

Henderson County Soccer Association

SOCCER HANDBOOK

Recreation/Academy/Challenge/Classic



WWW.HENDERSONCOUNTYSOCCER.ORG

"GROWING THE GAME OF SOCCER IN HENDERSON COUNTY"

In association with Henderson County Parks & Recreation Department

Member of North Carolina Youth Soccer Association

SPONSORED BY



The logo for Mountain Podiatry, with the word "Mountain" in a large, black, cursive script font above the word "Podiatry" in a smaller, black, cursive script font. The background is a light gray, textured shape.

GENERAL INFORMATION

The Henderson County Soccer Association, Inc. (HCSA) was established in June of 2000 to foster the development of soccer in Henderson County. HCSA is a member of the North Carolina Youth Soccer Association (NCYSA) which is the state governing body under US Youth Soccer. US Youth Soccer is the Youth Division of the United States Soccer Federation, the governing body for soccer in the United States.

Under this structure HCSA is able to provide the means for the physical, mental and emotional growth and development of the county's youth through the sport of soccer at all levels of age and competition. HCSA works in affiliation with the Henderson County Parks and Recreation Department and the Fletcher Parks and

Recreation Department to provide players and teams with playing fields, leagues and instructional camps. HCSA also looks to provide opportunities for the education and development of parents/coaches and referees.



CONTACTS

For more information on the programs and activities offered by HCSA visit their web site www.hendersoncountysoccer.com or the Henderson County Parks and Recreation Department website at www.hcprd.com or call (828) 697-4884.

WHAT IS SOCCER?

Soccer is an unpredictable ever changing game within time and space. Interactions increase with the number of players making the thought process more and more complicated. In other words the game becomes more complex as we have more players on the field.

To accommodate the development of youth and facilitate the player's comprehension of soccer, the Henderson County Soccer Association endorses the concept of small-sided age appropriate games. Small-sided games allow for players to develop physically and mentally toward the goal of playing the full 11-a-side game of soccer.

While participating in the youth soccer programs organized by HCSA and Henderson County Parks and Recreation Department players progress through what can be broken down into three stages.

Stage 1 – ages 5-6-7 (3 vs. 3 and 4 vs. 4)

At this stage players look for absolute freedom, demonstrate great exuberance and none of them come to practice to listen to a coach. As a result the coach's role becomes that of an ACTIVITY LEADER. The coach becomes an organizer of time and space. Step back and let the kids be free. At this stage games, which are changing and dynamic, work better than drills that are static and orderly.

Remember the 3 L's - NO Lines, NO Lectures, NO Laps

Let the kids play.

Practices should tend to follow a zigzag line with moments of movement followed by moments of rest. This imitates the game, which tends to go up and down.

Stage 2 – ages 8-9-10-11 (6 vs. 6 and 8 vs. 8)

At this stage players have better speed, more coordination, can run and kick, may listen but will still goof off. At this stage coaches start to become COACHES. Coaches should learn about soccer and have 2 lines for players when giving directions. No long lectures just brief statements and comments.

Stage 3 – ages 12-13-14-15-16 (8 vs. 8 and 11 vs. 11)

At this stage you have developed kids. But remember they are still only ½ the age of a fully developed player.



LEVELS OF PLAY

There are four main levels of play in North Carolina under NCYSA; Recreation, Academy, Challenge, and Classic. Each level of play is run by a democratic process where input is received through "council meetings". At NCYSA council meetings ideas, policy and procedures are discussed by any and all interested members. The NCYSA Board of Directors act on recommendations from the council groups to enact policy and rule changes.

Recreation

Recreation play is the largest single area of play in North Carolina and within HCSA. A recreation team is a team that does not use tryouts, invitations, recruiting or any similar process to roster players selectively on the basis of talent or ability and does not cut players from the team. Recreation emphasizes development of players, mass participation, and low player fees. All coaches are volunteers. Every player must play at least one-half (50%) of each game they attend except for reasons of injury, illness and/or discipline. HCSA does not keep track of league standings, win-loss records or have champions in the recreation leagues. Recreation play is governed locally first by HCSA then by NCYSA, through the Recreation Council.

