

U5 Division

Rules and Regulations

** The u5 Grizzly Cub Academy plays only on Saturday mornings and will consist of 10-20 minutes of training followed by 20-40 minutes of a 3v3 game. Each season will be between 6 and 8 weeks in length. The u5 Division will follow the following rules and regulations.

I. Age Limit

- a. U5 is the Under Five division of WASA. Eligible players must be four (4) years old before August 1 of the current soccer year and may not be six (6) years old before August 1 of the current soccer year. Soccer year runs from August 1 (fall) to July 31 (spring). Players must be four (4) years old by December 31 to be eligible to play soccer in the spring.

II. Playing Field

- a. The playing field is approximately 18 yards (W) x 24 yards (L). Playing fields can be created on an 11v11 adult field using cones small goals. Up to 16 u5 fields can be created on one 11v11 adult field. Using the u6 fields, two u5 fields can be created by playing across the field on both halves.
- b. Playing field will include two (2) "PUG" mini-goals.

III. Ball Size

- a. Size 3 – Home team is responsible for providing an acceptable game ball.

IV. Number of Players

- a. All teams will be formed by the Director of Recreation.
- b. Maximum number of players on the team roster shall not exceed six (6) to allow sufficient playing time for each player. The make-up of the teams may be changed each season to ensure equity in training and games.
- c. Maximum number of players on the field of play shall be three (3) per team (3v3 format). This division will not use goalkeepers.
- d. A minimum of three (3) players on each team is required to start a game. If you are unable to field enough players to start the game, converse with the opposing coach to create a fair alternative to provide a fun-filled, playing environment for all players.

V. Substitutions

- a. Substitutions are acceptable in U5 whenever necessary. Coaches should always attempt to avoid players getting overtired.
- b. Substitutions are best suited during stoppage in play. For example: after a goal is scored, at halftime, for an injured player, etc.
- c. Coaches should substitute so that all players have the opportunity to play all positions AND they play for at least 50% of the game.

VII. Player's Equipment

- a. Uniform: Team jersey purchased through WASA and stockings / shorts provided by the player. During foul weather, knit caps, sweatshirts, sweatpants and the like may be worn under the uniform jersey and shorts. Hooded sweatshirts must have the hood tucked inside the jersey or worn on the head. Players should remove all jewelry. This includes necklaces and earrings of any kind.
- b. Footwear: Tennis shoes, turf shoes or soft-cleat soccer shoes are permitted. There may be no exposed metal parts on the shoe.
- c. Shin Guards: **Shin guards are mandatory!** Any commercially available type is acceptable. All types must be worn inside the socks.

VIII. Game Duration

- a. U5 game day format will consist of the following:
 - i. On Academy Training days, academy training for all players will be approximately 15 to 20 minutes followed by a forty (40) minute 3v3 game (made up of two (2) twenty (20) minute halves If desired).
 - ii. On 'Game Days', a 3v3 game consisting of two (2) twenty-five (25) minute halves will be played. There will be a 5-10 minute warm-up prior to the game.
 - iii. The coaches shall be responsible for maintaining the official game time. Please clarify before the start of the game who will be responsible for keeping time.
- b. Game scores are NOT kept at the U5 level.
- c. U5 does NOT have a practice schedule outside of the weekly Academy training on Saturday's. There are no weekday practices scheduled by WASA.
- d. Attending and supporting the u5 Academy is mandatory for all WASA players and coaches.
- e. In the event of foul weather, the commissioner is responsible for deciding whether the games will be played. In the event of cancellation, the commissioner will post on the website as much in advance of game time as possible. Coaches are responsible for checking the website to see if fields are open or closed and relaying the message to each player/parent.

IX. Rules of Play

- a. The WASA U5 division will, in most cases, be the player's first experience with the organized game of soccer. **Every** effort should be made to offer a fun-filled learning environment for these players.
- b. Start of Play
 - i. The home team on the schedule shall kick off the first half and the away team shall kick off the second half.
- c. Ball In and Out of Play
 - i. The ball is out when it has fully crossed the goal or touchline.
- d. Method of Scoring
 - i. The ball must fully cross the "goal line" of the "PUG" mini goal.
- e. Fouls and Misconduct
 - i. Players are to be coached to play a clean game of soccer using only their feet to maneuver the ball in play. If a player portrays excessive aggression on the field of play, the coach(s) should take a brief moment to explain all infractions to the offending player. A "free" kick should be awarded to the violated team following such an infraction.

