

West Central Suburban Soccer Federation

Rules and Regulations

Updates as of June 2019

Rule 1: The West Central Suburban Soccer Federation (“WCSSF”)

1.1: The WCSSF is an interclub competitive league designed to provide the Select Soccer (formerly known as Rec Plus) Player 9U through 19U (ages 8-19) as well as the Recreational Adult (ages 18 and up) a competitive experience, while focusing on equitable fair play and good sportsmanship while providing venue for the players to have fun.

1.2: The WCSSF does not practice the use of tryouts, invitations, recruiting or any like process to roster players selectively to any recreational-plus team on the basis of talent or ability. These practices are strictly prohibited. Teams accept as participants any and all eligible youths.

Rule 2: Clubs within the WCSSF

2.1: As of June, 2019, the WCSSF is comprised of several clubs which consist of Beech Grove, Ben Davis, Clay County, Danville, Lebanon, Mill Creek, Montgomery, Plainfield, Speedway, Tri West, USAI, and Westside United.

2.2: Any new club coming into the WCSSF must be voted on by the WCSSF board before registering.

2.3: The individual clubs are responsible for paying an annual club fee of \$60 as well as the individual team fees. These fees are due by the time the final schedules are posted. The exact due date for these fees will be sent to the club administrators as well as posted on the WCSSF website under “Important Dates.”

2.4: The individual clubs are responsible for securing, assigning and paying the referees for all home games. The clubs are also responsible for ensuring that the referees uphold the rules and regulations of the WCSSF.

2.5: The individual clubs are responsible for dividing up the teams as evenly matched as possible.

2.6: The individual clubs are responsible for communicating information from the WCSSF to the coaches and teams within their clubs.

2.7: The individual clubs are responsible for ensuring that the WCSSF’s Rules and Regulations are being adhered to by the players, coaches, assistants coaches, and team managers.

2.8: The individual clubs are responsible for upholding any disciplinary action handed down by the WCSSF board.

2.9: The individual clubs are responsible for ensuring that the player and coach passes are signed and laminated by the third weekend of play.

2.10: Each club must have representation at the annual meeting as well as the monthly board meetings or a fee of \$1000 will be charged and you will not be able to play until that fee has been paid.

- The WCSSF Annual meeting is held in January while the monthly board meetings are held in February, March, June, July, August, October and November.
- The Clubs that participate in both the Spring and Fall seasons within the WCSSF MUST send a representative to the Annual meeting plus five (5) of the Board Meetings or the club will be fined \$1,000, payable before the registration of the next season.
- Clubs that only participate in the Spring season with the WCSSF MUST send a representative to the Annual meeting plus two of the Board Meetings between February to June, or the club will be fined \$1,000, payable before the registration of the next season.

Rule 3: Laws of the Game & WCSSF Administrative Rules

3.1: The FIFA “Laws of the Game” as interpreted by the United States Soccer Federation and further interpreted by the Indiana Soccer shall govern all play with the exception that any duly adopted Rules of The WCSSF will supersede in the case of a conflict.

Rule 4: Coaches, Assistant Coaches, & Team Managers

4.1: All coaches, players, managers, trainers, and teams managers, shall be in good standing with the United States Soccer Federation and Indiana-Soccer.

4.2: Coaches, assistant coaches and team managers can be shown yellow and red cards for behavior deemed as inappropriate by the referee. If a Red Card is issued to a coach, the game will stop until the carded person leaves the premises.

4.3: Any coach, assistant coach or team manager that is sent off (ejected) from a game shall be suspended for the next two succeeding games. If the ejection occurs during the last game of the season, the suspension will carry over to the person's next WCSSF sanctioned game. All ejections are reported to Indiana Soccer.

- A suspension is defined as not participating in the game in any manner whatsoever.
- Suspended team personnel (i.e.- coaches, assistant coaches, team managers, etc.) are to leave the immediate vicinity. Immediate vicinity shall be defined as sufficient distance from the playing field where the offending party cannot cause additional disruptions to the game. This is considered the "Out of Sight and Out of Sound" principle.
- Individual clubs may have a designated area (i.e.- parking lot, etc.) for suspended team personnel. In such cases, the suspended team personnel is required to go to that designated area immediately.

4.4: The WCSSF recommends that coaches obtain a US Soccer E License.

4.5: Each team must register all coaches, assistant coaches, team managers and trainers with Indiana Soccer through GotSoccer. **However, only three (3) official Indiana Soccer Registered pass/card holders that serve as either coaches, assistant coaches, team managers or trainers, are allowed on the bench during a given game.** Anyone that is on the bench and is not a pass/card holder on the official roster will be asked to leave the bench area during the game. This includes family members.

4.5.1: Head coaches who are involved with multiple teams should indicate which teams should be scheduled together. Reasonable accommodations will be extended, but not guaranteed.

4.5.2: In extenuating circumstances, if the registered coaches, assistant coaches, or team managers are unable to attend a game, a substitute coach may be used. However, that person MUST be able to show a current valid player pass or valid proof of background check issued by Indiana Soccer or USSF.

4.6: Teams will use the roster given from the Indiana Soccer software program as the official roster. No hand written rosters will be accepted. Player passes and rosters must be presented to the referee at each game.

4.7: Coaches must complete the WCSSF Code of Conduct form by the third Saturday of both fall & spring season.

4.8: Coaches are responsible for fan and player conduct.

4.9: If a coach receives two (2) negative referee reports, a WCSSF commissioner will visit coach at a game. One more (1) negative referee report after WCSSF visit, will result in a one (1) game suspension. Continued negative referee reports will result in season suspension and review of coaching status by WCSSF for next season.

4.10: Coaches must turn in scores and reports within three (3) days. If they fail to do so, they will receive a friendly email from the WCSSF Board and his/her coordinator will be copied in on it. Coaches who fail to fill out reports within an additional 48 hours of the notice, that game will be recorded as a forfeit. Any team whose coach has not submitted a report for every game played during the season, the team will not be allowed to participate in the end of the season tournament. (Assistant coach or Team Managers may submit these reports.)

4.11: The WCSSF is a recreational soccer league. Player development and enjoyment of the game are the primary goals of the league. Every effort should be made by coaches to ensure that players participate in at least 50 percent of the game.

Rule 5: SELECT PASS

5.1: The WCSSF will allow the use of Select Passes beginning with the 2018 Spring season. It will take much coordination within the Clubs to implement and use the Select Soccer Passes. With the implementation of the Select Passes, the Equal Strength Rule will no longer be enforced in WCSSF-sanctioned games.