Academy

The HCSA U9 / U10 Academy Program looks to increase individual player development through a combination of training sessions, activities and competitive matches. The emphasis is on individual player development and not team development. The players that participate in the Academy Program are part of a pool of players that train together throughout the Fall and Spring seasons.

Challenge

Challenge play is a step up from academy play. Players tryout and are drafted for a place on the team. Teams travel in a limited area of about 100 miles or 2 hours. Unlike recreation, where teams MAY NOT conduct "tryouts" to field teams, Challenge teams may do this. Most Challenge players are seeking more knowledge of the game, more game experience and more opportunities such as higher competition and the chance to travel, while not committing to the more extensive travel of Classic soccer.

Classic

Classic teams are travel teams that play across the state. Teams hold tryouts, offer invitations, recruit players or any similar process to roster players selectively to any team on the basis of talent or ability. Players wishing to play at the most competitive level possible, for an extended period of time (most teams play 8-10 months), play Classic soccer. NCYSA schedules all matches and the cost of playing is generally high.

SEASONS

HCSA Recreation Soccer season begins with the Fall League taking place August through October and ends with the Spring League taking place March through May.

Registration/Sign-ups for Recreation Soccer

Henderson County Parks and Recreation Department operates the Recreation Soccer Program under the guidance of HCSA. Players wishing to participate in Recreation Soccer must pre-register or register during the dates set by HCSA. Players that register after the said dates are placed on a waiting list and if an opening becomes available the youth is placed on a team.

- Fall League Registration (dates may change slightly year to year)
 - Pre-Registration - 3rd, 4th weeks in May through last week in June
 - Registration –1st week of July through 3rd, 4th week of July
- Spring League Registration (dates may change slightly year to year)
 - Pre-registration - Last week in October through last week in January
 - Registration - Month of February

Academy Evaluations & Challenge/Classic Try-Outs

Evaluations and try-outs are held each spring for the upcoming soccer year. Academy holds evaluations for all players. As in recreation, all players make the program. Challenge and Classic hold try-outs for team positions based on NCYSA rules. Evaluations and try-outs are posted in early spring, and are typically held towards the end of the spring season. Players can expect to hear within 1-2 weeks if they are offered a spot on the team.



AGE GROUPS

HCSA follows the age divisions established by US Youth Soccer and NCYSA. A youth player is one who has not reached the age of nineteen years prior to August 1 immediately preceding the start of any seasonal year. Age divisions are classified as “U” = under the age listed after the “U”. (Example U6 = under six years of age as of August 1, ####) The age is determined as of August 1 of the year that the Fall League begins. The player stays in this age group for the entire seasonal playing year (Fall then Spring seasons).

HCSA offers the following divisions:

<u>Age</u>	<u>Born on or after</u>
U6 (under six)	August 1, (year Fall League begins)
U7 (under seven)	August 1, (year Fall League begins)
U8 (under eight)	August 1, (year Fall League begins)
U9 (under nine)	August 1, (year Fall League begins)
U10 (under ten)	August 1, (year Fall League begins)
U12 (under twelve)	August 1, (year Fall League begins)
U14 (under fourteen)	August 1, (year Fall League begins)
U18 (under eighteen)	August 1, (year Fall League begins)

Gender of Teams

USYSA recognizes 2 types of team genders:

- (1) Teams with females only are girls teams
- (2) All other teams are boys teams (ie. girls can play on boys team)



GAME STRUCTURE

HCSA (Rec.)	Games	Minutes of Play	Ball Size
U6 Coed	3v3	3 minutes x 12 periods	#3
U7 Coed	3v3	3 minutes x 12 periods	#3
U8 Boys	4v4	12 minutes x 4 quarters	#3
U8 Girls	4v4	12 minutes x 4 quarters	#3
U9 Boys	6v6	25 minutes x 2 halves	#4
U10 Boys	6v6	25 minutes x 2 halves	#4
U10 Girls	6v6	25 minutes x 2 halves	#4
U12 Boys	8v8	30 minutes x 2 halves	#4
U12 Girls	8v8	30 minutes x 2 halves	#4
U14—U18 Boys	8v8 or 11v11	35 minutes x 2 halves	#5
U14—U18 Girls	8v8 or 11v11	35 minutes x 2 halves	#5

U14 and up teams play in collaboration with the Asheville Buncombe Youth Soccer Association, resulting in travel for some matches. Play dates may also vary from younger age teams.

