

WRA 2008 INTRAMURAL SOCCER MANUAL



WHITPAIN RECREATION ASSOCIATION

Soccer Hotline: 215-689-2105

Website: www.wrasports.org

WHITPAIN RECREATION ASSOCIATION (WRA) GENERAL INFORMATION FOR INTRAMURAL SOCCER COACHES

1. **Philosophy**—To teach the game of soccer in a fun environment.
2. **Notification**—Notify each child as soon as possible of their team placement.
3. **Information**--Compile and distribute to each child at the first practice a packet of information including:
 - Team number/name.
 - Coach and Assistant Coach names and contact information.
 - Team member names.
 - Practice schedule.
 - Any rules and regulations you expect.
4. **Parents**—Ask parents for assistance. Parents of players are encouraged to participate whenever possible, including but not limited to: linesperson, team parent, phone caller, snack coordinator, car pool organization, field worker, assistant coach. Such volunteerism is essential to the success of all WRA programs.
5. **Safety**— **NEVER** leave children unattended after games or practice. Ensure that all players wear shinguards under socks at all practices and games. If a child is unattended at the end of a game or practice, the coach should call the parents and NOT take the child home.
6. **Child Development**—Work on child development in sportsmanship, fair play, teamwork and competition.
7. **Practices**— Try to have four to six practices before the season starts and some during the season. Each team is assigned a weeknight practice location, plus a Saturday location for pre-season practices. There should be a minimum of six practices. The length of each practice session shall not exceed 1½ hours.
8. **Sportsmanship**— Deliberately running up the score is not to be permitted. Coaches must not allow the score to become too lopsided, i.e. a 4 goal lead. Rotate your players to other positions or discretely remove players from the field and play with fewer than your opponents. If a team is short players, agree to play with equal number of players.
9. **Playing Time**—Ensure that each player plays at least one-half of the game.
10. **Standings**—Coaches in the trophy division must contact their Division Commissioner to report their final score and WIN/LOSS/TIE as soon after the game as possible. Each coach will receive from their Commissioner the time and method they prefer, i.e. by Sunday evening, by phone or email, etc.
11. **Respect**—treat all referees with respect. There will be no protest (see Section IX).
12. **Rain outs**—In the Case of Rain: The league will determine if games are NOT to be played. The game will be played if there is no thunder and lightning, and if the field conditions do not endanger the players and the fields themselves are not in danger of being damaged. Trophy divisions should make up games missed because of rain; all attempts should be made to make up any missed games. Trophy division commissioners will coordinate the time and date of make-up games. Commissioner decision as to time and date is final, but must give at least one week notice. Non-trophy divisions do not have to make up missed games but may reschedule at the discretion of the coaches involved. Detailed rescheduling information is included in Section VIII.

I. The Whitpain Recreation Association's Intramural Soccer League

A. **Government:** The soccer league shall be governed by the WRA Soccer Committee Chairperson and members of the Soccer Committee. It is the duty of the Chairperson to direct and to supervise all activities of the soccer program. The Whitpain Recreation Association Board will oversee and approve of the budget and operations of the Soccer Committee.

B. **Child Development:** All coaches of the league are reminded that the development of children into responsible women and men is the primary motivation of the WRA; winning is secondary.

C. **Safety:** No child shall be left unattended at fields after games and practices.

II. Teams

A. **Number of players:** The maximum number of players per team in each division shall be determined by the number of registrants and field availability. Efforts will be made to keep team sizes to a maximum of 18 for 11v11, and 13 for 8v8 which is equivalent to travel team sizes.

B. **Age requirements:** Divisions shall be comprised of players who are in the following grades:

<u>DIVISION</u>	<u>GRADE</u>
<u>TROPHY DIVISIONS</u>	
Div High School(HS)	9 th – 12 th Grade COED
Div Middle School(MS)	6 th – 8 th Grade COED
Div 4/5-B	4 th – 5 th Grade Boys
Div 4/5-G	4 th – 5 th Grade Girls

<u>NON-TROPHY DIVISIONS</u>	
Div 2/3-B	2 nd – 3 rd Grade Boys
Div 2/3-G	2 nd – 3 rd Grade Girls
Div 1-B	1 st Grade Boys
Div 1-G	1 st Grade Girls
Div K	Kindergarten COED
Div PK	Pre-Kindergarten COED

