



East Hanover Soccer Club: Recreational Soccer Rules

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Equipment, Field Size, and Game formation

Equipment:

Uniforms, shin guards, and cleats are mandatory. No metal spikes will be permitted. No protruding jewelry such as earrings, rings, bracelets, wrist watches, and the like, which can cause injury will be permitted. Any player who is in violation of the above will be asked to leave the field of play, and can return at the appropriate substitution time after having removed the item.

General information by Age Group

Participants	7th – 8th grade	5th – 6th grade	3rd – 4th grade	1st – 2nd grade
Ball Size	#5	#4	#4	#3
Goal Size	8 ft. x 24 ft.	7 ft. x 21. ft.	7 ft. x 21. ft.	6 ft. x 18. ft
Field size	100 X 55 yards	85 X 55 yards	80 x 55 yards	70 x 40 yards
Game Time	25-minute 12 Q halves	12 minutes Quarters	12-minute quarters	10-minute quarters
Players per team	15	16	10	10
Players on the field	9 *****	9	7	6

**** If a team has less than 11 or less than the required amount players, the opposing team will match their number. The minimum number of players to go down to is 8 to 5 players. This rule does not need be followed for the playoffs.

Field sizes can vary slightly depending on the town's field capacity.

Coaches

Two coaches per team can be on the field from their own 18-yard line to their own 50-yard line. No other coaches allowed on the field or behind the goals.

Playing time requirement

It is the coaches' responsibility to ensure the playing time requirements are followed. Any deviation from this rule will not be tolerated, and the coaching staff will be subject to suspension.

1st / 2nd / 3rd / 4th 5th / 6th / 7th / 8th grade leagues:

All players must play 2 quarters per game. It is suggested that the goalkeeper's position not be the responsibility of just one player, rather it should be rotated amongst all the team members that wish to play goalie at some time during the season.



Substitutions

7th/ 8th grade leagues: Free substitutions as follows:

Either team may substitute an unlimited number of players:

- A. Between quarters;
- B. when a goal is scored;
- C. on a goal kick;
- D. when a player from either team is injured, and, or bleeding;
- E. when a player from either team is cautioned (yellow card);
- F. when a player from either team is disqualified (red card).

The team in possession of the ball may substitute an unlimited number of players:

- A. on a throw-in;
- B. on a corner kick;
- C. the team NOT in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is also substituting
- D. a team which starts a game with fewer than the maximum number of players allowed on the field at one time, may have its additional players enter the game during a stoppage of play.

1st thru 6th grade leagues: Substitutes may enter the game at specific mid-quarter intervals during the first three quarters. The referee will stop play on a dead ball and call for substitutes. This is not a timeout to discuss strategy and positioning, and in fact, all substitutes should already know who they are entering the game for, and do it as quickly as possible. In the fourth quarter, there is free substitution on a dead ball when it is your team's possession, provided that all playing requirements have been met.

Ejections

Game officials (i.e., referees) will use yellow warning cards and red ejection cards when necessary. You cannot substitute for an ejected player. If a child is issued two yellow cards in game, that child will then immediately leave the field of play, and cannot return for the rest of that game. If a child / coach receives a red card, that child / coach will then immediately leave the field of play, and cannot return for the rest of that game and the following game.

Mercy Rule

If at any time in the game a team goes up by more than 5 goals, it is the coaching staff's responsibility to adjust their lineup, both on offense and defense, to promote fair play.

If a team wins by more than 8 goals during the regular season, the following steps will be taken.

- 1st offense Team Warning
- 2nd offense Forfeit of the game
- 3rd offense Forfeit of the game and will not be allowed to participate in the playoffs.



It is highly encouraged that if a child has three goals in a game, that the coaches adjust the formation to allow other players the opportunity.

Goal Kicks

1st / 2nd grade league: Goalie kicks can be taken from anywhere outside the goal box, and inside the penalty box. As with any free kick, the opposing team must be at least 10 yards away from the person kicking the ball.

3rd / 4th / 5th / 6th 7th / 8th grade leagues: Goalie kicks are from any point within the goal box

Build out line rules apply to goal kicks.

Build Out Line

The build out line is to be placed halfway between the center line and the penalty area line. It may be (a) painted at the touchline or extended by a dashed line across the field (preferably in a different color than the field lines) or (b) marked by low cones, flat soft and pliable markers. (8-11-2021) This is for grades 1-4.

The spirit of this rule is to encourage the U9 and U10 teams to learn how to play the ball forward from the first third. Traditionally keepers have been able to just punt the ball across the midway line which was a detriment to the players learning how to progress the ball forward from defense to mid field to the attackers.