SMALL-SIDED GAMES

The Basics of 3v3 (Micro Soccer) / 4v4

The priority in 3v3 /4v4 is to motivate youngsters in an enjoyable environment that is conducive to learning. The more pleasure kids derive from their participation the more they wish to play and practice on their own. While the instinct to play is natural, their affection and appreciation for soccer must be cultivated.

The 3v3 / 4v4 game develops:

- The mental, physical, and social characteristics representative of these age groups.
- Players touching the one toy on the field frequently: the ball.
- Opportunities for players to score goals.
- Player possession of the ball as a productive and rewarding part of the game.
- Active participation that minimizes inactivity and boredom.
- The philosophy of player development expressed in state and national coaching schools.

The game is the teacher.

Why 3v3 / 4v4 ?

Teaching soccer to children requires that the information provided to them be appropriate for their maturity level through some means (THE GAME) that makes sense to them. The environment for play must, essentially, meet the need of the player.

Reducing the number of players to 4 (or 3) per team allows for all the components of the game of soccer:

The ball	Teammates & opponents
Realistic pressure	Appropriate pressure
Modified Rules	Direction of play (attacking & defending)

The combination of length and width in the game

What is developed?

Skill that is realistic in relationship to the game of soccer

Perception: insight and awareness

Problem solving: choices & decisions

Psychological domain:
fun & enjoyable

Motor ability: balance, agility & coordination

Vision

Physical fitness

Learning by discovering, trial & error = playing!!!!



RECREATION COACHES

All HCSA Recreation Soccer coaches are volunteers. They are parents, grandparents and friends who choose to volunteer their time to help teach the game of soccer and give back to their community.

In order for teams to be formed volunteers must be found to coach/lead teams. HCSA offers clinics, coaching manuals and materials, camps and other resources to help educate and train coaches. Please consider being a coach. Coaching applications are available on the web site and at the Henderson County Parks and Recreation Department office.

All coaches, assistant coaches, and team managers must submit to a background check through NCYSA before being cleared to coach.

Coaching Expectations

- Set Practice Time and Location
- Contact Players
- Run Practices
- Distribute Match Information (Designate team manager if you choose)

Coaching Tips

- Honor the Game – never let yourself get to emotionally involved in a game. All coaches should respect other coaches, players, and parents.
- Accept children's goals for playing — fun, friends, fitness, participation and skill development — and put those goals first.
- Players and coaches should be on one side of the field and parents on the other.
- Every child must play at least half of the game.
- Referee appreciation is important.
- Lopsided games should be avoided by coaches working together:
- Have players put together 4-6 passes in a row before they can shoot and if they lose possession of the ball they must start over.
- Team can only score with a left footed shot.
- Allow weaker players to play offensive positions and play stronger players in the back.
- Limit certain players to fewer touches on the ball. For example, they must play with 2 or 3 touches and then they must pass to a teammate.

RISK MANAGEMENT

HCSA participates in the USYSA mandated Risk Management Program (Bylaw 214. Section 2) The program includes:

- Use of an employment/volunteer disclosure statement for all volunteers, employees, coaches and program administrators who are involved with any approved and sponsored program of USYSA/NCYSA/ HCSA.
- Identification of a Risk Management Coordinator and alternate for the association.

RECREATION GAMES

All games are played at Henderson County Parks and Recreation Departments soccer fields located at Jackson Park and the Athletics & Activity Center soccer field. Teams practice at local public schools, Jackson Park, Fletcher Community Park, Mills River Park, and other fields in their communities.

SOCCER RESOURCES

The following are web sites and locations where additional information regarding soccer can be obtained.

