

General Recreational/Intramural Information

- **CASA Soccer Program**

- Spring and Fall programs run 10 weeks long.
- Indoor program runs 9 weeks long, but the first week is dedicated to practice only. Our Indoor program is held at Sports City on Linglestown Road.
- We try to play a minimum of 8 weeks of games. If the first two games are cancelled due to inclement weather, they are not rescheduled. Coaches do not cancel games, only CASA officials can. If there is a question about game cancellations due to weather, coaches and parents can call the CASA automated weather line at 657-9596.
- All recreational games are held on the weekends. In most cases, Boys play on Saturdays and Girls play on Sunday afternoons for all seasons.
- The registration process is always done online. We do not offer a paper registration form.

- **Age Groups and Team Sizes**

- Our age groups are done following school guidelines. Your child must reach the minimum age by **August 1**.
- The age Groups offered are U5 (age 5 and under) through U18 (age 18 and under). A child of three years of age is too young to play and a child over 18 would be too old to play.

Under 5 would be Preschool age and they play 3 vs 3 with a max of 6 on the team

Under 6 would be Kindergarten and they play 3 vs 3 with a max of 6 on the team

Under 7 would be First Grade and they play 4 vs 4 with a max of 8 on a team

Under 8 would be Second Grade and they play 5 vs 5 (4 plus a goal keeper) with a max of 9 on the team

Under 10 would be Third and Fourth grade combined and they play 6 vs 6 (5 plus a goal keeper) with a max of 11 on a team.

Under 12 would be Fifth and Sixth Grade combined and they play 8 vs 8 (7 plus a goal keeper) with a max of 14 on a team.

Under 14 would be Seventh & Eight Grade combined and they play 8 vs 8 (7 plus a goal keeper) with a max of 14 on a team.

Under 18 would be Ninth, Tenth, Eleventh & Twelfth Grade combined and they play 8 vs 8 (7 plus a goal keeper) with a max of 14 on a team. Some occasions it will be 11v11.

Depending on our enrollment numbers, we sometimes have to adjust the format of play.

- **Equipment**

- Uniforms are provided by CASA. They are non-returnable. The uniforms consist of a jersey, black shorts and socks to match the jersey. Uniforms are to be worn at every game with jerseys tucked into shorts and socks covering the shin guards. All players must wear shin guards during practices and games.

Soccer balls are required in the following sizes:

Size #3 ball for players Ages U5-U8

Size #4 ball for players U9-U12

Updated 7/30/2015

Size #5 ball for players U13 and up

No jewelry is allowed during games or practices, including ALL earrings and hard hair accessories.

Soccer cleats are not required, but most children choose to wear them. Please keep in mind on occasion the grass could be slippery.

- **Coaching**

- All of CASA coaches are volunteers. There's always a need for coaches. Please consider volunteering your time. Feel free to call the office with questions regarding coaching to see what it entails. If you volunteer to coach CASA's "Risk Management Application" must be completed or updated if you completed it in the Fall. This link is available on our website.
- It is up to the discretion of the coach when, where and how often to hold practices. We have certain practices locations that are approved by the club. They may hold two practices a week with each practice not to exceed one and a half hours. Once a practice schedule is determined they do not inform the office of the schedule. Any player missing a practice or game should notify their coach.
- CASA does not take requests for certain coaches. This means that we can't accept a request for your child to be placed onto a team of a desired coach.

- **Miscellaneous**

- Only water bottles and sports drinks are allowed on the side lines.
- No pets are allowed on or around CASA soccer fields.
- Spectators shall remain behind the white lines and should never interfere with the flow of the game.
- Please review and abide by the "Parent Code of Conduct" available on our website under the document section.