- C. **Age – Based Rules:** There are several rules that vary based on player's ages:
- Kindergarten and Pre-K – there are mixed Boys and Girls on each team
 - Kindergarten and Pre-K – there are no pre-season practices
 - Field sizes, Number of players on the field, and ball size
 - **Goalies are only used in Division 2/3 and older**
 - See Section VI – Game Day for additional items

III. Schedule

- A. **Games & Practices:** The schedule for practices, field assignments and games shall be established, approved and maintained by the WRA Soccer Committee (WRASC).
- B. **Schedule Changes:** Insurance and Field Permits must be issued by the league for all practices and games; which do not allow for practices to be held on different fields or dates from those assigned. Procedures for rescheduled games are covered in Section VIII.

IV. Formation of Teams

- A. **Registration:** The WRASC will conduct a registration prior to the beginning of each new season. No player may participate in the WRA Intramural Soccer Program if they also play in any Travel or Select program in the same season.
- B. **Team Assignments:** Player evaluations from the prior year and/or some other criteria shall be used in an attempt to maintain equality among various teams within each division.
- C. **Requests:** Requests in Div PK and K will be accommodated if possible
- D. **Coaches:** Coaching volunteers will be solicited and selected annually. The WRASC reserves the right to deny a person's request to coach, based on feedback from previous year's evaluations. The coaches shall be at least 18 years of age. Coaches shall be responsible for the action of their teams on the field. Each coach's conduct shall be subject to review by the WRA Board.

V. League Standings for Trophy Divisions (Divisions 4/5, MS, and HS)

- A. **Standings:** The point system shall be used to determine the standings. A WIN shall count three (3) points, a TIE shall count one (1) point, and a LOSS zero (0) points. A winning score will be limited to a 4 goal win.
- B. **Tie breakers:** Regardless of the score, all regular season games shall end at regulation time. When a play-off game is tied after regulation play, two 5-minute overtime periods shall be played in their entirety—no "golden" goal/sudden death. If the game remains tied at the completion of these overtime periods, penalty kicks shall be taken per FIFA guidelines.
- C. **End of season standings:** Trophy Division Commissioners have the option to award trophies to teams in their division based on the Standings at the end of the 10 week schedule. In the case of teams tied by points, the following Tie Breakers should be followed:
 - 1) Head to Head Result.
 - 2) Team with the fewest goals allowed in the season (use average goals per game if an unequal number of games have been played). Do not count goals over the 4 goal differential.
 - 3) Team with the most goals scored in the season (use average goals per game if an unequal number of games have been played). Do not count goals over the 4 goal differential.

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D. **Playoffs:** The Division Commissioner has the option to hold playoffs as long as the playoffs can be accommodated within the normal 10 week schedule. Playoff seeds will be determined using the Standings and tie breakers described above.

E. **Game Reporting (WIN/LOSS/TIE):** All head coaches shall be responsible to call their Division Commissioner with the results of their game, specifying WIN/LOSS/TIE and the final score. If a winning coach fails to report their score as prescribed by their Division Commissioner, they will only receive one (1) point for their WIN. If neither coach has contacted their Division Commissioner with their score by the prescribed method, zero (0) points will be awarded both teams regardless of the outcome. WINS and TIES must be reported to avoid loss of points.

VI. Game Day and Duration

A. **Day & Time:** Scheduled games will be played on Saturdays; rescheduled games may be played on Sundays or, while daylight savings time is in effect, on weeknights at 6 p.m.

B. **Duration & Number of Players:** Game duration and maximum number of players on the field shall be as follows:

<u>Division</u>	<u>Length of Game</u>	<u>Number of Players</u>
HS	two 30-minute halves*	11v11
MS	two 30-minute halves*	11v11
4/5	two 25-minute halves*	8v8
2/3	two 25-minute halves*	8v8
1	two 25-minute halves*	5v5
K	1 hour practice & game	3v3 or 4v4
PK	1 hour practice & game	3v3 or 4v4

*(five-minute half time)

Games MUST NOT go over the end of the scheduled time slot. If a game should start late, for whatever reason, each half will be shortened equally so that the game will end on time. It is important to stress that players should arrive early so games can start on time.

Pre-K, K, 1st, and 2/3rd grade divisions are instructional leagues. Since maximum ball contact and participation are to be encouraged, the maximum number of players is restricted, including the goalkeeper. No scores or standings are to be maintained.