- HCSA website: www.hendersoncountysoccer.com
- HCSA Facebook: www.Facebook.com/HCSAsoccer
- NCYSA website: www.ncsoccer.org
- United States Youth Soccer: www.usysa.org
- FIFA website (world governing body of soccer): www.fifa.com
- Micro soccer resources: www.worldofsoccer.com
- Changing The Game Project: www.changingthegameproject.com
- Concussion education: www.CDC.gov/concussion
- National Alliance for Youth Sports: www.NAYS.com
- The Football Association: www.theFA.com
- Liberty Mutual Play Positive: www.play-positive.libertymutual.com



RECREATION PARENTS

The following are some of the principles and guidelines of the expectations of HCSA.

- HCSA believes in the principles of fair play, ethical behavior and the right of every individual to fully enjoy the sport of soccer without undue interference from others.
- HCSA expects parents to comply with the referees' decisions, which are made in the best interest of the players on the field.
- HCSA realizes that participation in competitive activities is a source of strong feelings that often lead to misunderstandings and disagreements. However, HCSA believes that every participant has a duty to be respectful of competitors.
- HCSA expects its coaches, players, and parents to deal with conflicts in a spirit of good sportsmanship and to cooperate in promoting the enjoyment of soccer.
- Illegal, unfair, rowdy, violent, dangerous, and unsportsmanlike behavior will not be tolerated, whether on the field of play or away from the playing area.
- Referees are the authority on the field and have the right to tell parents and coaches to leave sight and sound of the field if they fail to follow the code of conduct.
- Tobacco use shall not be permitted while at or participating in Henderson County Soccer Association (HCSA) events and activities.

DO encourage players to use the skills they are being taught.

DO teach the players to coach themselves on the field.

DO teach the players the skills.

DO set a good example by cheering for both teams on the field.

DON'T shout instructions to the player with the ball.

DON'T try to control the game from the sidelines.

DON'T try to teach "aggressiveness".

DON'T abuse game officials or show disrespect for your opponent.

PRACTICES

A player cannot develop their skills without practice, and as such all players are expected to attend the practice sessions conducted by their team's coaches. Any practices or games that will be missed must be communicated to the team's coach.

Practice sites and days are set by each coach. Teams may practice 2x a week prior to matches starting, and 1x a week after matches have begun.

THE GAME

The purpose of the game is to score goals. The game is played by players who move the ball down the field using their feet. The ball may only be handled by the goalkeeper with in their own penalty area or by field players after the ball goes over the touchline (throw in).

Two teams face each other during a match and try to put the ball in the opponent's net. The game is played on a level field with goals at both ends. The size of the field decreases for the younger player. The game is played with 11 players per team on the field at a time. Smaller sized teams are used for the younger age groups.

Each team is comprised of:

Goalkeeper - Defenders - Midfielders - Forwards

Goalkeeper (Goalie): is unique in that this player may use their hands to defend the goal area/penalty area and stop the other team from scoring.

Defenders (Backs): their primary role is to close down the space and the attack of the opposing team. Their secondary role is to take the ball away and start the attack in their team's favor.