REMEMBER – at this instructional level coaches should use discretion in calling fouls and MUST always assure the player(s) understands the reason for the infraction.

- ii. **NO SLIDE TACKLES!** This should not be an issue at this level; however slide tackles are an unacceptable method of play in the U5 division.

- f. Kick-ins
 - i. Kick-ins shall be used at the U5 level. This will create a 'free pass' situation. Coaches should alternate players for kick-in opportunities to assure all players have equal opportunity to learn this aspect of the game. Coaches should encourage their team to come back to their own half to create a 'free pass' situation for the team taking the goal kick. This will provide the player taking the kick two (2) passing options. Coaches should alternate players for kick-in opportunities to assure all players have equal opportunity to learn this aspect of the game
- g. Goal Kicks and kickoffs
 - i. Goal kicks are to be used at the U5 level. Coaches should encourage their team to come back to their own half to create a 'free pass' situation for the team taking the goal kick. This will provide the player taking the kick two (2) passing options. Coaches should alternate players for goal kick opportunities to assure all players have equal opportunity to learn this aspect of the game.

X. Coaches

- a. Coaches are responsible for instructing their players in the rules of the game and for ensuring that the players abide by those rules.
- b. One coach per team is allowed on the field for instructional purposes during the game at the U5 level.
- c. Coaches are responsible for the conduct of parents of their players.
- d. Complaints, protests or questions from parents and/or other spectators during the course of the game should be immediately communicated by the coach to the U5 commissioner for further review and/or follow-up.
- e. Coaches are expected to follow and promote the instructional guidelines, skills, and activities for the u5 age group as set forth by the Director of Coaching.
- f. Coaches that require assistance with the understanding of the game of soccer, suitable practice schedules (drills), rule clarification, assistance with overly aggressive players/spectators and/or other soccer related matters should always feel free to contact the U5 commissioner for assistance.

XI. Spectators

- a. Spectators must remain at least four feet from the touchlines.
- b. Spectators with questions, complaints or protests should first attempt to alleviate the issue with the field coach(s). If additional explanation or follow-up is required, the spectator may contact the U5 commissioner directly. Spectators must **ALWAYS** refrain from vulgar language, contact with coaches and players, excessive behavior, etc. Failure to comply with this rule may result in the violating spectators being removed from the WASA program.

Any questions or concerns regarding these rules and regulations should be directed to the Director of Recreation.

U6 Division
Rules and Regulations
Revised 07/2012

** The u6 Grizzly Cub Academy will consist of one night of Academy Training (currently Thursday evenings), possibly one team practice per week, and a game on Saturday morning. Each season will be between 6 and 8 weeks in length. The u6 Division will follow the following rules and regulations.

I. Age Limit

- a. U6 is the Under Six division of WASA. Eligible players may not be seven (7) years old before August 1 of the current soccer year. Soccer year runs from August 1 (fall) to July 31 (spring).

II. Playing Field

- a. Overall Size: 30 yards x 40 yards. Small 6' goals or pug size goals may be used.

III. Ball Size

- a. Size 3. Home team is responsible for providing an acceptable game ball.

IV. Number of Players

- a. All teams will be formed by the Director of Recreation.
- b. Maximum number of players on the team roster shall not exceed eight (8) to allow sufficient playing time for each player. The make-up of the teams may be changed each season to ensure equity in training and games.
- c. The u6 division will play 4v4. The maximum number of players on the field of play shall be four (4). This division will NOT use goalkeepers.
- d. A minimum of three (3) players on each team is required to start a game. If you are unable to field enough players to start the game, contact the opposing coach to reschedule the game and notify the commissioner for tracking purposes.

V. Substitutions

- a. Substitutions are acceptable in U6 whenever necessary. Coaches should always attempt to avoid players getting overtired.
- b. Substitutions are best suited during stoppage in play. For example: after a goal is scored, at halftime, for an injured player, etc.

VI. Rotations

Coaches should substitute so that all players have the opportunity to play for at least 50% of the game.

VII. Player's Equipment shall consist of the following:

- a. Uniform: Team jersey purchased through WASA and stockings / shorts provided by the player. During foul weather, knit caps, sweatshirts, sweatpants and the like may be worn under the uniform jersey and shorts. Hooded sweatshirts must have the hood tucked inside the jersey or worn on the head. Players should remove all jewelry. This includes necklaces and earrings of any kind.
- b. Footwear: Tennis shoes, turf shoes or soft-cleat soccer shoes are permitted. There may be no exposed metal parts on the shoes.
- c. Shin Guards: Shin guards are mandatory! Any commercially available type is acceptable. All types must be worn inside the stockings.