C. **Philosophy of having Micro Soccer:** The basic concept behind micro-soccer is to allow more touches for each player by having smaller teams and smaller fields. Each player gets more opportunities to kick, dribble and shoot the ball. Players develop more quickly by playing, not watching. The rules for micro-soccer emphasize basic skills while having lots of fun. A player will actually get the ball at his/her feet much more on a small team than a team with eight or eleven players on a side. WRA will follow basic EPYSA/US Youth Soccer guidelines for play.

D. **1st Grade- 5v5 Soccer:** WRA has changed the format for 1st grade division to be 5v5 Micro-Soccer. Assuming that enough players are available, each "game" will consist of 2 simultaneous games of 5v5 soccer. There will be no goalies. A Coach from each team will be on the field acting as referee/coach for 1 of the 2 simultaneous games occurring. An assistant coach should be responsible for substitutions. Maximum parental participation is encouraged as needed for each game. For Division 2/3rd, goalies will be used for the entire season.

E. **Kindergarten and Pre-Kindergarten Soccer:** Saturday game day will consist of a combined skills practice time and a short game. There will not be additional practice times outside of the scheduled Saturday time slot. The league will determine whether to play 3v3 or 4v4 depending on the number of player registrations and team sizes. Games will follow the 2 simultaneous game format described in the section above, with the exception of playing 3v3 or 4v4.

F. **1st grade and 2nd/3rd grade divisions:** Coaches will serve as referees and can be on the field with the players

VII. Game Players and Substitutions

A. Playing Time:

1. All players must play at least one half of every game.
2. For Divisions with goalkeepers, a goalkeeper can play only half a game in goal. At half time, the new goalkeeper should report to the Referee.

B. Minimum Number of Players:

1. In those divisions playing 11v11, if one team cannot field 7 players within 5 minutes after game time, a forfeit shall be declared. When one team does not have all of their players at the field ready to play at game time but has 7 players to field, the opposing team may field a full team or, out of courtesy, an equal number.
2. In those divisions playing 8v8, if one team cannot field 6 players within 5 minutes after game time, a forfeit shall be declared. When one team does not have all of their players at the field ready to play at game time but has 6 players to field, the opposing team may field a full team or, out of courtesy, an equal number.
3. At the discretion of the coaches, a forfeited game may be played as a friendly game.
4. All games must start on time when teams have at least the minimum number of players present. Any time a game begins late for any reason, the Referee shall shorten each half so that the game will end on time (each half shall be the same length). No half shall be extended for injury time.
5. For non-trophy divisions, if one team cannot field the required number of players within 5 minutes after game time, it is suggested the coaches agree on a reduced number of players, or switching players from one team to the other to even things out.

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C. **Substitutions:** There is no limit to the number of substitutions. However, substitutes can **only** be made at the following times:

1. Goal kick (6 yarder)—either team may substitute.
2. Throw in—substitute only by the team in possession.
3. Injury—on stoppage of game for injured player, the opposing team may substitute 1 for 1; in the case of an injury, coaches will be beckoned onto the field by the Referee. Coaches are not allowed on the field during play (with the exception of the Micro Soccer Divisions).
4. Half time.
5. No substitutes are to be made at any other time, including corner kicks, penalty kicks, etc.
6. Coaches may not request “time out” at any time. In the case of an injured player the Referee does not see, coaches should call this to the Referee’s attention, wait for their whistle to stop play and be beckoned onto the field.

D. **Penalty Kicks:** No penalty kicks will be taken in non-trophy divisions.

VIII. Postponement of Games

A. **Postponement**—When a game is postponed because of inclement weather or unsuitable field conditions, the Soccer Committee shall notify the league by 7:15 a.m. on game day. No notification means the game will be played. If after the start of a game, the weather becomes inclement or the field unplayable, the Referee shall notify the coaches that the game is postponed. Once a decision is announced, no games or practices are permitted on those WRA fields for the remainder of that day. Please check the WRA website – www.wrasports.org

B. **Rescheduling**— The Division Commissioner shall be responsible for rescheduling all postponed games for trophy divisions.