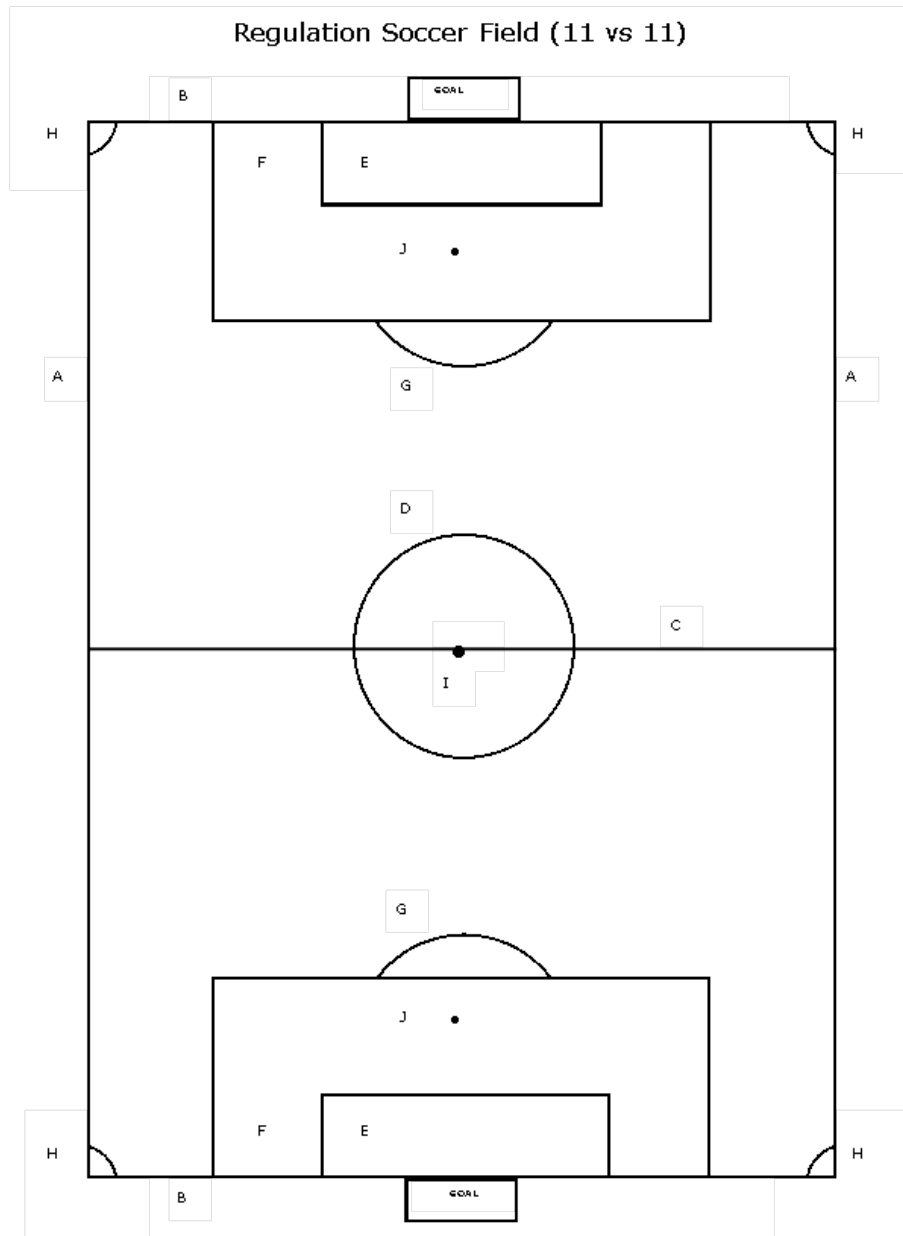
Midfielders: play the most complete game in that they must be offensive and defensive players at all times. The midfield (middle ground) is where the attack begins.

Forwards (Strikers): they finish (score) the attack. They must be willing to come back and aid at midfield to start an attack.

All players must develop offensive and defensive skills and every player has the potential to be a scorer. There is no such thing as a fixed space or position in soccer. Players may interchange positions according to the flow of the game.



THE FIELD



- A = Touch line (one on each side of field)
- B = Goal line (one on each end of field / goal sits on this line)
- C = Center line (splits field into two equal halves)
- D = Center circle E = Goal area F = Penalty area
- G = Penalty arc H= Corner arc I= Center mark

RULES FOR RECREATION

Law I – The Field

Age	Dimensions
U12	45 yds. x 75 yds. (135 ft. x 225 ft.)
U10 / U9	36 yds. x 60 yds. (108 ft. x 180 ft.)
U8	27 yds. x 45 yds. (81 ft. x 135 ft.)
U7 / U6	(Micro Soccer) – 20 yds. x 30yds (60 ft. x 90 ft.)

Law II – The Ball

Age	Size
U14 and above	Size five (5)
U12 / U10 / U9	Size four (4)
U8 / U7 / U6	Size three (3)

Law III – Number of Players

a. Maximum number of players on the field at any one time:

Age	Players
HS / U14 / U12	8 players (8 v 8)
U10 / U9	6 players (6 v 6)
U8	4 players (4 v4)
U7/U6	3 players (3 v3)

b. Substitutions:

- o HS / U14 /U12 / U10 / U9 / U8 – Any time the ball is out of play with the referees' permission.
- o U7 / U6 – At the end of each period a new group enters or in case of injury.

c. Playing Time: Each player shall play 50% of the game.