- A Select Pass is simply the ISA-issued player pass issued by ISA for players playing on a Select Soccer team.
- Travel Player Passes as well as Travel Club Player Passes are not defined as Select Passes and cannot be used in WCSSF Select Soccer games.
- A Select Pass will allow teams that will be short players the opportunity to use Select Soccer players from other Select Soccer teams within the same club to play in regular season games.
- The intent of using the Select Pass is for players to develop more awareness, allegiance and growth within a Club. The purpose is not to stack or strengthen a team but rather to allow a team that will be shorthanded on a given game to get Select Soccer players from within their Club to field a full team on the field. Requiring teams to play less than the age-level proper maximum number of players on the field does not allow players to learn and play within formations and structure. The Select Pass will help teams to be able to field a full team on the field.

5.2: Players registered with a club may use their ISA Select player pass to play for any other age-eligible teams within their own club. (Note: All Select Pass players must be "Rec Plus"/Select level. Clubs may not Select Pass travel players to a "Rec Plus"/Select team)

NOTE: Players registered within a club may use the Select Pass to play up a level if needed. (i.e.- a 11U player may choose to participate in a 13U division game; a 13U age player may participate in a 15U division game; a 15U age player may participate in a 19U division game.) Please check the "WCSSF Acceptable Age Chart" to verify if a player may participate in a higher division.

5.3: Up to two (2) registered Travel Players may be rostered to a Select Soccer team. All currently registered Travel Players will be automatically marked as "secondary" on the pass and the official ISA-issued roster will also identify these players as Secondary. (FYI: ISA does not allow any currently registered travel players as primary players on a Select/Rec Plus team.) Secondary Travel Players cannot play on any other of the Club's Select soccer teams other than the one team that they are rostered. (NOTE: Travel Players are not Select Pass-eligible.)

5.4: Guest players (defined as "a player who is not on the team's official roster nor plays for another Select Soccer team within the same club) are not allowed to participate on any WCSSF team. Select Pass players are not defined as "guest players."

5.5: In order to play in a game, the Select Pass player must have a Select Pass (player pass) to hand to the referee. Xeroxed copies of the Select Pass are NOT allowed. In addition to the Select Pass (player pass), the player may either be placed on the Game Card via GotSoccer before the game or simply be handwritten onto the Game Card.

5.6: If a Select Pass player is added to the Game Card, that Game Card along with the Select Pass must be given to the referee to check in the team. If the Select Pass player has their pass in hand but has not been added to the Game Card, then the coach must give the Game Card or the official roster along with the Select Pass to the referee for check-in.

5.7: The team can add Select Pass players to the game roster as long as the number of players does not exceed a total of 9 players for 11U; 13 players for 13U; a total of 15 players for 15U division; a total of 15 players for HS Spring division; or a total of 13 players for the HS Fall division.

5.8: As coaches become aware that they will not have enough players to field a full team on the field, they should contact their Club's director of coaching (DOC) to help find players from within their Select Soccer ranks as long as the total number of players per game does not exceed the limits listed in Rule 5.7 above. (Note: Travel players cannot play with a Select Pass on a Select soccer team in which they are not officially rostered.)

5.9: On the day of a game, if a team will be short players, the coach can use players from their Club's Select Soccer teams by getting with another of the Club's Select Soccer team's coaches and asking if any player would be able to assist in the game. as long as the total number of players per game does not exceed the limits listed in Rule 5.7 above. If this occurs, the coaches will need to exchange the effected player's Select Soccer pass for the upcoming game. It will then be the responsibility of the two coaches to coordinate the return of the Select Pass before the next game.

NOTE: A Select Pass system is not designed to take the place of one of the team's rostered players. For example, at the beginning of the game, a 15U team only has 14 players. The coach allows a Select Pass player to participate bringing the game roster up to 15, the allowable number of players per Rule 5.7 when using a Select Pass player. After the game begins, a rostered player from the team shows up, giving the team 16 game rostered players, one more than the allowable number of players per Rule 5.7 when using a Select Pass player. In this scenario, the Select Pass player should be removed from the game in order to allow the team's rostered player to participate. The Select Pass player is the only player that should be pulled out of the game. The team's rostered players should be given top priority regardless of the skill of the players involved, the score of the game, etc.

5.10: For the season ending tournaments, the Select Passes cannot be used by any team. The Secondary Travel Players (up to 2 only per team) can play in the tournaments on the official rostered team.

Rule 6: Injuries

6.1: If an injured player requires the attention of a coach, assistant coach, trainer or team manager, the player must be substituted for and may not return until the next substitution opportunity. There are two exceptions: (1) If a player can be quickly treated on the field, they do not have to leave the field. (This is at the center referee's discretion of 'quickly'. However, the 'Advice to Referees' gives twenty seconds as a guideline.) (2) The goal keeper, who is allowed to stay on the field even though he/she requires the attention of a coach, assistant coach, trainer, or team manager (unless it is an obvious blow to the head).

6.2: If a player receives an injury to the head during the game (a blow to the head that causes the player to go to the ground), the player must be substituted for and must sit out of the game until a parent or medical personnel has visually seen and talked with their child. See CONCUSSION GUIDELINES for further information.

Rule 7: HEADERS

The WCSSF complies with the Indiana Soccer Heading Restrictions policy:

- All players, 11U & 13U shall not engage in deliberate heading in competitive training or in games.
- All players who play in small sided games, 4v4, 7v7 or 9v9, shall not intentionally head the ball in a game.
- All players, 11 & under who play on a 13 & under team or older will comply with the aforementioned 11U & 13U restrictions.
- The referees will enforce heading restrictions as per the age-level of the contest. There will be no intentional heading in all small sided games (4v4, 7v7, 9v9).
- When a player deliberately heads the ball in a game, the referee will award an indirect free kick (IFJ) to the opposing team from the spot of the offense. o If the deliberate header occurs within the penalty area by the defending team, the indirect free kick should be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.

Rule 8: The Players & Passes

7.1: Player eligibility at games will be determined by possession of an official Indiana Soccer roster and player pass Issued by the Indiana Soccer.

- 7.1.1: **ALL** players must be entered into the Indiana Soccer through GotSoccer and placed on a team within the system prior to participation in a game.
- 7.1.2: **ALL** players **must** be verified by Indiana Soccer **BEFORE** a player pass is issued. In order for Indiana Soccer to verify a player, the club must either upload a copy of the birth certificate into GotSoccer or hand delivering copies of the birth certificates to Indiana Soccer.
- 7.1.3: **ALL** Players must have a laminated player pass with picture and signed by a State Registrar. Passes must be in order by the second (2nd) weekend (specific date will be listed on the WCSSF website) of both fall & spring season.
- 7.1.4: **ALL** coaches, assistant coaches and team managers **MUST** also have a laminated pass with picture and signed by a State Registrar.

