

SAA RECREATIONAL SOCCER

Kindergarten League 4v4 Standards of Play

- Size 3 ball
- 4v4 (no goalkeepers) NO Heading
 - *please avoid placing a player in front of the goal all the time. Objective is for kids to play and get touches on the ball. Standing in front of the goal defeats that purpose.*
- Shin guards are required under socks.
- Clothes (jacket/sweatshirt/pants) may be worn under the jersey & shorts.
 - *Hoods must be tucked into jersey for safety*
- Coach may be on the field but not behind goal.
- **NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.**
- Substitutions are unlimited and can occur at any time
- 4 x 8 minute quarters
- 1 to 2 minute break between quarters for water and subs
- Halftime 3 minutes
- Teams switch sides at Halftime only
- When the ball goes out along a touchline, a “Standing Pass-in” is the restart.
 - *Have the player stand next to the ball and pass to a teammate.*
 - *Running and kicking the ball will result in a redo.*
 - *You may not score directly off a “Standing Pass-in”.*
- After 1st & 3rd Quarters, play is restarted from where the Referee ended the quarter.
- All Free kicks are Indirect, players 5 yards away. No Penalty Kicks.
- Goal kicks may be taken anywhere along the end line.
- BUILD OUT LINE
 - *Opposing team must be behind the BOL on goal kicks. Once the kicking team's Player receives the goal kick or the ball crosses the BOL, play is live.*
 - *Many coaches bring their team to midfield during goal kicks in the spirit of good play. BOL allows players time to receive the goal kick without pressure.*
- Respect the referees. They are learning like the players and need your support.
 - *Illinois has lost nearly 3,000 referees from 2 years ago and without them games cannot be played. Thank them and support them, they are human and will make mistakes but are doing their best. **Yelling at them from coaches or parents will NOT be tolerated and are grounds for removal.***
- Commissioners are in Red shirts, contact them for questions, issues or compliments.
 - Please support our concession stand for team orders. Proceeds stay in the program and prevent us from holding fundraisers/obtaining sponsorships.

Kids are here to play, learn soccer and have fun. In the spirit of the game, please do your best to manage the game that way. Should one of your players end up scoring several times or dominating, perhaps move them to a less offensive position, sub them out more frequently for players who have not scored or try to have them pass more to their teammates—not the easiest at this age but good coaching moments to try.

THANK YOU FOR COACHING
SAA RECREATIONAL SOCCER

1st/2nd Grade League 4v4 Coaching Guide

- 4v4 (no goalkeepers) NO Heading
 - *please avoid placing a player in front of the goal all the time. Objective is for kids to play and get touches on the ball. Standing in front of the goal defeats that purpose.*
- Coach may be on diagonally opposite sideline to coach. No coaching behind goals. Please stay off field unless to help an injured player or quickly help once or twice.

4v4



- **NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.**
- Substitutions are unlimited and can occur at any time
- Teams switch sides at Halftime only
- When the ball goes out along a touchline, a “Standing Pass-in” is the restart.
 - *Have the player stand next to the ball and pass to a teammate.*
 - *Running and kicking the ball will result in a redo.*
 - *Cannot score directly off a “Standing Pass-in”.*
- Goal kicks may be taken anywhere along the end line.
- BUILD OUT LINE
 - *Opposing team must be behind the BOL on goal kicks. Once the kicking team’s Player receives the goal kick or the ball crosses the BOL, play is live.*
 - *Many coaches bring their team to midfield during goal kicks in the spirit of good play. BOL allows players time to receive the goal kick without pressure.*
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- Clothes (jacket/sweatshirt/pants) may be worn under the jersey & shorts.
 - *Hoods must be tucked into jersey for safety*
- Coach may be on diagonally opposite sideline to teach players.
- **NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.**
- Substitutions are unlimited and can occur at any time
- 4 x10 minute quarters
- 1 to 2 minute break between quarters for water and subs
- Halftime 3 minutes
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- When the ball goes out along a touchline, a “Standing Pass-in” is the restart.
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- BUILD OUT LINE
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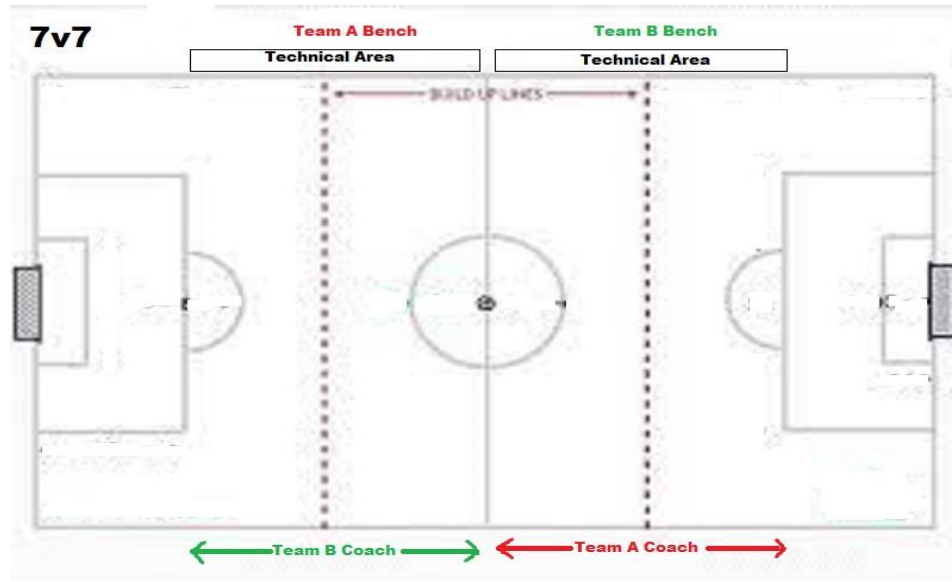
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3rd & 4th Grade League Coaching Guide

