**EC Revolution SC**

Recreational Program Rules and Guidelines

At Revolution FC we have an outstanding Recreational program due to the work of our staff, volunteers and coaches who create a positive playing environment for our players. Each year we will field 120 teams starting with U7 and going through U19.

Below are rules and guidelines for each age group:

**U7/U8 Teams: Game Field: Upper Basin (Freedom)**

* Teams play 5v5 with a goalkeeper. Four field players & one Goalkeeper.
* Game Length: Four 12 minute quarters
* Break between quarters 1 & 3 is 2 minutes. Break for half time (after quarter 2) is 5 minutes.
* No Referees are used
* Field Size: Minimum- 15x25/ Maximum 25x35
* No scores or standing are kept
* No Heading or Punting is allowed
* Goal Size: 6x10
* Substitutions: Any time, they are done ‘on the fly’.
* New Ball Method is used (see attached document), there are no throw-in’s, goal kicks, corner-kicks. When the ball goes out the coach will introduce a new ball.
* 60 minutes are allotted for games. Please leave the field immediately after finishing so the next game will start on time.

**U9 & 10 Teams: Primary Game Field: Freedom Basin**

* Teams play 7v7 with a goalkeeper
* Game length is two 25 minute halves
* 1 Referee is used
* Field Size: Minimum- 35x55/ Maximum 45x65
* Scores and Standings are kept
* Games will have restarts from goal kicks, free kicks, throw-ins, corner kicks, kick offs…..
* No Heading or Punting is allowed
* Goal Size: Minimum- 6.5x18.5/Maximum- 7x21
* Substitutions: Any Stoppage
* We use the Build Out line (opposing team must be behind Build out line for goal kicks or when goalkeeper has the ball in his/her hands. This only applies to the opposing/defending team, not the team in possession.) This is to encourage teams to possess from the back line going forward.
* **Offside line** is the build out line in your attacking half, not the midfield line. An attacking player will not be considered to be in offside position if that player is between the build out line and the halfway line. (Put another way, for purposes of offside, the build out line is treated as the halfway line
* The ball does not need to exit the goal box on goal kicks.

**U11 Teams Primary Game Fields: Freedom Basin/Oak Meadow**

* Teams play 9v9 with a goalkeeper
* Game length is two 30 minute halves
* 1-3 Referees are used
* Field Size: Minimum- 45x70/ Maximum 55x80
* Scores and Standings are kept
* **No Heading is allowed**
* Punting is allowed
* Games will have restarts from goal kicks, free kicks, throw-ins, corner kicks, kick offs…..
* Goal Size: Minimum- 6.5x18.5/Maximum- 7x21
* Substitutions: Any Stoppage
* The ball does not need to exit the goal box on goal kicks
* Offsides line is now the midfield line

**U12 Teams Game Field: Freedom Basin/Oak Meadow**

* Teams play 9v9 with a goalkeeper
* Game length is two 30 minute halves
* 1-3 Referees are used
* Field Size: Minimum- 45x70/ Maximum 55x80
* Scores and Standings are kept
* **Heading is now allowed**
* Punting is allowed
* Games will have restarts from goal kicks, free kicks, throw-ins, corner kicks, kick offs…..
* Goal Size: Minimum- 6.5x18.5/Maximum- 7x21
* Substitutions: Any Stoppage
* The ball does not need to exit the goal box on goal kicks.

**U14 Teams Game Field: Sunset Sports Complex**

* Teams play 11v11 with a goalkeeper
* Game length is two 35 minute halves
* 3 Referees are used
* Field Size: Minimum- 50x100/ Maximum 80x120
* Scores and Standings are kept
* Heading is allowed
* Punting is allowed
* Goal Size: 8x24
* Substitutions: Any Stoppage
* The ball does not need to exit the goal box on goal kicks.

**U15-U19 Teams Game Field: Sunset Sports Complex**

* Teams play 11v11 with a goalkeeper
* Game length is two 45 minute halves
* 3 Referees are used
* Field Size: Minimum- 50x100/ Maximum 80x120
* Scores and Standings are kept
* Heading is allowed
* Punting is allowed
* Goal Size: 8x24
* Substitutions: Any Stoppage
* With the start of the new season, the ball does not need to exit the goal box on goal kicks.