7.2: The SELECT PASS will allow Select Players (formally Rec Plus) to be used in games so that a full team can be fielded. This can be used only during the regular season, NOT in the tourney. Player must be on the game card or must have their player pass to be able to play.

7.3: You must carry the original player pass for each player on your team. Neither Xeroxed copies nor player passes accessible by a smart phone will be permitted. (NOTE: The Indiana Referee Administration has only approved the use of accessing player passes by a smart phone for the ISL games. The WCSSF has **NOT** approved this technology for use in any of the WCSSF games or tourney.)

7.4: There will be a one-week grace period at the beginning of each season for this requirement if the team has not yet received its passes from Indiana Soccer, to complete the player passes (i.e.- pictures, signature), and players can play without cards under extraordinary circumstances (i.e. theft of cards, fire, and car accident), with prior approval from the WCSSF Board. However, players **MUST** be listed on the official roster of a specific team and the team **MUST** be registered with Indiana Soccer before the first game.

7.5: A player must appear on the roster of the team playing as a primary or secondary player and have a player card to match. Players must appear on the official Indiana Soccer roster of his/her assigned team to be eligible to play.

7.6: A team will only be permitted to have two secondary travel players on their roster, and are subject to the Indiana Soccer guidelines for double rostered players.

7.7: WCSSF does not allow a guest player of any kind to play for a team during the season. Guest players (defined as "a player who is not on the team's official roster nor plays for another Select Soccer team within the same club) are not allowed to participate on any WCSSF team. Select Pass players are not defined as "guest players."

7.8: Using a guest player during a regular season game or during a tourney will result in a forfeit for the team.

7.9: The WCSSF follows the general age-guidelines set-forth by Indiana Soccer. The WCSSF has four age divisions, which are divided by solely by age. Therefore, each age division only allows players within a certain age-range, specified on the "WCSSF Acceptable Age Chart" which will be posted on the website. Below are the general guidelines:

7.9.1: Please check the Indiana Soccer age chart to see the 'true' age group of the player, which is simply divided according to the birth year of the player. The age group of a player may be different than the actual division in which the player participates.

7.9.2: The WCSSF groups various age groups within each division.

7.9.3: Each division has standard age groups as well as acceptable age groups. The WCSSF realizes the need for some players to move up early based on individual needs. Each club is responsible to ensure that each player meets these acceptable standards.

- The standard age groups within the 11U division are 10U age players and 11U age players. 9U age players are allowed to move up into the 11U division, if the club feels that player is ready. Therefore, the acceptable age groups for the 11U division are 9U age players, 10U age players and 11U players. 8U age players are not permitted to move up into the 11U division.
- The standard age groups for the 13U division are 12U age players and 13U age players. 11U age players are allowed to move up into the 13U division if the club feels that the player is ready. Therefore, the acceptable age groups for the 13U division are 11U age players, 12U age players, and 13U age players. 10U age players that participates in the 11U division cannot move up into the 13U division, because the age group depends solely on the birth year.
- The standard age groups for the 15U division has 14U age players and 15U age players. 13U age players are allowed to move up early into the 15U division, if the club feels that that player is ready. 12U age players, even if they participate in a 13U division, are NOT allowed to move up into the 15U division because the age group depends solely on the birth year.
- The standard age groups for the 19U division has 16U-19U age players that are currently enrolled in High School. The 15U age players are allowed to move up into the 19U division. 14U age players are not permitted to move up into the 19U division, even if they are participating in the 15U division because the age group depends solely on the birth year.

7.10: No overage players are allowed.

7.11: 19U players are allowed to play only if they were enrolled in a High School at the beginning of the current school year. Home School players are also eligible to play in the WCSSF League. However, if the club has more than one 19U team, the 19U players must be evenly distributed between the teams.

7.12: For the Adult Summer League, only those 19U players that have graduated High School may participate.

7.13: Players within the WCSSF may double roster as long as the player is double rostered within different divisions within the WCSSF. [For example, a 13U girl can play on 13U girls' team as well as a 13U boys' team; a 13U boy can play on both a 13U boys' team and a 15U boys' team; 15U girl can play on a 15U girls' team & a 19U team.] A player may not double roster within the same division within the WCSSF. [Example: a 13U boy may not roster on two 13U boys' teams from a single club within the WCSSF, nor can a 15U boy may not roster on a 15U boys' team from one club and another 15U boy's team from another club within the WCSSF.]

7.14: A double rostered player may play for both team's tourney.

7.15: All players must follow the rules of Indiana Soccer on IHSSA players:

Students may participate in team sports contest as members of a non-school team provided that no more than the following numbers of students who have participated in the previous year as a member of one of their school teams in that sport are members of the non-school team at the same time. Soccer-6.

7.16: The player passes and a copy of the official state roster, shall be given to the referee, who shall have sole discretion to determine a player's eligibility to play based on the referee's determination of the validity of the player pass of any player.

7.17: Prior to or as the teams are being checked in by the referee, the team parent (manager) or coach of the opposing team shall review their opponent's roster and player cards.

7.17: The right to protest a game based on illegal players is waived if a team forgoes checking the opponent's roster and passes.

Rule 8: The Team

8.1: Clubs are responsible for registering their teams for the season into GotSoccer. The deadline for registration will be posted on the website for each season.

8.2: All club and team fees are due by the posted deadline for each season. A \$25 late fee will be assessed weekly per club.

8.3: If a club drops a team after the last day to register a team, the club forfeits full registration fee plus \$ 200.

8.4: A team shall have an Indiana Soccer carded team manager, assistant coach, and/or coach rostered from that team, who must be present at all games.

8.5: Absence of an Indiana Soccer carded team manager, assistant coach, and/or coach rostered from that team is available and a substitute coach per section 4.5.2 is not available it will be an automatic forfeit of game by the offending team.

8.6: If neither team has an Indiana Soccer carded team manager, assistant coach, and/or coach rostered from their teams available and a substitute coach per section 4.5.2 is not available it will be an automatic forfeit of game for both teams and there is no reschedule.

8.7: The minimum number of players that must be rostered to register:

8.7.1: For clubs registering one team within a division: the team must have enough players needed to field a team [11U – 8; 13U – 10; 15U – 14; 19U – 14 (spring only); 8(fall only)].

8.7.2: For clubs registering two or more teams within a division: the teams must have the following minimum number of players rostered on each team: 11U—9; 13U—11; 15U—14; 19U Fall—9; 19U Spring—15.