VIII. Game Duration

- a. The game shall be divided into two (2) halves each consisting of 25 (twenty-five) minutes. A 5-10 minute warm-up can be done prior to game time.
- b. The halftime break shall be five (5) minutes.
- c. The coaches shall be responsible for maintaining the official game time. Please clarify before the start of the game who will be responsible for keeping time.
- d. Weekly Academy training will also be provided on a weekday evening (Thursday evenings).
- e. In the event of foul weather, the commissioner is responsible for deciding whether the games will be played. In the event of cancellation, the commissioner will post on the website as much in advance of game time as possible. Coaches are responsible for checking the website to see if fields are open or closed and relaying the message to each player/parent.

IX. Rules of Play

- a. Start of Play
 - i. The home team on the schedule shall kick off the first half and the away team shall kick off the second half.
- b. Ball In and Out of Play
 - i. The ball is out when it has fully crossed the goal or sidelines.
- c. Method of Scoring
 - i. The ball must fully cross the goal line between the goal posts and under the cross bar.
- d. Off-Sides
 - i. There shall be no off-sides.
- e. Fouls and Misconduct
 - i. All intentional fouls shall result in an INDIRECT free kick.
 - ii. NO SLIDE TACKLES! Slide tackles are considered dangerous play. The opposing team shall gain possession of the ball upon the determination that a player attempted a slide tackle. A player who repeatedly slide tackles throughout a game may be removed by the coaches.
- f. Free Kicks
 - i. All free kicks shall be INDIRECT. (NO Direct Free Kicks for any reason.)
 - ii. A goal may not be scored until the ball has been played or touched by a second player from either team.
- g. Kick-Ins
 - i. Kick-ins shall be used at the U6 level. This will create a 'free pass' situation. Coaches should encourage their team to come back to their own half to create a 'free pass' situation for the team taking the kick. This will provide the player taking the kick two (2) passing options. Coaches should alternate players for the kick opportunities to assure all players have equal opportunity to learn this aspect of the game.
- h. Goal Kicks
 - i. Goal kicks are to be used at the U6 level. Coaches should encourage their team to come back to their own half to create a 'free pass' situation for the team taking the goal kick. This will provide the player taking the kick two (2) passing options. Coaches should alternate players for goal kick opportunities to assure all players have equal opportunity to learn this aspect of the game.

X. Coaches

- a. Coaches designated as home team are responsible for providing an acceptable game ball.
- b. Coaches are responsible for instructing their players in the rules of the game and for ensuring that the players abide by those rules.
- c. One coach per team is allowed on the field for instructional purposes during the game at the u6 level.
- d. Coaches are responsible for the conduct of parents of their players.
- e. Complaints, protests or questions from parents and/or other spectators during the course of the game should be immediately escalated by the coach to the Director of Recreation for further review and/or follow-up.
- f. Coaches are expected to follow and promote the instructional guidelines, skills, and activities for the u6 age group as set forth by the Director of Coaching. Academy training is mandatory for all WASA players and coaches.
- g. Coaches that require assistance with the understanding of the game of soccer, suitable practice schedules (drills), rule clarification, assistance with overly aggressive players/spectators and/or other soccer related matters should always feel free to contact the Director of Recreation for assistance.

XI. Spectators

- a. Spectators must remain at least four feet from the touchlines and on the opposite side of the field from the players and coaches.
- b. Spectators with questions, complaints or protests should first attempt to alleviate the issue with the field coach(s). If additional explanation or follow-up is required, the spectator may contact the U5 commissioner directly. Spectators must **ALWAYS** refrain from vulgar language, contact with coaches and players, excessive behavior, etc. Failure to comply with this rule may result in violating spectators being ejected from the part and/or termination of the game.

Any questions or concerns regarding these rules and regulations should be directed to the Director of Recreation.

U7/U8 Division

Rules and Regulations

Revised 07/2012

** The u7/u8 Grizzly Cub Academy will consist of one night of Academy Training (currently Monday evenings), one team practice per week, and a game on Saturday morning. Each season will be between 6 and 8 weeks in length. The u7u8 Division will follow the following rules and regulations.

