

HOLLAND RECREATION YOUTH SOCCER LEAGUE RULES & GUIDELINES

- 1) **League Administration:** All participants must register with Holland Recreation before practicing with a team. Holland Recreation reserves the right to (1) rule on any matters not specifically covered in the Rules and Regulations and (2) to make any decision it deems necessary for the best interest of the Youth Soccer Program. Rulings shall be made after consideration of the facts and Holland Recreation procedures.
 - a. **League Coordinator:** Holland Recreation / rec@cityofholland.com / 616.355.1130
 - b. **Cancellations:**
 - i. Every attempt will be made to contact each player when a decision has been made to cancel games. Coaches are responsible for canceling practices, if necessary. Email is the most efficient form of communication. The Holland Recreation website is also a good source of up to date information. www.hollandrecreation.com
 - ii. If games are not cancelled please show up to your field. The soccer official and coaches will determine if the field is playable. If weather gets worse during the game, the decision to cancel will be made by the soccer officials.
- 2) **Divisions:** Kindergarten, 1st Grade, 2nd Grade, 3rd /4th Grade, 5th/6th Grade. Divisions may be combined if there are not enough participants in a division to have its own division.
- 3) **Volunteer Coaches:** All teams must identify a volunteer coach for the team. Two (2) volunteer coaches allowed per team. Holland Recreation will recruit volunteer coaches prior to the beginning of the season. If a team is without a coach by the coaches meeting, Holland Recreation will make every effort to recruit coaches so that each team has a coach. In the event a team does not have a coach, Holland Recreation will require a team parent to fill in until a coach can be identified. All volunteer coaches are required to fill out a Volunteer Coaching Application and be screened for a background check. Holland Recreation has the right to refuse coaching opportunities due to results of the background check or any other reason it feels necessary to protect the safety of the youth and the program.
- 4) **Formation of Teams:** Holland Recreation will make the final determination on the number of teams and the number of players per team in each division, based on the number of registrations received by the registration deadline. Volunteer Coaches automatically receive their child on their team. Holland Recreation will form teams based on prior year's team selection, school and finally special requests. Special requests are never guaranteed, unless the players are siblings. Late registrations will be placed on teams that have openings.
 - a. **Kindergarten:** 6 v. 6; seven (7) players minimum
 - b. **1st Grade:** 7 v. 7; eight (8) players minimum
 - c. **2nd Grade:** 7 v. 7; eight (8) players minimum
 - d. **3rd/4th Grade:** 7 v 7; eight (8) players minimum
 - e. **5th/6th Grade:** 9 v 9; ten (10) players minimum
- 5) **Team Practices:** All practices must be scheduled through Holland Recreation. Coaches will be able to request days/times for practices at the coaches meeting. Teams should make every effort to keep practicing throughout the season once games begin.
- 6) **Player Participation:** Volunteer Coaches should make an effort to play each member of his/her team a comparable amount of time throughout the course of the game and season. In addition, Volunteer Coaches should make an effort to begin each game with a different "starting line-up." Coaches should rotate players around the field so that they are exposed to each position throughout the season. Coaches may sit players due to discipline actions or missing practices.
- 7) **Team Uniform:** Each player will be given a team jersey & socks; this must be worn at each game. Each player is required to wear shin guards. Shin guards must be covered. Cleats are optional as long as they are plastic or rubber cleats. No jewelry of any kind is allowed.
- 8) **Game Time:** See quick reference rules for length of quarter for each division. Teams will switch goals after the 2nd period. Halftime will be three (3) minutes. Games will start at the scheduled time. Coaches should have his/her team ready to play and on the field by game time. A recommendation is to have players arrive to the field 15 minutes prior to game time to stretch out and warm up.
- 9) **General Playing Rules:** Holland Recreation's Soccer Program will abide by National Federation of Soccer Rules. These rules were adopted by the Michigan High School Athletic Association for use in high school competition. However, Holland Recreation has adopted certain "house rules" which will override any N.F. or MHSAA rule. See quick reference rules for "House Rules" applicable to each division.

10) Soccer Officials: Officials are usually high school or college students, parents and other coaches who have a general interest in the game of soccer. Please treat them with respect and understand that most of the officials are just in the beginning stages of officiating.

11) Game Format: Before the game begins, officials will check for shin guards, illegal cleats and go over ground rules with each team. Officials will call captains to the center of the field for the coin toss; coaches are encouraged to attend as well. The winner of the coin toss will get choice of kicking off or side of the field to defend.

12) Timeouts: Each team is permitted one timeout per half. Timeouts will last 45 seconds.'

13) Sidelines: Teams should select one sideline of the field to use as the team bench. The spectators should be opposite of the team benches. No spectators will be allowed near the goal lines. Coaches should help officials in enforcing these guidelines.

14) Short of Players: If a team is short of players by game time, adjust the number of players on the field or make teams evenly with the players at the game. Only those that are registered participants can play.

15) Soccer Ball: Each team will be given a bag of soccer balls from Holland Recreation. These soccer balls will be used at practices and games. Each team will agree on a game ball and give it to the official to use during the game. At the end of the season, the coach is required to return the soccer ball bag to Holland Recreation no more than one week after the season.

- a) Kindergarten – 2nd Grade: Size 3 ball
- b) 3rd/4th Grade: Size 4 ball
- c) 5th/6th Grade: Size 4 ball

16) Substitutions: Coaches are asked to follow the rules regarding substitutions. Make every effort to play players as evenly as possible. There are certain times to substitute:

- Between Periods
- At the mid-quarter subbing break
- When a player is injured
- When a player is disqualified

When a player is subbing in, they must come to the out-of-bounds area closest to mid-field and wait for the official to call them in.

17) Sportsmanship: Each team will be responsible for maintaining the highest level of sportsmanship; this includes the players, coaches and spectators. After each game, the teams will shake hands at mid-field. Give credit where credit is due, even if it is the opposite team. Help out where it is needed.

18) First Aid: Each coach is supplied with a basic first aid kit. If you run out of supplies, please stop by the Recreation office and re-stock, located at 429 E 24th Street, Holland, MI.

19) Concussions: There is a concussion law that took effect on June 30, 2013. If a player is suspected of having a concussion, the coach must remove this player from play and this player cannot play until they have been cleared by an appropriate health professional with written clearance. This goes for practices and/or games.

20) Other Information:

- Once you receive your roster, call or email the players to introduce yourself and to inform them of the practice time and location.
- Pass out game schedules and other relevant information to the team as soon as you receive it.
- If you cannot be at a game or practice, it is your responsibility to make arrangements for an assistant coach or another parent to take over. This person must fill out a Volunteer Application and have it approved by Holland Recreation.
- Report wrong phone numbers or emails, faulty equipment and any other important information to Holland Recreation as soon as possible.
- Before leaving your practices or games, make sure that all players have transportation home. Do not leave a player unattended at the field.
- Never be in a position where you are alone with a child that is not your daughter or son. Make sure you have at least one other person with you in such situations.