8.8: The maximum number of players that can be rostered:

- 11U: 12
- 13U: 16
- 15U: 18
- 19U: 14 (fall only)
- 19U: 22 (spring only)
- Adult Summer League: unlimited

8.9: 19U teams can roster up to 22 in the spring season, but only 18 can dress & sit on the bench for games and must have a game day roster to present to the Referee Staff. For the Adult Summer League can roster an unlimited number of players, but only 12 can dress and sit on the bench for games.

8.10: Teams must have a minimum number of players to begin the game: 5 @ 11U; 8 @ 13U; 7 @ 15U, 19U (spring only); 5 @ 19U (fall only). If a team cannot field a MINIMUM team then the game will be a forfeit and the score will be recorded as a 4-0 game.

8.11: 11U teams will not be allowed to move up and participate into the 13U division.

8.12: Registration will be open to all individuals regardless of skill level.

8.13: In the Fall, the teams cannot be more than half of the roster from the previous year (Fall-Spring) unless the club only has one team in a particular division. [Current counts based on current roster limits from Indiana Soccer would be for 11U – 6 players; 13U – 8 players; 15U-19U (Spring) – 9 players; 19U (Fall) – 7 players.]

8.14: In the Spring, teams will be based on the fall team roster with new players being divided equitably among the previously formed teams.

8.15: All players (after the half that is going to be carried over) must go into the pool of players so that teams can be equitably formed each fall.

8.16: Teams must be divided as equally as possible either by club software program or by taking the following steps:

- Based on information from previous coaches when at all possible;
- Older players should be divided equally among the teams.

8.17: Teams will not be taken in under the WCSSF league umbrella if the team is not formed according to WCSSF or Indiana Soccer rules. Violations in team formation by clubs may result in disciplinary action and clubs may be ineligible to participate in the league for a period of time to be determined by the WCSSF Board.

Rule 9: Uniforms & Players Equipment

9.1: A Team must wear the same color shirts with a unique jersey number on the back. If there is a conflict in jersey color, the home team must either wear pinnies or change to an alternate colored jersey.

9.2: A Team must wear the same color shorts. (Adult Summer League is exempt)

9.3: A Team must wear the same color socks. (Adult Summer League is exempt)

9.4: Shin-guards must be worn under the socks and completely covered by the socks; this includes the ankle guards and straps. Nothing can show.

9.5: Mouth guards are strongly recommended but not mandatory.

9.6: A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). Taping is not permitted.

9.7: No jewelry can be worn during a game.

9.8: A player, who wears eye glasses, including sunglasses, must wear a safety strap during all matches.

9.9: A goalie must wear a different color shirt or pinnie from either team, and does not have to match his team with shorts or socks. However, once the goalie changes positions on the field, he must match the team entirely.

Rule 10: Rosters

10.1: Teams must be registered with the WCSSF through Indiana Soccer, GotSoccer, for the current season by the posted WCSSF registration date.

10.2: Clubs are responsible for finalizing the team rosters and completing the player cards for their teams by the second weekend of the season.

10.3: The rosters will be frozen two weeks prior to the tournament. (The exact date each season will be posted on the WCSSF website.) At this time players **MUST** be listed on the official Indiana Soccer roster by that time to be eligible to participate in future games.

10.4: Clubs seeking to add additional players to a team after the roster freeze **MUST** receive **prior** approval from the WCSSF Board and will be subject to a \$25.00 fine per team.

Rule 11: The Referee Staff

11.1: United States Soccer Federation (USSF) licensed officials must run centers.

11.2: Only Grade 8 referees or lower will center for the WCSSF Select Soccer games.

11.3: The WCSSF recommends that the center referee be at least two years older than the age group playing; while the assistant referees are at least the same age as the youngest player in that age group. For the Adult Summer league, the center referee should be at least 25 years old and the AR's should be at least 16 years old.

11.4: For all 13U and up ages the three-man system (referee, two assistant referees) must be used for all games, or the game will be declared a no contest.

11.5: Licensed assistant referees are strongly encouraged. In the event of a no-show a non-licensed (club) assistant referees may be used to call out-of-bounds only. They cannot call offside or fouls. They are not to be paid.

11.6: The home team is responsible for providing and paying officials, unless otherwise agreed.

11.7: Referees **MUST** check **ALL** rosters and player passes for each player and coach on both teams prior to game time. This is to be done both during regular season games and tournament play.

11.8: The referee should return the rosters and player passes after checking in the teams.

11.9: Center referees must file the Referee Report of each WCSSF game within 24 hours of game completion.

11.9.1: Any referee that does not file a game report within 24 hours will be sent a friendly reminder. The assignor will be included on the reminder.

11.9.2: Any center referee that has not filed two (2) game reports will not be eligible to referee in any tournament.

11.9.3: Any center referee that has not filed three game reports for the season will be referred to the DRA.

11.10: Referees **MUST** file the name of the player that receives a yellow or red card and any coach ejection that occurs; and submit the information in the game report. (If there is a save issue then the report may be sent directly to the WCSSF) ***Referee **MUST** hit SAVE twice during the process.

Rule 12: Cautions/Yellow cards/Sending Off/Ejections/Red Cards

12.1: A player who is sent off (ejected) from a game is suspended for the next succeeding game.

12.2: A player receiving two sent offs (ejections) during a season shall be suspended for the next two succeeding games after the second ejection and will be reported to the WCSSF Disciplinary Committee to determine what further action may be necessary.

12.3: A player receiving three ejections shall be suspended for the balance of the season, including ALL WCSSF tournament games.

12.4: A player receiving three cautions (yellow cards) during the course of the season will be equal to an ejection (red card) with all penalties involved.

12.5: If an ejection occurs during the last game of the season, the suspension will carry over to the player's next season WCSSF sanctioned game, whether it is in WCSSF regular season game or end of season tourney. All ejections are reported to WCSSF & Indiana Soccer.

12.6: The WCSSF board will notify the next opposing team of the ejection and mandatory sit-out.

12.7: Referees shall not keep player, coach, or team manager cards after an ejection, but will return them to the participant's team.

12.8: Any minor that is sent off due to a red card must be accompanied by an adult until that player is picked up at the facility.

12.9: Red Carded Coaches will be suspended from all WCSSF games until they have served the suspensions for the age level which they were carded. This includes other age groups that the coach may be involved as coach, assistant coach or manager.