I. Age Limit

- a. U7/U8 is the Under Eight division of WASA. Eligible players must be 6 years old before August of the current soccer year and may not be 9 years old before August 1 of the current soccer year. Soccer year runs from August 1 (fall) to July 31 (spring). No player will be allowed to "play up" to the U-9 level of play unless he or she is nine years old AFTER August 1 of the current soccer year.

II. Playing Field

- a. Overall Size: 30 yards x 40 yards

III. Ball Size

- a. Size 4 – Home team is responsible for providing an acceptable game ball.

IV. Number of Players

- a. All teams will be formed by the Director of Recreation.
- b. Maximum number of players on the team roster shall not exceed eight (8) to allow sufficient playing time for each player. The make-up of the teams may be changed each season to ensure equity in training and games.
- c. Maximum number of players on the field of play shall be four (4). No goalkeepers will be used at U7.
- d. A minimum of three (3) players on each team is required to start a game. If unable to field enough players to start the game, contact the opposing coach and your commissioner to reschedule.

V. Substitutions

- a. Substitutions may be allowed on a goal kick, corner kick, throw-in, injury, start of a quarter or halftime. Both teams may substitute on any of these situations.

VI. Rotations

- a. Coaches should substitute to assure that all players have the opportunity to play for at least 50% of the game.

VII. Player's Equipment – Shall consist of the following:

- a. Uniform: Team jersey purchased through WASA and stockings / shorts provided by the player. During foul weather, knit caps, sweatshirts, sweatpants and the like may be worn under the uniform jersey and shorts. Hooded sweatshirts must have the hood tucked inside the jersey or worn on the head. Players should remove all jewelry. This includes necklaces and earrings of any kind.
- b. Footwear: Tennis shoes, turf shoes or soft-cleat soccer shoes are permitted. There may be no exposed metal parts on the shoe.
- c. Shin Guards: Shin guards are mandatory! Any commercially available type is acceptable. All types must be worn inside the stockings.

VIII. Game Duration

- a. The game shall be divided into two (2) halves each consisting of 25 (twenty-five) minutes. A 5-10 minute warm-up can be done prior to game time.
- b. The halftime break shall be five (5) minutes.
- c. Weekly Academy Style training will also be provided on a weekday evening (Monday Evenings).
- d. The referee shall be responsible for maintaining the official game time.
- e. Time will not be stopped for injuries. Injured players should be removed as quickly as possible from the field.
- f. In the event of foul weather (prior to the start of the game), the commissioner is responsible for deciding whether the games will be played. In the event of cancellation, the commissioner will post on the website as much in advance of game time as possible. Coaches are responsible for checking the website to see if fields are open or closed and relaying the message to each player/parent.
- g. In the event of foul weather (during the game), the referee will be responsible for deciding whether the game will be played.
- h. If lightening is seen AND/OR thunder is heard, play MUST stop immediately and all players/coaches/spectators are to take cover. A 30 minute wait period will be adhered to before resuming play. If lightening is seen AND/OR thunder is heard during that 30 minute time period, the 30 minutes starts over again. The commissioner may reschedule the game if it is cancelled due to weather (time permitting during season).

IX. Rules of Play

- a. Start of Play
 - i. Conform to the laws of the game. Kickoff will be from the centerline and shall begin play. Ball is not in play until it travels the length of its own circumference.
- b. Ball In and Out of Play
 - i. Conform to the laws of the game. The ball is out when it has fully crossed the goal or touchline.
- c. Method of Scoring
 - i. Conform to the laws of the game. The ball must fully cross the goal line between the goal posts and under the cross bar.
- d. Off-sides
 - i. There shall be no off-sides called.
- e. Fouls and Misconduct
 - i. All intentional fouls shall result in an INDIRECT free kick. If the kicker scores on the indirect kick there will be NO GOAL COUNTED. The referee will explain why there is no score to the players and the kick will be taken again (the ball must touch a second player before going into the goal).
 - ii. The referee shall briefly explain all infractions to the offending player.
 - iii. NO SLIDE TACKLES! Slide tackles are considered dangerous play and calls made by the referee are not to be disputed. The referee's decision is final.
- f. Free Kicks
 - i. All free kicks shall be INDIRECT.
 - ii. A goal may not be scored until the ball has been played or touched by a second player from either team.
 - iii. The attacking team shall take no free kicks within the opposing team's goal box. These kicks shall be moved outside the defensive team's goal box.
 - iv. Defensive players must remain at least five (5) yards from the spot of the free kick.
 - v. All other rules conform to the laws of the game.

