken. Also called the "*penalty kick mark*".

**Pitch:**

The traditional name for the soccer field.

**Punching:**

A mean of serving a goal or deflecting a ball by hitting it with the fists. Can only be used by the goalkeeper, but he/she must be in the penalty area.

**Referee:**

The official in complete charge of soccer game.

**Shielding:**

When dribbling, staying between the ball and an opponent to prevent him/her from claiming the ball. Also called "*screening*".

**Slide Tackle:**

Dispossessing an attacker of the ball by sliding into the ball and kicking it away. The slide tackle can be executed from the front and side of an opponent.

**Stopper:**

One of the central defenders. The main responsibility is to mark the central striker of the opposing team. Also called the "*center fullback*".

**Tackling:**

Trying to dispossess an opponent of the ball by using the feet or a shoulder charge. See *Charging* and *Slide Tackle*.

**Throw-In:**

The method of putting the ball back into play after it has gone out-of-bounds over the touchline.

**Touchlines:**

The boundary lines at each side of the field. If a ball goes completely over the touchline, play is stopped and restarted by a throw-in from the place where it went out-of-bounds. Also called "*sidelines*".

**Wall:**

A human barrier of at least 3 players used to aid the goalkeeper in defending against free kicks - when they are specifically so awarded. Players may line up 10 or more yards from the ball to form a barrier between the kicker and the goal.



Indirect free kick



Advantage



Direct free kick



Caution



Sending off



**ASSISTANT REFEREE SIGNALS**



**Substitution**



**Offside**



**Throw-in**



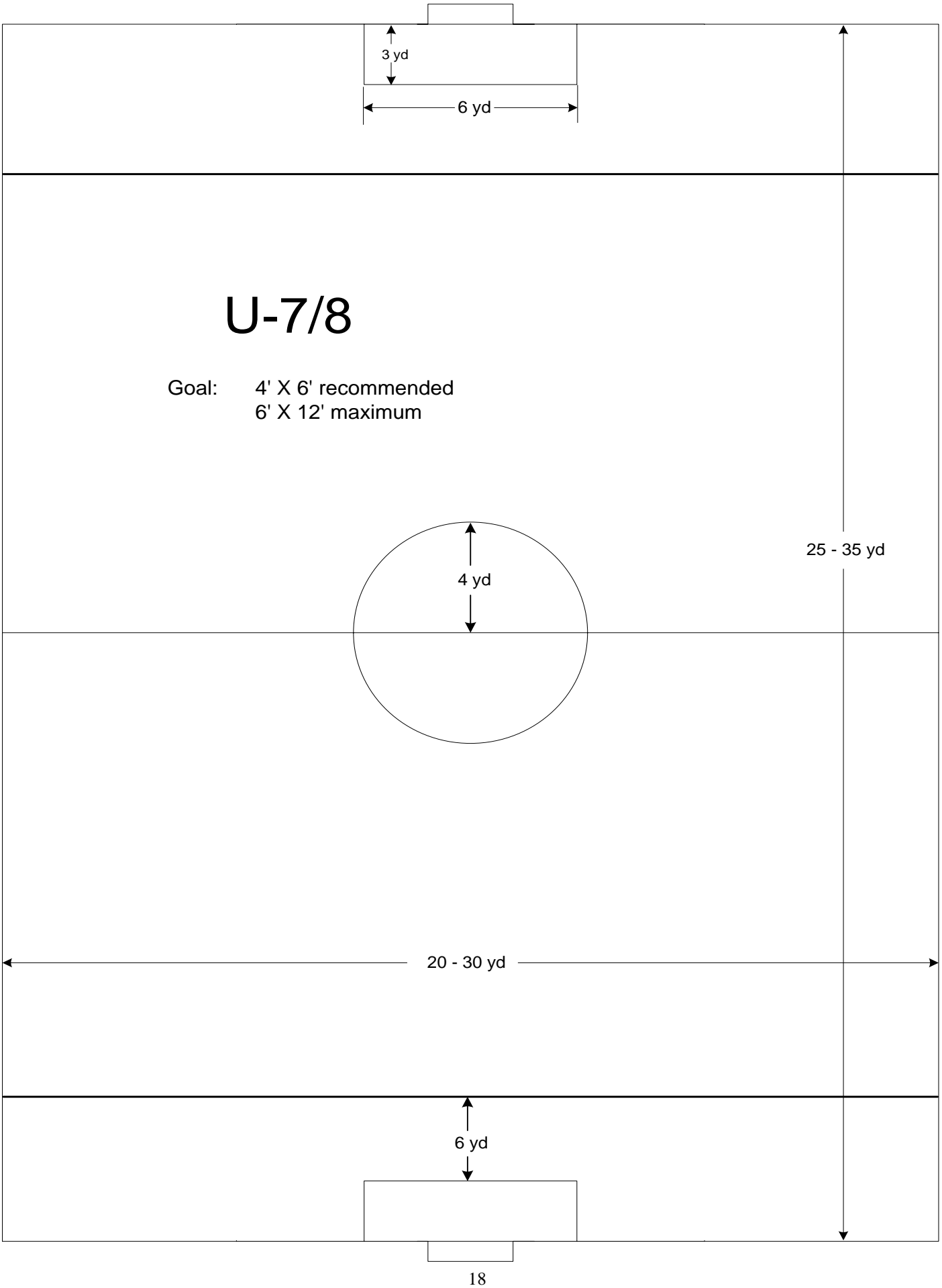
**Offside on the near side of the field**



