



Recreation Program

Spring 2026

<u>Group Age</u>	<u>Format</u>	<u>Ball Size</u>	<u>Game Length</u>	<u>Field</u>
<u>Boys</u>				
1st	6v6	3	2x25	Country Side East
2 nd	6v6	3	2x25	Country Side East
3 rd /4 th /5 th	7v7	4	2x30	Buffalo Creek
6th /7th /8th	5v5	5	2x30	Buffalo Creek
<u>Girls</u>				
1 st /2 nd	6v6	3	2x25	Country Side East
3 rd /4 th /5 th	7v7	4	2x30	Buffalo Creek
<u>Coed</u>				
U4	4v4	3	2x12	Buffalo Creek
U5	4v4	3	2x12	Buffalo Creek
U6	5v5	3	2x20	Country Side East

Recreation Program

League Rules

Ela Soccer Club recreation program is designed to provide each player, regardless of ability, with a positive sports experience that develops character, community and love for the game of soccer. Our goal is to offer a program that is enjoyable and rewarding for all participants.

All rules are based upon FIFA laws and regulations. Rules are subject to change.

PRE-GAME ROUTINE

- Referees, coaches and their teams should arrive 15 minutes before game time so that every game will begin on time. As Coaches, you must notify the parents of the 15-minute early arrival. This is especially important in bad weather as players need more time to prepare.
- Make sure that you are in the coaching area on the correct side of the field before the start of the game.
- Home team (blue) supplies the ball; and kicks off to start the game

PLAYER EQUIPMENT

- A player must wear the required uniform kit.
- A player cannot wear anything dangerous, items include, but are not limited to; rings, earrings, bracelets, watch, etc.
- Players may wear gloves and knit hats in cold weather – no hooded sweatshirts or jackets will be allowed
- A player **MUST** wear shin guards under their soccer socks
- Only molded soccer cleats or gym shoes (NO BASEBALL OR FOOTBALL CLEATS) • The goalie shirt must be a different color than either team.
- Only safety glasses will be allowed.

COACHING AREA/ NEVER cross mid-field

- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- A verbal warning will be given if a player, coach or parent steps onto the field during live action, a caution card (yellow) will be given next, then a “send-off”, out of sight/out of sound.

- NO parents or coaches are allowed behind the goals. One warning will be issued then that person will be given a “send-off “, out of sight/out of sound.
- Coaches, players or parents may not approach a referee on the field during play, for any reason.
- No more than 2 coaches per team are allowed on the sidelines.

SLAUGHTER/SPORTSMANSHIP RULE

- If there is a 5 goal differential the losing team adds 1 player and winning team cannot score until losing team has scored. (Suggestions are to play out of the back and switch the ball from left to right, and up and down the field or play possession and give them the instructions to complete 10 passes in a row, also have them make a move before passing the ball to their teammates and also make them play just 2 touches)
- This rule is NOT OPTIONAL
- It is the responsibility of the coaches to enforce this rule, referees will assist as needed

ROSTER SIZE

- If a team is short players, the coaches must agree on either playing less players on the field or borrowing players between the teams. **Either way the game must be played.**

REFEREES and THE ZERO TOLERANCE RULE

- The referee is the only person who can make calls, with no interference from a coach, player, parent, or spectator.
- The coach is responsible for the behavior of this players and parents.
- ESC referees will not accept the slightest abuse (verbal or otherwise), unsportsmanlike conduct, or dissent by gesture, from any participant; including coach, player or parent. That behavior will be considered a “red” offense and an immediate “send-off”, out of sight/out of sound. The two-minute warning (explained below) applies here.
- Other inappropriate behavior will be handled as follows:
 - **Disciplinary Committee**
The President shall chair the club disciplinary committee. The committee shall consist of the President, Director of Coaches and the Executive Director. This committee shall review all complaints lodged against any Ela Soccer recreation player, coach, or team.
 - **Permissible Sanctions**
The Disciplinary Committee shall have the authority to impose any, or all, of the of the following sanctions in matters where it deems appropriate. This may include one or more of the following:

1. Issue a letter of reprimand to any recreation player, coach, member or team.
2. Place on probation with such special conditions as are deemed appropriate any recreation player, coach, member or team.
3. Suspend for a definite period of time not to exceed one (1) year from the date of the offense any recreation player, coach, member or team.