The build out line rules are as follows (Grades 1-4th):

- When the goalkeeper has the ball in his/her hands during play, the opposing team must move behind the build-out line until the ball is released from the goalkeeper's possession and crosses the penalty area.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing (NOT dribbling), throwing, or rolling the ball to a teammate who is on his/her side of the build-out line or beyond the build-out line.
- The goalkeeper may roll (not bounce) the ball and then pass the ball to a teammate on their side of the build out line.
- PUNTS and DROP KICKS are not allowed from the keeper.
- After the ball is released from the goalkeeper's possession and crosses the penalty area, the opposing team may cross the build-out line and play resumes as normal.



- The goalkeeper releasing the ball from possession or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.
- The play from the goalkeeper or from the goal kick can be played to a teammate beyond the build-out line.
- On Goal Kicks, the ball must be kicked and cross the penalty area before the opposing team can cross the build out line to attack the ball.

Corner Kicks

Corner kicks are from the touch/end line corner of the field of the appropriate field.

Heading

Heading is not allowed from 1st – 6th grade. If a player heads the ball at this level. The play will be whistled dead and the other team will receive an indirect kick, from the spot of the foul.

(Heading is allowed for the senior level 7th – 8th grade)

Offsides

- 7th / 8th grade league: High School rules apply
- 5th / 6th grade league: High School rules apply
- 3rd / 4th grade league: Offsides will only be called in the penalty area.
- 1st / 2nd grade league: Offsides will not be called, “goal hanging” will be discouraged

Penalty kicks

For 3rd / 4th / 5th / 6th / 7th / 8th grade leagues:

- All penalty kicks will be taken from the spot of the infraction, unless a penalty shot is awarded, in which case the ball will be spotted two-thirds of the distance between the goal line and the penalty area line.
- The kick is to be taken by the player who was fouled, in the sole opinion of the referee, or the player closest to the foul.

1st / 2nd grade league: All penalty kicks will be indirect and not on goal.



Slide Tackling

Slide tackling is not permitted for safety reasons.

Overtime

Overtime is for Playoff Games Only, not for regular season games:

- After regulation play, there will be a coin toss to determine who kicks off. There will be two 5-minute overtime periods.
- If the score still remains tied, a penalty kick shoot-out will follow.
 - o The referees will determine which goal will be used;
 - o Each coach will select five players (1 player may be the goalkeeper, but NO player who has been disqualified during regulation) plus the order in which they will shoot.
 - o Next a coin toss will be performed to decide which team will kick first. Teams will alternate kicks.
 - o If the score remains tied after the aggregate total of the first five kicks, coaches will continue to select one new player to kick a penalty shot. This round will be sudden death. Once the team with the least number of players eligible to kick has had all their players attempt a shot in the shoot-out, both teams can start over with any player being selected.
 - o For the championship game, there will be NO shoot-out after the two (2) overtime periods. If the game is still tied, both teams will be declared co-champions.

Sideline Tolerance Policy

All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

- No one, except the coaches, is to speak to the referee during or after the game. Exceptions: players and coaches may respectfully ask questions before the game or during breaks in play (water break, halftime), point out emergencies during the game, or respond to the referee if addressed.
- Absolutely no disputing calls, during or after the game. Coaches **ONLY** may respectfully ask referees to monitor unsafe playing conditions during breaks in play (water break, halftime). **NO YELLING** at the referee, **EVER**, and no criticism, sarcasm, harassment, intimidation, or negative feedback of any kind during or after the game.
- Violators may be ejected and are subject to disciplinary action. Disciplinary action may include suspension from games for certain time periods and/or suspension from fields in extreme cases. Disciplinary action can and will apply to parents, coaches, and players if necessary.



- If any coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the referee administrator or board member at the referee tent on the game day.

Prohibited Conduct Policy

The East Hanover Soccer Club abides by [New Jersey's Youth Soccer \(NJYS\) Prohibited Conduct Policy](#), which is a policy that applies to all Covered Adults and Minor Participants, as well as conduct by any subcontractor, supplier, customer, volunteer, or third party of EHSC.

Harassment

Harassment consists of unwelcome conduct, whether verbal, physical or visual, that is based upon a person's protected status. EHSC will not tolerate harassing conduct that creates an intimidating, hostile, or offensive environment during EHSC sanctioned activities and competitions. This Prohibited Conduct Policy forbids harassing conduct even when it does not rise to the level of a violation of law.

Among the types of conduct prohibited by this policy are epithets, slurs, negative stereotyping or intimidating acts based on an individual's protected status and the circulation or posting of written or graphic materials that show hostility toward an individual because of his or her protected status.

