

2021 ESA Age Group Rules Summary at a Glance

	Players	Periods	Throw-in	Substitution	Goalie	Off-sides	Fouls
1 st & 2 nd Grade Size 3 Ball	4v4 (Min = 2)	Summer 25 min each training and game Fall 4 x 10 min qtrs. 5 min half 2 min qtr	Throw-in or Kick-in Do-Overs Okay Explain throws	<u>Any Stoppage</u> Either Team Okay Coach on field	None	No Off-sides	Indirect Only Outside Box No Penalty kick Explain Calls
3rd & 4th Grade Size 4 Ball	6v6, 7v7 (Min = 4)	2 x 25 minute half. 5 min half (if water breaks = 2 min running time)	Throw-in Liberal on skill Do-Overs on first few games of summer.	Either team on <u>Any Stoppage</u> of any kind (incl. injury, goal or corner kicks, & <u>All</u> throw-ins)	No Punting/Heading	No Off-sides Coaches try to teach concept Warn not to 'station' an able player downfield	Indirect Only Outside Box No Penalty kick Explain Calls
5th & 6th Grade Size 4 Ball	6v6, 7v7 (Min = 4)	2 x 25 minute half. 5 min half (if water breaks = 2 min running time)	Throw-in Liberal on skill Explain proper throw-in when making call.	Either team on <u>Any Stoppage</u> of any kind (incl. injury, goal or corner kicks, & <u>All</u> throw-ins)	No Punting/Heading	Yes Off-sides Liberal on skill (meaning do not call if 'slightly' off-sides)	Direct okay. No cards unless serious! (Ask Coach to remove player for correction) No PKs <u>except</u> handball in box
7th & 8th Grade Size 5 Ball	7v7 or 8v8 or 9v9 (Min = 4)	2 x 25 minute half. 5 min half (if water breaks = 2 min running time)	Throw-in Explain proper throw-in when making call.	Either team on <u>Any Stoppage</u> of any kind (incl. injury, goal or corner kicks, & <u>All</u> throw-ins)	Goalie Normal rules	Yes Off-sides Call Normal USSF off-sides	Yes Direct & PKs. No cards unless serious! (Ask Coach to remove player for correction)
9 th , 10 th , 11 th , & 12 th Grade Size 5 Ball	7v7, 8v8 or 9v9 (Min = 4)	2 x 25 minute half. 5 min half (if water breaks = 2 min running time)	Throw-in Explain proper throw-in when making call.	Either team on <u>Any Stoppage</u> of any kind (incl. injury, goal or corner kicks, & <u>All</u> throw-ins)	Goalie Normal rules	Yes Off-sides Call Normal USSF off-sides	Yes Direct & PKs. No cards unless serious! (Ask Coach to remove player for correction)

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ESA General Rules for All

Heading	Pre K thru 6 th	Per USSF in 2016, no heading allowed per concussion prevention safety. Punting is also eliminated. Fouls called and result in indirect free kick.
Handballs	All Ages	Per USSF, inadvertent handballs, especially which protect without affecting game <u>are not called</u> . Raised arm handballs and batting down the ball are called. Referee judgment. Only outside box indirect kicks at younger ages.
Jewelry, Equipment	All Ages	For safety NO Earrings – unless studded and taped. Risk of serious injury can not be waived. NO bracelets – even string gets hooked on fingers. No Necklaces, even under shirt – due to serious injuries. YES – medical alert jewelry is specifically allowed and should be taped down showing lifesaving information. Shin guards <u>under</u> long socks. USSF/MYSA rules on uniform, cleats, & headgear.
Teams	3 rd thru 11 th	Both teams on same side of field – opposite of parents and spectators, - Registered Team Players in ESA uniform
Coaches	All Ages Pre K – 2 nd	Each team must have one “Registered Adult” Coach or Manager present to play May only be on field when ball is NOT in play
	3 rd thru 12 th	Must stay and coach from “technical area” (USSF). Meaning their part of the Team side of field – not on end or goal May not go on field (unless summoned by referee for injury). May not go to endline (goalline).
Spectators	3 rd thru 12 ^h	Parents and spectators must stay on Spectator side of field (opposite of both teams) and not on endline. Specific ESA rule. Play must stop until spectators leave endline.
Suspend Play	All Ages	If weather threatens, the referee “Suspends” play and tells people to get to safety. If thunder is heard or lightning is seen the game is delayed for 15 minutes. No game can exceed 10 minutes past the scheduled end of the game. The game may be “Terminated” by Site Supervisor or by cell phone call to Referee Assignor.
Explain Calls	All Ages	Referees are to <u>explain</u> their calls – not just signal – so that ESA players can learn proper soccer rules. Younger ages are more “instructional” (per MYSA/USSF) and sometimes need demonstration of throw etc.
“Any Stoppage”	Substitution	USSF Substitution on “Any Stoppage” means <u>any stop</u> – including injury, penalty, corner-kick, out of bounds, etc. Players must be up and <u>Ready to go in</u> as substitute BEFORE a coach calls for substitution.
Playoffs	Winning * No Ties *	Playoff and Championship games must have a winner – no ties. If tied, first play two 5-minute overtimes with a 3 minute break between. Sudden death applies – first goal wins. If still tied after two overtimes, go to Shootout. The usual Shootout of 5 field players from each side – and if still tied, continue on sudden death basis through remaining players in pairs until there is a winner. Coach can choose shooting order.
	Shootout Procedure	Line up entire teams on the centerline in shooting order. Players on field at end of 2 nd overtime must shoot first. Assistant Referee stands on line by goal to see if goalkeeper moves forward before shot (can move sideways on line) and to see if ball crosses goal line. Referee stands to side after placing ball and signals kicker to kick (no kick before signal). Players alternate in pairs – first 5 from each team, and if no winner, then pairs until there is a winner. When any team has used all its players, start at the beginning of the line again. Yes, the goalkeeper can also kick and must be designated by coach as to which position in kicking order but stands as usual for a goalkeeper – not on centerline. The goalkeeper can not change during the shootout process (except for an injury which would make playing not possible.) If possible have a Site Supervisor guide overtime and shootout.
Behavior		Inappropriate behavior by coaches, players, parents and others will not be tolerated. Report behavior problems to Site Supervisor, Referee Assignor, or any ESA Board Member.

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