- g. Throw-ins
 - i. Conform to the laws of the game. A second throw-in shall be allowed after a brief explanation by the referee. If the throw-in is still incorrect, the other team will be awarded possession of the ball.
- h. Goal Kicks
 - i. Conform to the laws of the game. All players except the goalkeeper and the player taking the kick shall be outside of the PENALTY area. Coaches should encourage their team to come back to their own half to create a 'free pass' situation for the team taking the goal kick. This will provide the player taking the kick passing options. This will help to assure all players have equal opportunity to learn this aspect of the game.
- i. Corner Kicks
 - i. Conform to the laws of the game. The kick shall be taken at the corner of the field.
- j. Goal keepers
 - i. Goal keepers will wear a different color jersey (or scrimmage vest) than the field players. Goal keeper gloves are optional.
 - ii. Goal keepers are able to use their hands to pick up the ball when the ball is in the penalty box area.
 - iii. while the goalkeeper has the ball in their hands (possession), the other team must return to their half of the field (midfield) in order to allow the goal keeper a 'free pass' to one of their players. The goalkeeper may distribute the ball to a teammate with their hands by (rolling or throwing) or by putting the ball at their feet to kick it. THE GOAL KEEPER MAY NOT PUNT THE BALL. There is nothing developmentally appropriate about punting the ball at the u8 level. If the goal keeper does punt the ball, the referee shall stop the game and allow the punting team to restart the game with a goal kick.
 - iv. no player shall be the goal keeper for more than one (1) half each game.

X. Coaches

- a. All coaches will be volunteers and will be awarded a team on completion of a coach packet obtained at player registration on an "as needed" basis. The packet includes pertinent personal information. A coach's code of conduct agreement, an Employment/Volunteer Disclosure Statement, and an OYSAN Coaches Registration form.
- b. Coaches are responsible for instructing their players to play within the written u7/u8 rules and for ensuring that the players abide by those rules.
- c. Coaches are responsible for the conduct of parents of their players.
- d. Coaches are expected to follow and promote the instructional guidelines, skills, and activities for the u7/u8 age group as set forth by the Director of Coaching. Academy training is mandatory for all WASA players and coaches
- e. Coaches are not permitted to question, comment, complain or protest decisions by the referees, these acts will not be tolerated. Any coach, parent or player that engages in these acts will be subject to removal from the WASA program immediately. Our referees will be part of our referee training program and will make mistakes, just as players and coaches make mistakes. Our referees will be instructed to terminate the game if coaches or parents yell at or berate them in any fashion.

XI. Spectators

- a. Spectators must remain at least four feet from the touchlines.
- b. Spectators must locate themselves on the opposite side of the field of the teams and coaches.
- c. Spectators shall not locate themselves along the goal lines or behind the goal while the game is in progress.
- d. Spectators must not try to ‘coach’ the players during the game. Please refrain from speaking to and/or giving instructions to the players during the game.
- d. Questioning, complaining to, or protesting to the referee is prohibited as prescribed in the laws of soccer. FAILURE TO COMPLY WITH THIS RULE MAY RESULT IN VIOLATING SPECTATORS BEING EJECTED FROM THE PARK AND/OR TERMINATION OF THE GAME BY THE REFEREE.

XII. Referees

- a. There will be two assigned referees per game scheduled. However, if one of those referees does not show for the game the remaining referee may officiate alone.
- b. Referees will be responsible for obtaining both coaches’ signatures and the signature of their paired ref on their payment form. The referee will also be responsible for completing the referee information on the form and turning it in after the game. Each referee must turn in their own form to be eligible for payment.
- c. Referees must be 12 years of age by August 1 of the current soccer year to officiate in the fall season. He/she must be 12 years of age by April 1 to officiate in the spring season. The soccer year includes the fall and spring playing seasons. This runs from August 1 through July 31.
- d. The referee will come to the field at least 15 minutes before the scheduled start time of the game.
- e. The referee will come equipped to every game with whistle, timing watch and official shirt. In colder weather, sweatshirts or jacket may be worn under official referee shirt.
- f. The referee is responsible for beginning the game on time.
- g. The referee is responsible for ensuring that the game is played in accordance with the u7/u8 Rules and Regulations.
- h. The referee’s decision on points of fact connected with the game shall be final. The referee shall briefly explain infractions to the offending players. Explanations to coaches or spectators are NOT required except as noted in Section XII, e, iii.

Any questions or concerns regarding these rules and regulations should be directed to the Director of Recreation.