RED & YELLOW CARDS/2 MINUTE SEND-OFF (not at U6)

- The purpose of the “red card” is to eliminate any advantage gained by a player or coach by means of intentional violent conduct or serious foul play, verbal abuse or dissent, distraction of the referee by a team’s observers or family members, or a second violation of the U.S.S.F. rules after a caution was issued.
- The purpose of the “yellow card” is to indicate when a player has committed misconduct, as defined by FIFA laws.
- The “red card” is the most serious infraction of the U.S.S.F. rules and will have a prompting impact on both the players and the coaches when issued. A “red card” is an automatic one game suspension for the next played game, in addition to the “send-off” for the remainder of the current game. A “send-off” requires that the person leave the field of play, **out of sight, out of sound**, within 2 minutes. If that 2 minute warning is not complied with, the game will cease immediately and be forfeited by the team in violation.
- A “send-off” does not allow any opportunity for the player or coach to discuss or debate the matter nor continue unacceptable behavior. The referee will show the “red card” in as quiet a manner as they can. Accept it not as a “personal issue” but just a violation of the rules.
- Two “red cards” or 4 “yellow cards” in a 365 day time frame will prohibit that player or coach from participating in any ESC sponsored event or game for a period of 1 year from the date of the last violation.
- The **coach is responsible for his or her team’s observers**, and if an observer warrants a “red card”, that violation applies to the acting coach and both the offender and the coach **must leave** the field – out of sight/out of sound.
- All issued cards are final and will not be retracted. However if you have a questions about a card received, please contact the ESC office.

U4 Summary

- Ball size # 3
- Standard Ela T-Shirts worn
- Players must wear shin guards under their socks
- 4 vs 4 (no G.K.)
- 2 x 12 minutes
- Substitutions on the fly
- Each player should play a minimum of 50% of the total game
- All games end in a tie
- No Off sides or Penalty Kicks
- No corner Kicks
- All kicks are Indirect
- All out of bounds balls will be returned to play by a kick in from the nearest sideline where the ball went out

U5 Summary

- Ball size # 3
- Standard Ela T-Shirts worn
- Players must wear shin guards under their socks
- 4 vs. 4 (no G.K.)
- 2 x 12 minutes
- Substitutions on the fly
- Each player should play a minimum of 50% of the total game
- All games end in a tie
- No Off sides or Penalty Kicks
- No corner Kicks
- All kicks are Indirect
- All out of bounds balls will be returned to play by a kick in from the nearest sideline where the ball went out

K(U6) Summary

- Ball size #3
- 5v5 - Maximum number of players on the field at any one time is 5 one of whom must be a goalie. OR depending on roster size
4v4 - Maximum number of players on the field at any one time is 4 one of whom must be a goalie.
- There are two 20-minute halves with a 5-minute rest between each half
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot - a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding, they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- It is strongly suggested that all players PLAY all field positions in each game.
- **Build Out Line enforced**
- **NO Punting**
- **NO heading allowed.**
- There should be a new goal keeper for each half - they should have a shirt or pennies that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES NOT** apply. No cherry picking allowed.
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top (NO hoods), only safety glasses are allowed
- All players must stand 6 yards back from the ball for all direct and indirect penalty kicks except PK's

1st Grade & 2nd Grade

Summary

- Ball size #3
- 6v6 - Maximum number of players on the field at any one time is 6 one of whom must be a goalie.
- There are two 25-minute halves with a 5-minute rest between each half
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot - a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding, they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- It is strongly suggested that all players PLAY all field positions in each game.
- **Build Out Line enforced**
- **NO Punting**
- **NO heading allowed.**
- There should be a new goal keeper for each half - they should have a shirt or pennies that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES NOT** apply. No cherry picking allowed.
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top (NO hoods), only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's

3rd/4th/5th Grade

Summary

- Ball size #4
- Girls - 7v7 Maximum number of players on the field at one time is 7 one of whom must be a goalie.
- Boys - 9v9 Maximum number of players on the field at one time is 9 one of whom must be a goalie.
- There are two 30-minute halves with a 5-minute rest between each half
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot - a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Any injured player must be removed - if they are bleeding, they must leave the field immediately and may not return until the bleeding stops
- Each player should play a minimum of 50% of the total game time
- Equal number of players (as roster permits) from each grade to play on field at the same time
- It is strongly suggested that all players PLAY all field positions in each game.
- **Build Out Line enforced**
- **NO Punting**
- **NO heading allowed**
- There should be a new goal keeper for each half - they should have a shirt or pennies that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply - but not strictly enforced - as long as they are trying to comply with the rule there is no foul - no cherry picking allowed
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top (NO hoods), only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's

6th/7th/8th Grade Summary

- Ball size #5
- 8v8 - Maximum number of players on the field at any one time is 8 one of whom must be a goalie.
- There are two 30-minute halves with a 5 minute half-time break.
- Substitutions are allowed:
 - prior to throw-in by either team
 - prior to a goal kick by either team
 - after a goal by either team
 - After an injury when the referee stops play
 - At half-time
- There is no guaranteed playing time. Playing time is awarded by attending practices and games on a regular basis
- Equal number of players (as roster permits) from each grade to play on field at the same time
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot - a goal **MAY** be scored from the kick off
- Any injured player must be removed - if they are bleeding, they must leave the field immediately and may not return until the bleeding stops
- There should be a new goal keeper for each half - they should have a shirt or pennies that is a different color than either team
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top (NO hoods), only safety glasses are allowed
- All players must stand 10 yards back from the ball for all direct and indirect penalty kicks except PK's