**Laws of the Game:**

* You can find the FIFA Laws of the game at- <https://www.theifab.com/logapp/>
* (IFAB) International Football Association Board is the body which governs rules

**Education/Licensing/Training Support:**

* Each Coach is required to do their background screening and be fingerprinted. Coaches should get their USSF coaching license. It is recommended that they get their Grassroots (Equivalent of F & E). This requires 1 Online Game Model Courses & 2 In-Person Game Model Courses. Each course takes @ 90-120 minutes. If you are interested in pursuing your coach licensing please get in touch with Tom Ginocchio (doc@revolutionfc.org)
* US Soccer Coach Education website: https://www.ussoccer.com/coaching
* Attending Competitive Trainings in your own age group: Coaches can always watch and collaborate with their competitive coaches on training concepts and ideas. If you are interested in attending/watching training sessions, please contact DOC, Tom Ginocchio, [doc@revolutionfc.org](mailto:doc@revolutionfc.org) or our Recreational/Grassroots Director, Sal Acevedo, coachsal1@yahoo.com
* We will be hosting clinics to help coaches with how to properly run a training session and develop players. Dates: TBD

**Uniforms:**

* Each Players registration fee includes a club uniform (1 jersey top, 1 pair of shorts, one pair of socks).

**Picture Day:**

* Picture Day is for all teams. Date: We will have a number of dates offered this summer. Done through Sign Up Genius.

**Playing Time:**

* Recreational Play has a **minimum 50%** playing time requirement for all teams

**Mercy Rule:**

* Games should not get too lopsided as this is not keeping with the spirit of play of our Recreational Program. For our In-House playing leagues, once a team goes behind by 4 goals they are allowed to introduce an additional player onto the field. Ie, 7v7 becomes 8v7; 9v9 becomes 10v9, 11v11 becomes 12v11.
* Any team that outscores their opponent by **more than** 5 goals will only get 2 points in the standings for your win instead of 3. This change in the standings will be done manually at the end of the season.

**Play-Offs:**

* The week of October 13th – 19th. Revolution FC will hold play-offs for the age groups U9-U19. The Championships will occur on Saturday, October 19th. The top four teams in each bracket will participate in a semi-final (1st vs 4th & 2nd vs 3rd) with the winners of these semi-final games participating in the finals. **Our Playoff procedures/# of teams participating is subject to change.**
* If there is a point tie in the regular season standings, the tiebreakers will be as follows:
  + Head to Head Result
  + Most Wins
  + Goal Differential (Max 4 per game)
  + Goals For (Max 4 per game)
  + Goals Against
  + Fewest Red Cards
  + Penalty Kicks

**All-Stars:**

* Practices will occur the week of October 27th, with All-Star games occurring Saturday, November 1st. Based upon each teams finish in the league, coaches will select a specified number of players from their team to participate in the Revolution All-Star Game. There will be enough players to make up two All-Star teams that will train together and play in a celebration game in early November. All-Star Jerseys will be provided for the players.
* Player Selection Process: This is an honor for players and coaches should make every effort to select the most deserving players from their team.
* All-Star Coaches: The All-Star Coaching Staff will be made up of **only** the Head Coaches from the teams. We will selecting coaches from teams who placed 1st thru 4th in league play. No individual team Asst. Coaches will be on the All-Star coaching staff. 1st and 2nd place team coaches will be the Head Coaches for the All-Star team, 3rd and 4th place team coaches will be the Asst. Coaches. We may also include other Head Coaches from the league (as Asst. Coaches). This is a celebration of the hard work by all coaches and players selected.
  + Should a coach receive a red card during the course of the season, they will automatically be disqualified from consideration to be an All-Star coach. Should this happen the head coach from another age group team would be selected to participate.
  + Should the conduct of a coach during the season be deemed detrimental and not representing Revolution FC and the Recreational program in a positive way, then they can be disqualified from consideration for the All-Star Coaching Staff.

Our goal is to create an environment where the players do not want the season to end due to the enjoyment they get from the game. Let’s provide a positive training and game environment and best of luck on the season ahead!

For Admin Questions please contact Sports Office support at [**office@revolutionfc.org**](mailto:office@revolutionfc.org)

Should you have any coaching/training questions or concerns please contact the Director of Coaching, Tom Ginocchio at [**doc@revolutionfc.org**](mailto:doc@revolutionfc.org)and/or Recreational/Grassroots Director, Sal Acevedo at [**coachsal1@yahoo.com**](mailto:coachsal1@yahoo.com)