1. Coaches of the opposing teams should present to their Commissioner a suggested day and time for the rescheduled game more than one week in advance.
2. The Commissioner will confirm the day and time with the coaches.
3. The Commissioner will contact the Referee Coordinator as soon as the date is set to schedule a Referee for their game. When no Referee is available, coaches will follow the guidelines in Section IX, C. Substitute Referees.

C. **Completion of Game**—A game interrupted by weather shall be considered complete when the first half is played in its entirety. The final score shall be the score at the time of interruption in play.

IX. Referees

A. **Game Control**—The Referee shall have full control of the game, including the warning, disqualification, and removal from the immediate playing area of coaches, players and/or spectators who are involved in unsporting behavior. The Referee's decision is final on all calls.

B. **Substitute Referee**—If the scheduled Referee is not present to officiate at game time, a coach, assistant coach or adult spectator may officiate if there is mutual agreement between opposing coaches.

C. **Linesperson**— Two linespersons will be assigned to each Trophy Division game. The referee will be solely responsible for control of the game. The Referee may ask the linesperson for assistance, but it is not required.

D. **Substitute Linespersons** - In the event one or both linespersons are not available, each team must provide one linesperson is not a player and preferably an adult. The linesperson's job is simply to signal out of play by a raised flag when the ball completely crosses the line; they should not call "offside."

E. **Scheduled starting time and ending time of game.** The referee shall try to get the game started on time. If a game should start late, for whatever reason, the referee will inform the coaches that each half will be shortened equally to ensure the game ends on time.

F. **Cautions & Ejections**—A Referee must report any caution or ejection involving a coach or player to the Referee Coordinator, including all pertinent details.

1. A cautioned player must be substituted immediately, but may return at the next opportunity for substitution.

2. The proper mechanics for cautioning or ejecting a Coach, Assistant Coach or unruly spectator is to speak with the head coach at a stoppage and request that the head coach control the assistant or unruly spectator, or inform them that they must leave in the case of an ejection. No yellow or red card is displayed to a coach, assistant coach or unruly spectator. If the Referee's decision is not heeded, the game shall be immediately forfeited against the offending team.

G. **Discussing a Call**—A Referee's ruling may be discussed with the Referee and head coach only, and only at half time or at the end of the game at the Referee's discretion. The referee decision is always final.

H. **Protests**—Because our officials and coaches are volunteers, protests shall not be recognized.

X. The Ball—The size of the ball shall be:

A. **Division HS and MS**—Number 5

B. **Division 2/3 and 4/5**—Number 4

C. **Division PK, K, and 1st**—Number 3

XI. RULES

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A. **Official Rules**—All FIFA rules shall be adhered to unless specifically addressed elsewhere in this manual.

B. **Disciplinary Sanctions—Cautions**

1. A player receiving a caution (yellow card) must be substituted for immediately. This player will be permitted to re-enter the game at the next substitution opportunity.
2. Cautions with a yellow card (FIFA Law 12) are given for the following reasons:
 - a) Is guilty of unsporting behavior.
 - b) Shows dissent by word or action.
 - c) Persistently infringes the Laws of the Game.
 - d) Delays the restart of play.
 - e) Fails to respect the required distance when play is restarted with a corner kick or free kick.
 - f) Enters or re-enters the field of play without the Referee's permission.
 - g) Deliberately leaves the field of play without the Referee's permission.
3. Suspension—Any player who receives three cautions in one season, in consecutive or non-consecutive matches, shall be suspended from play for that team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match.

C. **Sending-Off Offenses--Ejections**

1. Ejections with a red card (FIFA Law 12) are given for the following reasons:
 - a) Is guilty of serious foul play.
 - b) Is guilty of violent conduct.
 - c) Spits at an opponent or any other person.
 - d) Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
 - e) Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
 - f) Uses offensive, insulting or abusive language.
 - g) Receives a second caution in the same match.

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2. When a player receives two cautions within the same match and is ejected from that match:

- a) The offending team plays short handed for the duration of that match.
- b) The two cautions count against the three cautions above.
- c) The offending player is suspended from play from their team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match

3. When a player is ejected because of a red card:

- a) The offending team plays short handed for the duration of that match.
- b) The offending player is suspended from play for their team's next match, whether that match is a regularly scheduled match or a rescheduled game or play-off game. The team does not play short handed during the suspension match

4. A player who receives two red cards during one season will be expelled from the league for the remainder of that season.