12.10: Red Carded players will not be allowed to play on any other team with a Select pass until the 1 game suspension has been served with the team they are rostered with. If the Red Card occurs when the player is playing for a different team the suspension applies to the rostered team games. They player will not be able to play until he/she has served a one game suspension with the team they are rostered as a player.

Rule 13: Ejections/Sending Off

13.1: Any person other than a player who is sent off (ejected) from a game shall be suspended for the next two succeeding games. "Person" for purposes of this rule shall include, but not be limited to, coach, manager, trainer, spectator, or any other person attending the game.

13.1.1: A suspension is defined as not participating in the game in any manner whatsoever.

13.1.2: Suspended team personnel (i.e. coaches, etc.) are to leave the immediate vicinity. Immediate vicinity shall be defined as sufficient distance from the playing field where the offending party cannot cause additional disruptions to the game. This is considered the "Out of Sight and Out of Sound" principle.

13.1.3: Individual clubs may have a designated area (i.e.- parking lot, etc.) for suspended team personnel. In such cases, the suspended team personnel is required to go to that designated area immediately.

13.1.4: Due to travel and carpooling, players may remain in the team technical area on the bench for safety reasons. Otherwise, players should observe the "Out of Sight and Out of Sound" rule.

13.2: A person ejected for the second time during a season will appear before the WCSSF Disciplinary Committee prepared to show-cause why he or she should not be suspended for an indefinite period.

13.3: If an ejection occurs during the last game of the season, the suspension will carry over to the person's next WCSSF sanctioned game. All ejections are reported to Indiana Soccer.

13.4: If an ineligible player plays or if a coach knowingly permits an ineligible player to participate in a WCSSF sanctioned game, the player, the coach and the entire team may be suspended for a period to be determined by the Executive Committee.

13.5: Players are ineligible if they were sent off (red-carded) in the previous game. An "ineligible player" is a player who is not registered with Indiana Soccer, is illegally registered, or who has been suspended by the WCSSF or Indiana Soccer.

Rule 14: Physical Assault

14.1: Physical-assault by a player or any other person on a referee or other game official shall result in expulsion of that person for at least a one year minimum, pending a hearing by the WCSSF and Indiana Soccer disciplinary committee.

14.2: Physical-assault by a player or any other person on another player, coach, or team official shall result in the expulsion of that player for the remainder of that season and up to two years, pending a hearing by the WCSSF and Indiana Soccer disciplinary committee. WCSSF will hold an emergency meeting within 72 hours to determine the appropriate course of action.

14.3 Physical assault by a player will be reported to Indiana Soccer.

Rule 15: Zero Tolerance Policy

As a member of Indiana Soccer, the WCSSF is committed to providing a safe environment for its members and participants, and to preventing abusive conduct in any form. Every member of this organization is responsible for protecting our participants and insuring their safety and well being while involved in sponsored activities.

To this end, we have established the following guidelines of behavior and procedures for our staff, volunteers and participants. As members of this organization, we will as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

15.1: The use of profane language of any type is not allowed by players, spectators, coaching staff or team managers.

15.2: Abuse of any kind is not permitted within our organization. This means we do not tolerate physical, sexual, emotional or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents or spectators.

15.3: Physical and sexual abuse, including, but not limited to, striking, hitting, kicking, biting, indecent or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are starkly prohibited within our organization.

15.4: Emotional abuse or verbal abuse is also prohibited. These include, but are not limited to such forms of abuse as profanity, yelling, insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality, ethnicity, sex or age.

15.5: We are committed to providing a safe environment for our players, participants and staff. We do so by appointing all coaches, officials and volunteers – and anyone else affiliated with our organization -- as protection advocates. Every member of this organization is responsible for reporting to the Club Risk Management Director and/or President, any cases of questionable conduct or alleged mistreatment toward our members by any coach, official, volunteer, player, parent, sibling or spectator.

15.6: We recommend that every activity sponsored by our program put a Buddy System in place. Each youth participant should be assigned a buddy during sponsored activities. No child should go anywhere – to the bathrooms, locker rooms or other location – without his or her buddy.

15.7: To further protect our youth participants, as well as our coaches and volunteers, we strongly advise that no adult person allow him/herself to be alone with a child (other than their own) or with any group of children during sponsored activities. In particular, we recommend that the coaches or other adult members of this organization:

- Do not drive alone with a child participant in the car.
- Do not take a child alone to the locker room, bathrooms or any other private room.
- Provide one-on-one training or individual coaching with the assistance of another adult or the child's Buddy.
- If you must have a private conversation with a youth participant, do it within view of others, in the gym or on the field, instead of a private office.
- Coaches and other adult members of this organization should not socialize individually with the participants outside of sponsored activities.

15.8: We recommend that for any sponsored activity, the ratio of adults to youth participants be 1:8 – one (or more) adults for every eight children, with a minimum of two adults for every activity.

15.9: When traveling overnight with youth participants, children should be paired up with other children of the same gender and similar age group, with chaperones in separate, but nearby rooms.

15.10: We want players to trust their feelings and let them know that their concerns and fears are important by listening to them. Open communication between children and parents, or between children and other adults in the organization may help early warning signs of abuse to surface.

15.11: We encourage parents to become as active as possible in sponsored activities, games, practices and other events. The more the parents are involved, the less likely it is for abusive situations to develop.

15.12: We will respond quickly to any and all allegations of abuse within this organization. This information will be communicated to the authorities for investigation and will be reviewed by the organization's Risk Management Director and/or President. The alleged offender will be notified of such allegations promptly. Indiana Soccer will be copied on all correspondence.

15.13: Any person accused of sexual or physical abuse may be asked to resign voluntarily or may be suspended by the board until the matter is resolved. Regardless of criminal or civil guilt in the alleged abuse, the continued presence of the person could be detrimental to the reputation of the organization and could be harmful to the participants. A person, who is accused but later cleared of charges, may apply to the reinstated within the organization. Reinstatement is not a right, and no guarantee is made that he or she will be reinstated to his/her former position.

15.14: We promote good sportsmanship throughout the organization and encourage qualities of mutual respect, courtesy and tolerance in all participants, coaches, officials, volunteers and spectators. We advocate building strong self-image may be less likely targets for abuse; similarly, they may be less likely to abuse or bully other around them.

Rule 16: Failure to show

16.1: If the visiting team fails to appear at the game site within thirty (30) minutes of the scheduled kickoff and fails to notify the other team of the delay, the offending team Forfeits the game 4-0.

16.2: If the home team fails to appear at the game site within fifteen minutes of the scheduled kickoff, it forfeits the game 4-0.

16.3: If the home team fails to provide a Center referee within thirty (30) minutes of the scheduled kickoff, it forfeits the game 4-0.

