

## **LSYS Rules, Policies & General Guidelines for Intramural Teams and Games**

**PURPOSE:** To foster a desire to play soccer and to develop the fundamentals and skills of the game among the youth of Lampeter-Strasburg. These rules and policies have been developed to control and promote the game in accordance with the rules and policies established by the United States Youth Soccer Association and the Eastern Pennsylvania Youth Soccer Association.

### **GENERAL POLICIES:**

1. **SHIN GUARDS:** Shin guards are required. Players without shin guards are not permitted to participate in practices or games. Socks should be worn over shin guards.
2. **JEWELRY:** No jewelry or hard hair accessories are to be worn by players for any reason.
3. **CASTS:** Players with casts may not participate in games or practices unless padded. No casts or braces with metal hinges.
4. **BLOOD:** Any bleeding player must leave the field and may not return until the bleeding has stopped and wound is cleaned up and covered.
5. **TEAM ROSTERS:** Be sure to have your official team roster and medical/allergy information with you at all games and practices. These forms contain the information necessary if any player needs medical treatment.
6. **TEAM PARITY:** LSYS's established policy is that intramural teams are to be assembled by balancing the skill levels of individual players among all of the teams within a particular age group. This will help to keep parity among the teams and keep the teams competitive.
7. **COACH'S BEHAVIOR:** Positive cheering and limited, positive tactical instructions to players during games is allowed and encouraged. However, the constant shouting and screaming at players and negative comments will not be tolerated. Please try to remember that you are representing the Lampeter-Strasburg Youth Soccer Club and that in most cases your players and parents will mirror your game day behavior, so please set a good example.
8. **PRACTICES:** Practices may be held no more than twice a week and no longer than 1½ hours per practice. Practice may be held only on the assigned field unless otherwise authorized by the Field Coordinator.
9. **FIELD USAGE:** Do not hold practices on a wet or muddy field. Either cancel practice or hold practice in open areas off the playing field.
10. **RESPECT FOR OTHERS PROPERTY:** Please respect the properties surrounding the fields. We are guests of the property that we play on. We need to treat that property and adjacent property with respect or risk losing our welcome to play there. Stay off adjacent property completely. Do not take pets onto adjacent properties. Please ensure that all trash is picked up after each practice and game.
11. **GAME DAY CANCELLATIONS AND RESCHEDULED GAMES:** please see policy statement for canceling and re-scheduling games
12. **PRE-GAME:** Coaches are encouraged to ask questions and clarify substitution rules, confirm games length and the enforcement of offsides when they meet with the referees.
13. **BEFORE AND DURING THE GAME:** Coaches set an example for their players and parents by communicating with the referees in a positive and constructive manner. It is the responsibility of the Coaches to work with their parents and spectators if questions are raised during the game.

14. LOCATION: In all age groups, both teams and all coaches will be on one side of the field and all Parents and fans on the other side. No coaches or spectators are permitted behind either goal line.
15. FIELDS: Games may be played only on the assigned field. No coach is permitted to switch game fields without the authorization of the Field Coordinator.
16. UNIFORMS: The only jersey that may be worn during an LSYS game is the one issued by the club. No alternations may be made to the jersey.
17. PLAYING TIME: Players on intramural teams must play a minimum of one half of every game. If a coach feels a need to violate this policy, they must first discuss with and receive permission from the age group coordinator or a board member.
18. COACHES ON FIELD: Coaches may be on the field only at beginning of quarters or halves and if called on for injury. No coaches are permitted on the field during running time. Coaches are restricted to their half of the field and should remain about halfway between the midline and the end line.
19. SUBSTITUTIONS: Substitutions may be made on a throw-in by the team throwing in, or by either team on a goal kick, kick-off, at quarters, and at half time. If the team that is throwing the ball in substitutes, the opposing team may substitute provided that their substitutes are already at the midway line. If an injured player leaves the field, each team may make one substitution. All substitutions should be made at the midway line.
20. ROMP RULE: If the game becomes one-sided, the coach of the dominating team should take steps to make the game more competitive. This may include playing with less players, restricting shooting and moving players to different positions. These steps should be made before or when the goal differential reaches five.
21. SUPPORT: Parents should be encouraged to cheer for their team and their children, not against the other team.
22. REFEREES: the majority of the referees in the LSYS intramural program are FIFA certified and many are players. They know the rules and are there to see that each team plays the games safely and fairly. The referee, of any age, is in charge from the time they enter the playing area. If the referees and the coaches work together, any conflicts that arise can be resolved with minimal disruption.
23. COACHES: As a LSYS coach, it is your responsibility to accept and to enforce these policies. The Fundamental nature of the club philosophy must be emphasized at all times. Be positive and fair with all of your players and encourage them to work together as a team. We highly recommend that you communicate to the parents, prior to the start of the season, your expectations and coaching philosophy and to enlist their help as team parents. Make sure that your players also understand what you expect of them. It may be helpful to give all parents a copy of these guidelines.

**FIFA "Laws of the Game" and Guidelines apply unless specifically changed below.**

**Age Specific Rules for U-10**

Ball: Size 4

Team Size:

- 6 v 6 (Girls and Boys), minimum 5 needed to play; or
- 8 v 8 (Girls only), minimum 7 needed to play

Game length:

- 12 minute quarters (Girls) with 2 minutes between quarters.
- 25 minute halves (Boys).
- 5 minute half-time.

No Slide Tackles

Fouls, Cards, Penalty Kicks, Offside - Follow FIFA rules

**Age Specific Rules for U-12 & Up**

Ball: U-12 - Size 4; U-14 & Up - Size 5

Team Size:

- 8 v 8 (U12 Boys only).
- 11 v 11, minimum 7 needed to play

Game Length: 2 minutes between quarters and 5 minute half-time

- U-12: 15 minute quarters (Girls) or 30 minute halves (Boys)
- U-14: 18 minute quarters (Girls) or 35 minute halves (Boys)
- U-16/19: 20 minute quarters (Girls) or 40 minute halves (Boys)

Fouls, Offside, Cards, Penalty Kicks - FIFA rules apply

Illegal players - Coaches allowing illegal players on the field are legally liable if a problem or injury occurs. Illegal players are those who are not currently on your roster.