- 7v7 Girls/Boys
- Coach may be on diagonally opposite sideline to teach players. Stay in coaching areas. Do not go past 18 yard box line. Stay off sidelines so AR's can see.



- **NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.**
- Substitutions are unlimited and can occur at any time
- NO Heading/ NO Punting by Goalkeeper
- Throw-ins. Player gets one redo if first throw done incorrectly. Then ball to opponent.
- BUILD OUT LINE
 - *Opposing team must be behind the BOL on goal kicks. Once the kicking teams Player receives the goal kick or the ball crosses the BOL, play is live.*
 - BOL allows players time to receive the goal kick without pressure.*
 - If GK puts ball into play quickly with opponents nearby retreating, it is live.*
 - If GK makes a save, GK may put the ball down and kick it to a teammate and opponent must retreat to BOL until ball is touched by GK's teammate or goes past BOL. Kicking the ball to a teammate behind BOL who then does not touch it to waste time is unsporting and will result in an Indirect kick for opponent and possible Yellow Card.*
- If your team falls below the minimum number of players (5), a Forfeit is recorded.
 - *One player is removed once the goal differential reaches 4(ex. 4-0 leading team removes 1 player. 5-0 another player, etc.) Don't run up the score.*
- **Respect the referees. They are learning like the players and need your support.**
 - *Illinois has lost nearly 3,000 referees from 2 years ago and without them games cannot be played. Thank them and support them, they are human and will make mistakes but are doing their best. Yelling at them from coaches or parents will NOT be tolerated and are grounds for removal.*

SAA RECREATIONAL SOCCER

3rd & 4th Grade League 7v7 Standards of Play

- Size 4 ball
- 7v7 Girls/Boys
- Shin guards are required under socks.
- Clothes (jacket/sweatshirt/pants) may be worn under the jersey & shorts.
 - *Hoods must be tucked into jersey for safety.*
- Coach may be on diagonally opposite sideline to teach players.
- NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.
- Substitutions are unlimited and can occur at any time
- 2 x 25 minute halves
- Halftime 5 minutes
- 8 yards away on Free kicks.
- NO Heading
- NO Punting by Goalkeeper
- Throw-ins. Player gets one redo if first throw done incorrectly. Then ball to opponent.
- BUILD OUT LINE
 - *Opposing team must be behind the BOL on goal kicks. Once the kicking team's Player receives the goal kick or the ball crosses the BOL, play is live.*
 - *BOL allows players time to receive the goal kick without pressure.*
- If your team falls below the minimum number of players (5), a Forfeit is recorded.
 - *One player is removed once the goal differential reaches 4(ex. 4-0 leading team removes 1 player. 5-0 another player, etc.) Don't run up the score.*
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5th & 6th Grade League 9v9 Standards of Play

- Size 4 ball
- 9v9 Coed
- Shin guards are required under socks.
- Clothes (jacket/sweatshirt/pants) may be worn under the jersey & shorts.
 - *Hoods must be tucked into jersey for safety.*
- NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.
- Substitutions are unlimited and must be called into the game by the referee.
 - *Allowed on kickoff, goal kick, team's throw-in or when the team in possession chooses to substitute, the opposing team may also substitute.*
 - *Substitutes must stand at midfield.*
- 2 x 30 minute halves
- Halftime 5 minutes
- 10 yards away on Free kicks.
- NO Heading
- If your team falls below the minimum number of players (6), a Forfeit is recorded.
 - *One player is removed once the goal differential reaches 4(ex. 4-0 leading team removes 1 player. 5-0 another player, etc.) Don't run up the score.*
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7th & 8th Grade League 11v11 Standards of Play

- Size 5 ball
- 11v11 Coed
- Shin guards are required under socks.
- Clothes (jacket/sweatshirt/pants) may be worn under the jersey & shorts.
 - *Hoods must be tucked into jersey for safety.*
- NO JEWELRY. Earrings CANNOT be taped. Soft hair clips only.
- Substitutions are unlimited and must be called into the game by the referee.
 - *Allowed on kickoff, goal kick, team's throw-in or when the team in possession chooses to substitute, the opposing team may also substitute.*
 - *Substitutes must stand at midfield.*
- 2 x 35 minute halves
- Halftime 5 minutes
- 10 yards away on Free kicks.
- If your team falls below the minimum number of players (7), a Forfeit is recorded.
 - *One player is removed once the goal differential reaches 4(ex. 4-0 leading team removes 1 player. 5-0 another player, etc.) Don't run up the score.*
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