- 16.3.1: If referees are not present fifteen (15) minutes BEFORE kickoff, the home team coach should contact the assignor, director or Select Soccer coordinator immediately.
- 16.3.2: However, if the referee crew is onsite but finishing a previous game that has gone over, the home team coach should notify the away team coach, that the game will begin as soon as the referees are available.
- 16.3.3: There are other situations that may arise that cause the referees to be delayed. Each club should have a procedure set in place for such incidents. If the delay is lengthy due to weather, game incidents, etc., the game may be rescheduled if both coaches agree.

16.3: If the aggrieved team plays the game, the right to a forfeit is waived.

Rule 17: Fields & Field of Play

17.1: All fields used by league teams shall have well-defined markings two (2) yards or six (6) feet back from each touchline that no one shall be allowed to be within. Only linesmen are allowed in this area.

17.3: One side of the field will be designated for spectators. The opposite side will be designated for the teams.

17.4: On the team's side of the field, twenty (20) yard markings shall be placed on each side of the centerline of a full field, and twelve yard marking shall be placed on each side of the centerline of a small-sided field.

17.5: No coach or team member will be allowed to stand further than twenty (20) yards from the center line on his or her designated end of a full field, or twelve yards on a small-sided field.

17.6: Coaches are allowed to coach within reason from the sidelines. A coach is to remain two (2) yards from the touchline and between the centerline and twenty (20) yards from the centerline on his or her designated end of a full-sided field, or twelve yards on a small-sided field.

17.7: Air horns and whistles are not permitted during WCSSF games. Clubs may be utilizing one of these noise makers to warn participants of an emergency. The referees, club representatives, or WCSSF Board member may temporarily ban the use of other artificial noise makers such as vuvuzelas, cow bells, etc., at a game if they are disruptive to the referees and/or players.

Rule 18: Field & Goal Sizes

18.1: **11U** Fields

- Maximum Field Size – 40 yards by 60 yards
- Minimum Field Size – 30 yards by 45 yards
 - ↗ Goal area: Length 4 yards by Width 8 yards
 - ↗ Penalty area: Length 12 yards by Width 24 yards
 - ↗ Penalty Arc and Center Circle - 8 yards
 - ↗ Build out line - Yes, marked equidistant between the penalty area line and the midfield line. (on turf fields cones may be used on the outside edge of the field)
- Indiana Soccer's Recommended Field Size as of August 2016 - 30 yards by 47 yards

18.2: **13U** Fields [& **19U** in Fall Only]

- Maximum Field Size – 55 yards by 80 yards
- Minimum Field Size – 45 yards by 70 yards Center Circle – 8-yard radius
 - ↗ Penalty Area – 14 yards by 34 yards (14 yards from each goalpost).
 - ↗ Goal Area – 4 yards by 14 yards (4 yards from each goalpost).
 - ↗ Goals – 6.5 feet by 18.6 feet (goals up to 7 feet by 21.5 feet may be used).
 - ↗ Penalty Spot – 10 yards from Goal Line.
 - ↗ Penalty Arc – 8-yard radius from Penalty Spot for area outside Penalty Area.
- Indiana Soccer's Recommended Field Size as of August 2016 – 47 yards by 75 yards

18.3: 15U Fields [& 19U in Spring Only]

- Maximum Field Size – 80 yards by 120 yards
- Minimum Field Size – 55 yards by 100 yards
- Indiana Soccer's Recommended Field Size as of August 2016 – 75 yards by 112 yards

18.4: Goal Sizes

- 11U Recommended Size – 6.5 x 18.5; however cannot be smaller than 6x12
- 13U Recommended Size – 6.5 x 18.5; however, cannot be smaller than 6x18 nor larger than 7 x 21
- 15U-19U Recommended Size – 8 x 24

Rule 19: 11U and 13U Free Kicks

19.1: Players from the opposing team must be at least 8 yards away from the ball on 11U and 13U free kicks.

Rule 20: Suspended Games

20.1: Games suspended by weather or darkness shall be deemed an official game if the contest has reached halftime (even if the halves have been shortened by agreement of both coaches). Games suspended prior to that point shall be rescheduled and replayed from the beginning.

20.2: Every reasonable effort will be made to complete games suspended due to weather or field conditions. Games may be terminated at the point of suspension upon agreement of both coaches if the second half of the game has started and the score is not tied. If terminated, the score at the point of suspension will be the official result.

20.3: If a game is cancelled or suspended due to weather, the coaches are responsible for arranging a new date for the game. The WCSSF scheduler will move the game to a temporary date in GotSoccer to give the coaches ample time to reschedule.

Rule 21: Scheduling and Reschedule Policy

21.1: Each team is allowed two blackout dates for the season. The blackout dates must be entered into GotSoccer when the team is registered or by the deadline date posted for the season.

21.2: Games must be rescheduled through the home referee assignor, home field coordinator, the Select Soccer Coordinator, and the league scheduler/age-group commissioner. Once the final schedule has been posted, games may only be rescheduled for the following reasons:

- Fields or referees are unavailable on the designated day/time;
- School functions will prevent your team from having the minimum number of players to play the game (academic functions, not other school sports);
- One-time special events of other social or religious groups will prevent your team from having the minimum number of players to play the game; or
- Weather or field condition related cancellations.

21.3: With the exception of weather or field condition related cancellations, reschedules must be requested at least seven (7) days prior to the scheduled playing date. Games canceled due to weather should be rescheduled as quickly as possible so that standings are correct for tournament seeding.

Rule 22: League Standings:

22.1: Running up the score is considered un-sporting.

22.2: If a team has a four (4) goal advantage the team is to stop the attack by the primary players and control the ball without making it known to the other team. See guidelines for changing the attack.

22.3: Teams that continually "run up" the score without making a purposeful effort to stop the attack of primary players will result in sanctions against the coach.

22.4: Teams receive three (3) points for each win, one (1) point for each tie and zero (0) points for a loss.

22.5: If all teams play an equal amount of games, standings will be based on total points earned if teams do not play an equal number of games, standings will be based on percentage of possible points earned $[points/(games\ played \times 3)]$

22.6: If two (2) or more teams have the same number of points or equal percentages, ties will be broken on the following:

- Games Won
- Head-to-Head Results
- Divisional Record (if divisions were used)
- Goals Allowed
- Coin Flip

22.7: If three (3) or more teams tie for a position and all teams involved in the tie have the same number of wins, all three teams must have played an equal number of games against each other for head-to-head to be considered. If not, skip to Divisional Records. If so, the total number of points earned in these games will determine the winner of the tiebreak.