Sexual Harassment

Sexual harassment deserves special mention. Sexual harassment may involve individuals of the same or different gender. Unwelcome sexual advances, requests for sexual favors, and other verbal, written, or physical conduct of a sexual nature may constitute sexual harassment.

Examples of conduct which may constitute sexual harassment and are prohibited by this Policy include, but are not limited to:

- unnecessary touching, patting, hugging, pinching, or brushing against a person's body;
- staring, ogling, leering, or whistling at a person;
- continued or repeated verbal abuse of a sexual nature;
- sexually explicit statements, sexual flirtations, advances, propositions, subtle pressure for sexual activity, comments, questions, jokes, or anecdotes;
- graphic or degrading comments about a person's clothing, body or sexual activity;
- sexually suggestive objects, cartoons, posters, calendars, or pictures in the workplace;
- suggestive or obscene letters, notes or invitations;
- harassing use of electronic mail, electronic or instant messaging, or telephone communication systems; or
- other physical or verbal conduct of a sexual nature.

Racial, Religious, or National Origin Harassment

Racial, religious, or national origin harassment deserves special mention as well, and is expressly prohibited by EHSC. Racial, religious, or national origin harassment includes any verbal, written, or physical act in which race, religion, or national origin is used or implied in a manner which would make a reasonable person uncomfortable in the environment within EHSC sanctioned activities and competitions.



Examples of race, religious or national origin harassment may include, but are not limited to: jokes, which include reference to race, religion, or national origin; the display or use of objects or pictures which adversely reflect on a person's race, religion, or national origin; or use of pejorative or demeaning language regarding a person's race, religion, or national origin.

Child Sexual Abuse

Any sexual activity with a child is prohibited. This includes sexual contact with a child that is accomplished by deception, manipulation, force or threat of force, regardless of the age of the participants, and all sexual interactions between an adult and a child, regardless of whether there is deception, or the child understands the sexual nature of the activity.

Sexual Misconduct

Any sexual interaction between an athlete and an individual with evaluative, direct or indirect authority is prohibited. Such relationships involve an imbalance of power and are likely to impair judgment or be exploitative. This section does not apply to a pre-existing relationship between two spouses or life partners.

Emotional Misconduct

Emotional misconduct in all forms is prohibited. Emotional misconduct is a pattern of deliberate, non-contact behavior that has the potential to cause emotional or psychological harm to another person. Non-contact behaviors include verbal acts, physical acts, or acts that deny attention or support; or any act or conduct described as emotional abuse or misconduct under federal or state law (e.g. child abuse, child neglect). Emotional misconduct does not include professionally-accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athletic performance.

Physical Misconduct

Physical misconduct in all forms is prohibited. Physical misconduct is defined as contact or non-contact conduct that results in, or reasonably threatens to, cause physical harm to another person; or any act or conduct described as physical abuse or misconduct under federal or state law (e.g. child abuse, child neglect, assault). Physical misconduct does not include professionally-accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athletic performance. For example, hitting and punching are well-regulated forms of contact in combat sports, but have no place in soccer.

Bullying

Intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behaviors that are intended, or have the reasonable potential, to cause fear, humiliation or physical harm in an attempt to socially exclude, diminish or isolate the targeted athlete(s), as a condition of membership are prohibited. Bullying does not include group or team behaviors that (a) are meant to establish normative team behaviors, or (b) promote team cohesion.



Hazing

Coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for (a) joining a group or (b) being socially accepted by a group's members are prohibited. Hazing does not include group or team activities that (a) are meant to establish normative team behaviors or (b) promote team cohesion.

All Covered Adults are responsible to help ensure that we avoid misconduct.

All Covered Adults have an obligation to cooperate in any investigation of a complaint of misconduct, including providing any and all information concerning the complaint. Failure to do so may be a violation of this Policy.

Any violation of this Prohibited Conduct Policy by Covered Adults or Minor Participants may subject the individual(s) to disciplinary action. EHSC prohibits retaliation against individuals making good faith reports of misconduct, including potential violations of this Prohibited Conduct Policy by Covered Adults or Minor Participants.

EHSC is committed to maintaining an environment within its sanctioned activities and competitions that is free from all forms of discrimination, including harassment, on the basis of any legally protected status. Protected status includes race, color, age, religion, marital status, sex, ancestry, national origin, citizenship, veteran's status, pregnancy, disability, sexual orientation, protected activity, or any other characteristic protected by federal, state or local law. The policy also prohibits harassment on the basis of the protected status of an individual's relatives, friends or associates.

EHSC is also committed to maintaining an environment within its sanctioned activities and competitions that is free from all forms of sexual abuse, sexual misconduct, emotional misconduct, physical misconduct, bullying and hazing.