**Offside on the centre of the field**



**Offside on the far side of the field**



# U-7/8

Goal: 4' X 6' recommended  
6' X 12' maximum

25 - 35 yd

20 - 30 yd

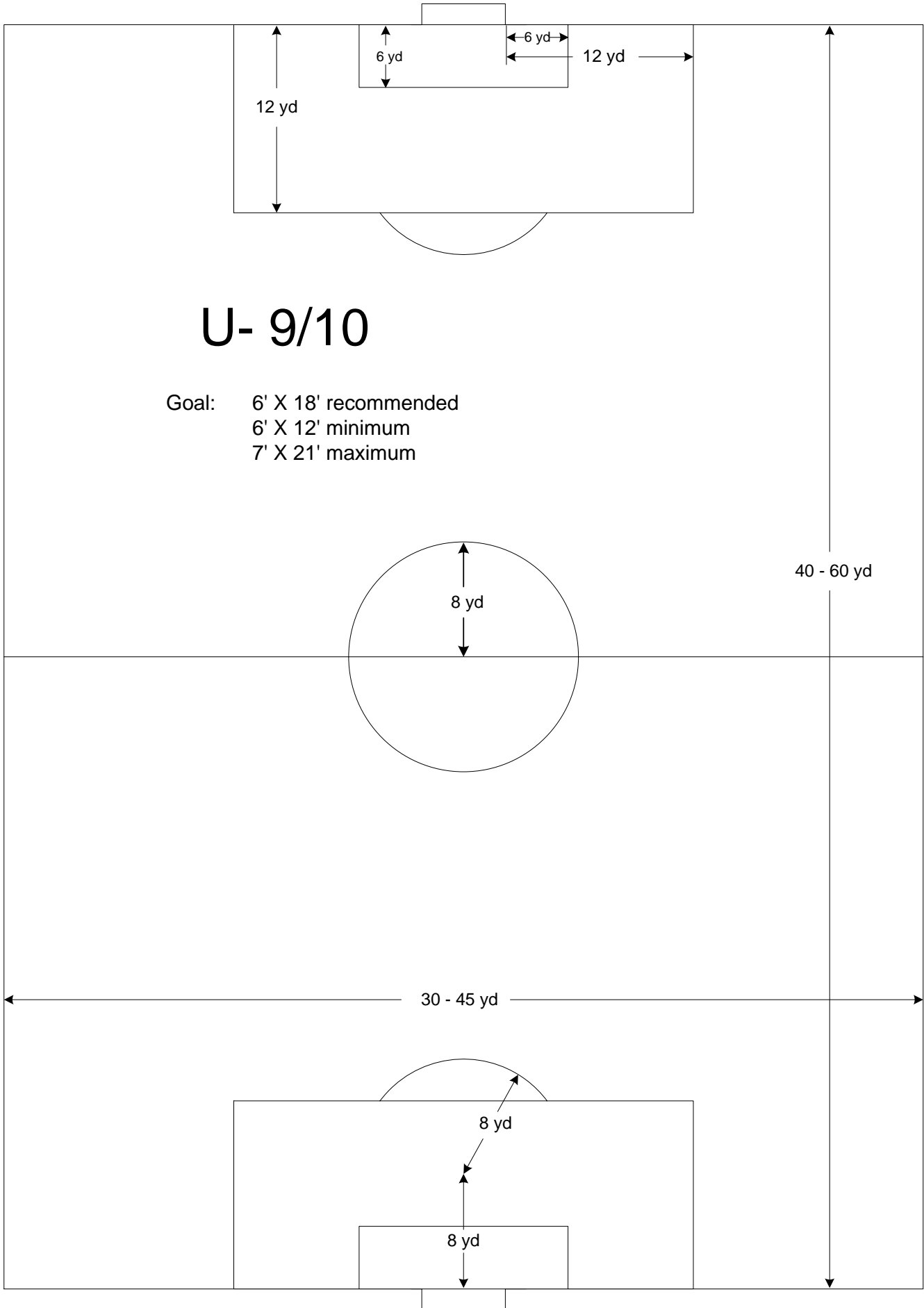
6 yd

3 yd

6 yd

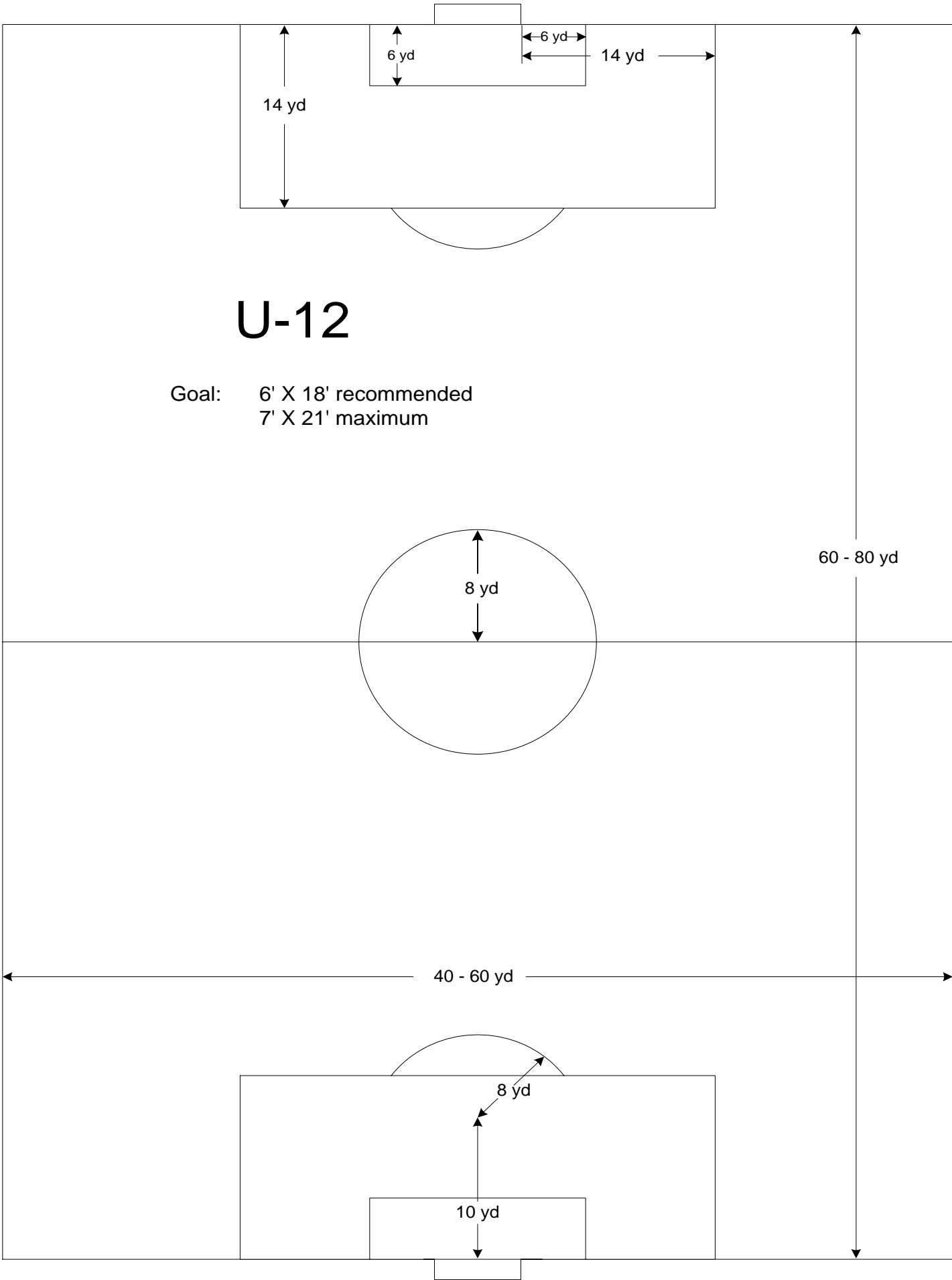
4 yd

18



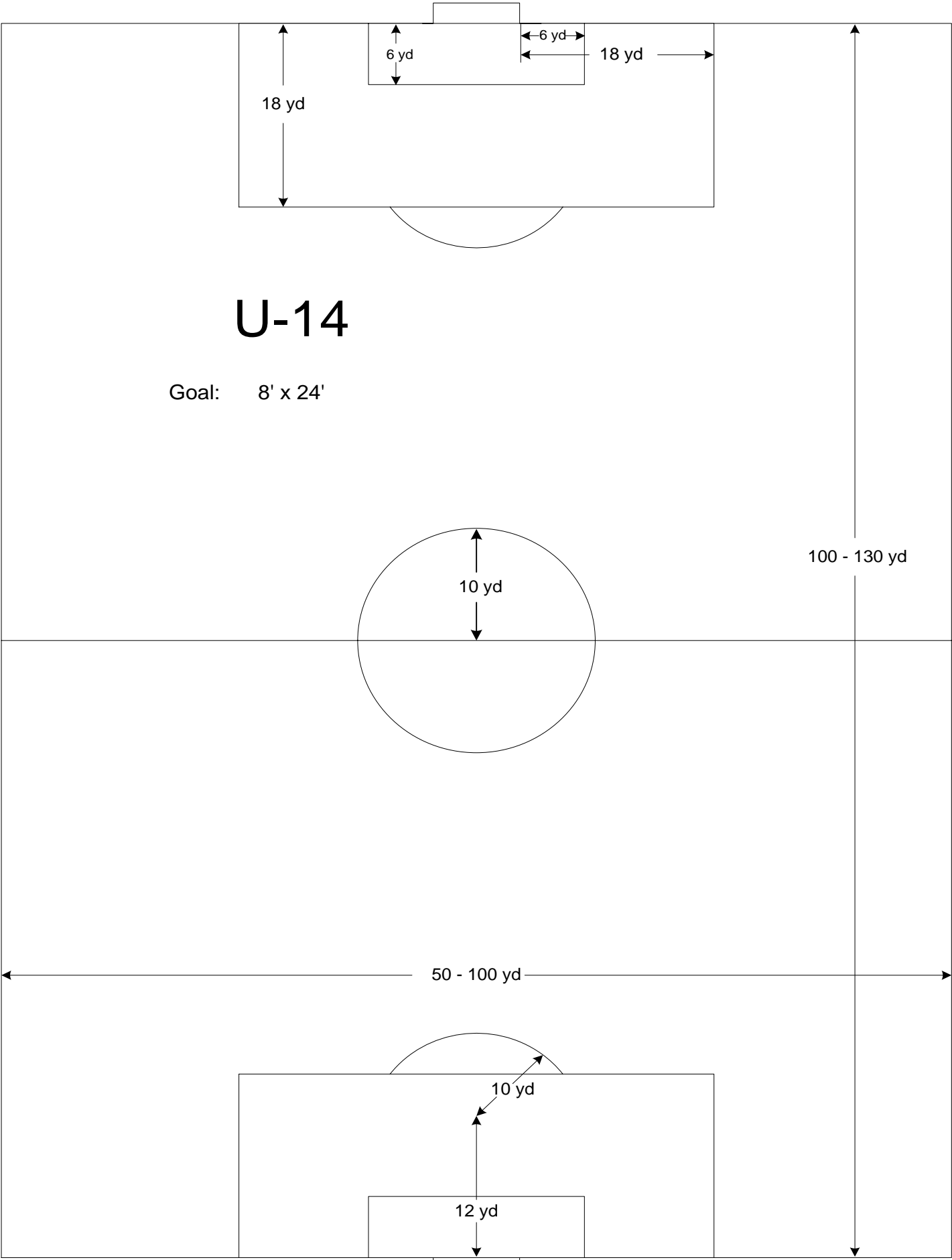
# U- 9/10

Goal: 6' X 18' recommended  
 6' X 12' minimum  
 7' X 21' maximum



# U-12

Goal: 6' X 18' recommended  
 7' X 21' maximum



# U-14

Goal: 8' x 24'

100 - 130 yd

10 yd

50 - 100 yd

10 yd

12 yd