- Example – Three Teams
- Team B defeats Team A
- Team C defeats Team B
- Team A ties Team C
- Team A – 1 point (0-1-1)
- Team B – 3 points (1-1-0)
- Team C – 4 points (1-0-1)

22.8: Team C wins the tiebreak. The two-team tiebreaker may now be used between Teams A and B, with Team B winning the tiebreak on Head-to-Head.

Rule 23: Substitution

23.1: Unlimited Substitutions may be done by either team on the kick off, goal kick or throw-in.

23.2: Both teams may substitute on a throw in as long as the team with possession has a substitute to come in. Players ready to substitute MUST take a pinnie unto the field and hand it off to the player that they are replacing on the field.

23.3: Substitutions may also be given on an injury (one for one).

23.4: Substitutions shall be with the consent of the referee at the following times:

- Prior to a throw-in in your teams favor
- Prior to a goal kick by either team
- After any goal
- At half-time
- If a team has a substitute player ready on their own possession as described above and the opponent also has a player ready for substitution, both teams may sub.

23.5: For the referee to consider a player(s) ready to substitution, the player(s) MUST be at the Half Way line ready to enter the field PRIOR to the ball leaving the field.

23.6: Substitution of a cautioned player is no longer mandatory, but voluntary.

Rule 24: Tournament Procedures

24.1: An end of the season tourney will be conducted at the end of each season. The tourney will be single elimination based on the standings throughout the season.

24.2: All the rules and regulations for the season will apply during the tourney with the exception of the 4-Goal Guideline and the Select Pass Rule (Rule 5). In addition, a winner must be chosen for each game; therefore no game may end in a tie.

24.3: All teams in good standing (all reports filed) that participated during the season are eligible to participate in the end of the season tourney.

24.4: Only those players that meet the following criteria will be eligible to participate.

- The player MUST be listed by the freeze date on the official roster from Indiana Soccer.
- The player MUST have a laminated player pass including a proper picture and registrar signature or stamp.
- The player MUST be in good standing. (i.e. - not currently under suspense due to a red card or other disciplinary action.)

24.5: All teams playing will be required to check in their teams the week prior to the tourney. The dates of the check in will be posted on the WCSSF website under "Important Dates" before the beginning of the season. If there are problems at the check in with the roster, player passes or coaches cards, the team will have until Thursday before the tourney to meet with a WCSSF board member to show that they are in compliance in order to be able to play in the tourney.

24.6: The WCSSF will determine the tourney sites prior to each season. Clubs may submit their request to WCSSF to host a tournament. The clubs must have concessions available in order to host a tournament. See the WCSSF Tourney Host Guidelines for further details.

24.7: Games suspended by weather or darkness shall be deemed an official game if the contest has reached halftime (even if the halves have been shortened by agreement of both coaches). Games suspended prior to that point shall be rescheduled and replayed from the beginning.

24.8: Players in a division may not officiate within their own age division for a tournament.

24.9: The center referee is charged with following the WCSSF rules of the game for tournament play, having final say of the game.

Rule 25 Tournament Tie Breakers

25.1: During the tourney, a winner must be chosen for each game; therefore no game can end in a tie. If the game is tied after regular play has ended, the game will go directly to "Kicks from the Mark."

25.2: After a two-minute break, the Kicks from the Mark will begin immediately according to FIFA rules. The referee will be responsible for conducting the Kicks from the Mark according to the FIFA rules stated below.

25.2.1: Each team selects 5 players currently on the field to participate in the Kicks from the Mark.

- Players MUST remain on the field, no substitutions are allowed at this time. Only the players on the field when the overtime ended, including the goalie, may participate in the Kicks from the Mark.
- Either the current goalie or a player from the field may be the goalie for the Kicks from the Mark.
- Coaches are NOT allowed on the field, but must remain at their bench or in the coach's area. The players not on the field MUST remain on the bench.
- Teams must be of equal number of players on the field when the Kicks from the Mark start.
- The referee will conduct a coin flip to determine on which goal the kicks will be taken team starts. If there is a safety issue then the referee will determine which goal will be used.
- A second coin flip will occur to determine who will kick first or second.
- The players alternate between both teams until all five players have completed the Kicks from the Mark.

25.2.2: If the score is still tied at the end of the Kicks from the Mark, the kicks from the mark will proceed in **single pairs**, alternating in the same order as the Kicks from the Mark. (Please be aware, although the Kicks from the Mark will proceed in **single pairs**, the referees will call for 5 players to participate in order to keep the flow moving.) At this point, kicks from the mark are stopped and one team is declared the winner if that team has scored in its pair but the other team has not.

- All players on the field must participate before a team can use players from the bench.
- After all the players on the field have had a turn, the coach will select a player from the bench until each has kicked with each team using equal number of players (i.e. team 1- has 7 players on bench, Team 2 – has 4 players on bench: 4 players from each bench will take kicks before players take a second kick.)

Rule 26: Duration of the Match

- **11U**: 25-minute halves; 5-minute halftime.
- **13U**: 30-minute halves; 5-minute halftime.
- **15U**: 35-minute halves; 10-minute halftime.
- **19U**: (Fall Season only) 35-minute halves; 10-minute halftime.
- **19U**: (Spring season only) 45-minute halves, 10-minute halftime.
- Adult Summer League: (Summer only) 35-minute halves; 10-minute halftime.

Rule 27: Game Protests

27.1: During the regular season game protests or appeals shall be made in writing no later than twenty-four (24) hours after completion of the game to the WCSSF Board. (Please see rule 27.5 for game protests during the end of the season tourney.)

27.2: **All protests or appeals must be accompanied by a \$50.00 fee.** If the protest is not upheld by the WCSSF Board, the fee is forfeited to the League. However, if the protest is upheld by the WCSSF Board, the fee is returned to the club.

27.3: **Protests based on the basis upon the referee officiating will not be considered.** The referee decisions are considered final. The only protests that will be considered will be protests based upon the basis that the WCSSF rules & Regulations were not followed properly throughout the game. (i.e. – A team played a player that was not listed on the roster.)

27.4: If the WCSSF Board President deems it necessary, the WCSSF Board will set a time to hear the game protest.

- All hearings are private and there will be no children or parents present. Only coaches, assistant coaches, trainers, or team managers listed on the roster may be present. In addition, a club representative such as the Select Soccer Coordinator or club president may be present.
- A neutral mediator/timekeeper will be used during any hearing.
- The team filing the game protest will have 30 minutes to present their case and what action they want taken; they must be present and present their own case.
- The opposing team will also have 30 minutes to rebuttal; they must be present and present their own case.
- The WCSSF Board may take an additional 30 minutes for questions of both parties.
- The representatives from both parties will leave the room while the WCSSF Board discusses the protest and come to a decision. If necessary, the WCSSF may delay the decision to gain additional facts.