5. Once a penalty suspension is administered, the player's record will be cleared.

D. **Mechanics**—The display of yellow and red cards should be administered in Divisions HS, MS, and 4/5, by visibly displaying the card to the offending player in view of all players and sidelines. In the younger divisions, the Referee should use discretion and communicate the caution or ejection to the head coach of the offending team who will then remove the player from the field.

XII. Players' Equipment

A. **Required**—All players are required to wear proper equipment.

1. Team jersey, shorts, knee socks and sneakers or rubber cleated sport shoes. Players may wear sweatpants and sweat shirts on cold days with their coach's permission, but the team jersey must be worn on top.
2. Goalkeepers shall wear colors that distinguish them from players on both teams. Yellow goalkeeper shirts are provided to each team in goalie divisions.
3. All players must wear shinguards which must be completely covered by socks.

B. **Safety**--All players shall not wear anything that is dangerous to themselves or another player. The Referee shall determine what is or is not dangerous. No jewelry should be worn. Medical Alert bracelets must be taped to the wrist.

XIII. Philosophy on Coaching in the WRA Soccer Program

A. **General Coaching Philosophy**

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1. By creating a psychologically healthy situation, all children can be winners regardless of WIN/LOSS/TIE record.
2. Coaches, players and parents should not get caught up in the “winning is everything” philosophy.
3. Winning should not become more important for the coach than it is for the players.
4. Winning will take care of itself within the limits of the players’ talents when the coach helps them develop their athletic abilities.
5. Valid goals for youth programs include enjoyment of relating to a coach and teammates, feeling better about themselves, improving skills, and looking forward to further sports participation.
6. Treating the Referee with respect and tolerance for mistakes will assist players in acting in a dignified manner.
7. A positive approach to coaching is characterized by liberal use of reward and encouragement.
8. Coaches and parents need to have realistic expectations and consistently reward players when they succeed in meeting them.
9. Coaches should reward effort as much or more than they do results.
10. Players have complete control over how much effort they make. They have only limited control over the outcome of their efforts.
11. Coaches should never use a sarcastic or degrading manner.
12. Encouragement can become contagious and aid in building team unity.
13. When coaches manage things right, mistakes can provide golden opportunities for providing corrective instruction.
14. Coaches should emphasize the good things that will happen if the player follows their instruction, not the mistakes they made.
15. Coaches should remember mistakes have a positive side, providing information needed to help improve performance.
16. Coaching that uses a positive approach to instruction—rather than punishment in any form—is best
17. Fear of failure can be the athlete’s worst enemy.
18. Coaches should emphasize the good things that can happen if something is done right, rather than focusing on the bad things that may occur if it is not.
19. Coaches should emphasize the positive rather than the negative aspect of each individual performance.

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20. Participants should leave practices and games with feelings of pride rather than shame.
21. Athletes who believe they are talented will often perform as if they are...a self-fulfilling prophecy.
22. What athletes believe about themselves is often more important than the ability each individual actually has.
23. An abundance of criticism will cause a child to lose confidence in their ability and therefore lower aspiration.
24. It is critical that coaches find ways to make all children feel good about themselves.
25. Coaches should expose all players to all positions, or to positions they feel comfortable playing.

B. The Most Important Adult—Coaches work with children at a formative age, requiring understanding and patience, and are the most important adults in our program. They must be leaders who inspire respect and who develop a desire to excel and a determination to win in their players. The coach is a friend who should encourage youngsters to enjoy competition and to do their best regardless of the final score. It is especially important that a coach praises the efforts of the members of both teams.

C. Conduct—Coaches must:

1. Abide by the philosophy, rules and regulations of this manual.
2. Use no foul or abusive language toward players, other coaches, spectators or the Referee.
3. Remember that the Referee is in charge of all games.
4. Place their team and spectators on the opposite side of the field from their opponent's team and spectators.
5. Remain within 10 yards of either side of midfield.
6. Bring substitutes onto the field at the midfield line, and keep all team members under control at one place.
7. Be responsible for all league equipment as to number and condition.
8. Remember to change personnel so that the score will not be "run up."
9. Be responsible for the conduct of their sideline, including all players and spectators. Smoking and pets are not permitted on, at or near the fields.
10. Not tolerate any unsporting behavior or attitudes toward any player, coach, spectator or the Referee.

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