27.5: During the end of the season tournaments, special procedures must be followed when filling a game protest.

- The Host Coordinator or the WCSSF Board member at the field **MUST** be notified within 30 minutes after the completion of the game that a game protest is being sought.
- The coach then has an additional 15 minutes to submit the official request in writing along with the game protest fee of \$50.
- The Host Coordinator or the WCSSF Board member will initially contact a club representative (i.e. - Select Soccer Coordinator) to confirm that the game protest is allowed by the coach's club. Once approved, the Host Coordinator or the WCSSF Board Member at the field will contact the opposing coach or team to inform them that the game is under protest.
- **Game protests based upon the officiating of the game will not be considered because the referee's decisions are final.** Only game protests based upon procedural aspects of the game will be considered.
- The Host Coordinator or the WCSSF Board member will contact the Executive Committee of the board and if necessary arrange for the WCSSF Board to meet with both coaches and follow the steps listed in Rule 27.4. However, the times may be adjusted to fit within the tourney schedule.
- WCSSF Board Members associated with either team may not vote on the game protest.

27.6: The appropriate action depending on the situation will be decided upon by the WCSSF Board. The decision of the WCSSF Board will be considered final and no further protests will be allowed.

Rule 28: Procedures for filing complaints to the WCSSF

- \$150 fee to file the complaint at which \$75 is refundable if you win your case. \$50 fee will pay the use of a neutral mediator/timekeeper.
- Hearing date will be set. All Hearings are private and there will be no children or parents present.
- A neutral mediator/timekeeper will be used during any hearing.
- The protesting party has 30 minutes to present their case and what action they want taken; they must be present and present their own case.
- The defending party has 30 minutes to rebuttal; they must be present and present their own case.
- The other club representatives have 30 minutes for questions of both parties.
- The two parties leave the room.
- The rest of the clubs discuss and vote on whether to accept, modify or reject the accusing party's course of action. Majority vote must be obtained. Each club will be allowed one vote per club. The accusing club/party and the club/party in question will be excluded from the voting process.
- The two parties will be brought back in and be informed of the decision made by the WCSSF.
- All decisions are final and any clubs not adhering to the decision will be suspended for play within the WCSSF for one season, but players will be allowed to participate in soccer with other clubs.
- In the case of a complaint against a coach, player, parent, club member, or board member, the one who the complaint is against must be the one that represents themselves. The above rules will still be enforced.

Rule 29: WCSSF Rules & Regulations

- The WCSSF Rules & Regulations are to be adhered to by each club.
- The WCSSF will notify the clubs of any change to the current WCSSF Rules & Regulations approved by the WCSSF Board by either email, posting on the website, or presented to the club representatives at the annual meeting.

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The WCSSF Sportsmanship Guideline (Previously known as the "4-Goal Guideline")

Sportsmanship is one of the reasons why soccer is the most popular team sport. The idea of sportsmanship is basically 'playing the game of soccer fairly and cleanly.' Players who play with the spirit of the game in mind are giving a lot more respect as a leader than that of a player who is constantly bringing the game down by swearing, cheating, or fighting. When there is a presence of sportsmanship on the field, the game of soccer dramatically improves. You are then playing soccer for the love of the game without any intent of hurting the opponent.

The main objectives of the Select Soccer program are to have fun and to help every child develop as a soccer player. If one team is greatly superior to the other in any match, these objectives are often lost. Therefore, the WCSSF board has adopted a "4-goal" guideline to encourage coaches to restore the objectives in games that are mismatched. The rule simply states, "If a team has a four goal advantage, the team is to stop the attack and control the ball." It is an easy rule, but is often misunderstood. The rule does not state that a team cannot score more than four goals or that there cannot be more than four goal difference between the two teams. The rule does imply that the coach should stop the team from attacking or going straight to the goal. The coach should slow down the scoring, and work on other skills with the team (see "Ways to Change the Attack" below). It is important for coaches to guard the dignity and integrity of the other team.

Beginning in the Spring of 2014, although the "Sportsmanship Guideline" is in effect for all divisions; the WCSSF has eliminated the 4-goal differential for the 19U division. The coaches within the 19U division should continue to exhibit good sportsmanship and not drive up the score unnecessarily when involved in a game with mismatched teams.

Ways to Change the Attack

Methods to Hold down Scoring:

1. Move the offensive players to defense and vice versa.
2. Remove your main goalie and put in a player who is not a goalie.

3. Remove a player or two (play down). Never do this at the start of half time because it is too obvious. Wait until you sub and, for example, you will sub in 3 players but pull out 4 players. This one really makes the team have to play harder and smarter to keep the control of the ball when they are outnumbered on their offensive end.
4. Make all the players dribble only with their opposite foot.
5. Make all players shoot with the opposite foot.
6. Tell the team that all players must touch the ball before they can begin a drive to the goal.
7. Only allow one or two players to score (usually players who have not scored for the season). All other players must pass, cross, chip and etc. to these players if they want the team to score.
8. The team can only score off of Headers from crosses from their teammates. (NOTE: This one can really slow down scoring while still allowing the team to play hard yet work on an important set of skills – crosses and scoring headers.)
9. The players can only shoot outside of the 18 (Penalty Box). This one is not quite as effective in slowing down the scoring as #7 and #8, above, but if you have to slow down scoring for a large part of the game, this one can help mix it up a little bit for your team.
10. Make the team carry the ball to all four corners of the field before they can begin an attack. This method and #6, above can be used in conjunction with any of the other methods.
13. If all else fails, you can have your team shoot at a target behind and way off to the sides of the goal in order to still maintain the forward drive of the play while maintaining formation, support, and full normal team set up. Only use this one with select players during a game and not on the whole team.

THINGS NOT TO DO:

If you are the coach for the team that is ahead...

1. Please don't yell out to your team that they can't score.
2. Please don't let your players make comments about not scoring or that they are changing the way they are playing.
3. As the coach, you are responsible for how your team handles this situation.
4. Sportsmanship is imperative. Everyone deserves to leave the field with their dignity intact.

If you are the coach for the team that is down...

1. Continue to encourage your players to play their best. Your players key off of your response to the score. We are here to build skills and have fun.
2. Please don't complain about the other team to your players.
3. Please don't complain that the other team has scored.
4. Don't allow your players to give up. (Sportsmanship is a two-way street.)