Law IV – Players Equipment

- a. Players will wear team uniform.
- b. Footwear: Tennis shoes or soft cleated soccer shoes.
- c. Shin-guards: MANDATORY (socks must cover the shin-guards)
- d. No jeans or pants will be worn during play (goalkeeper may wear goalkeeper pants, in cold weather tights may be worn by players with shin-guards and socks worn over the tights)

Law V – Referee

- a. The referee shall be appointed by HCPRD.
- b. Referees will be assigned to HS/ U14 / U12 / U10 / U9 /U8 / U7 / U6 games.
- c. All infractions shall be briefly explained to the offending player.

Law VI – Assistant Referee

- a. The assistant referee shall be appointed by HCPRD.
- b. Assistant referees (linesman) will be used for U14 / U12 games.
- c. The Assistant Referee (linesman) will assist the referee with the game.

Law VII – Duration of the Game

- HS / U14 games shall be divided into two (2) equal halves of thirty five (35) minutes, 70 minute games
- U12 games shall be divided into two (2) equal halves of thirty (30) minutes, 60 minute games
- U10 / U9 games shall be divided into two (2) equal halves of twenty-five (25) minutes, 50 minute games
- U8 games shall be divided into four (4) equal quarters of twelve (12) minutes, 48 minute games
- U7 / U7 games shall be divided into twelve (12) equal three (3) minute periods, 36 minute game
- There shall be a half-time break of five (5).

Law VIII – Start of Play

Ball must be played forward across the centerline. Opponents must be outside the center circle while kick-offs are in progress.

Law IX – Ball In and Out of Play

The ball is out of play when it has wholly crossed the goal-line or touch-line, whether on the ground or in the air. The ball is also out of play when the referee has stopped the game. The ball is in play at all other times from the start of the match to the finish including: if it rebounds from a goal-post, cross-bar or corner flag.

Law X – Method of Scoring

Except as otherwise provided by these Laws, a goal is scored when the whole of the ball has passed over the goal-line, between the goal-posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper, who is within his own penalty area.

Law XI – Off-Sides:

A player is in an off-side position if they are nearer to the opponent's goal-line than the ball, unless: he is in his own half of the field of play, or he is not nearer to his opponents' goal-line than at least two of his opponents. A player shall only be declared off-side and penalized for being in an off-side position, if, at the moment the ball touches, or is played by, one of his team, he is, in the opinion of the referee interfering with play or with an opponent or seeking to gain an advantage by being in that position. A player shall not be declared off-side by the referee merely because of his being in an off-side position, or if he receives the ball direct from a goal-kick, a corner or throw-in. If a player is declared off-side, the referee shall award an indirect free-kick.

NOTE: There are No Off-sides in U6 / U7 / U8 / U9 / U10 games.

Law XII – Fouls and Misconduct

A **Direct Free Kick** is awarded to the opposing team if a player commits any of the following offenses:

1. kicks or attempts to kick an opponent;
2. trips or attempts to trip an opponent;
3. jumps at an opponent;
4. charges an opponent;
5. strikes or attempts to strike an opponent
6. pushes an opponent;
7. tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
8. holds an opponent;
9. handles the ball deliberately (this does not apply to the goalkeeper within his own penalty-area).
10. spits at an opponent

An **Indirect Free Kick** is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

1. takes more than six seconds while controlling the ball with his hands before releasing it from his possession;
2. touches the ball again with his hands after it has been released from his possession and has not touched any other player;

3. touches the ball with his hands after it has been deliberately kicked to him by a teammate;
4. touches the ball with his hands after he has received it directly from a thro-in taken by a teammate

An Indirect Free Kick is awarded to the opposing team if a player, in the opinion of the referee:

1. plays in a dangerous manner
2. impedes the progress of an opponent
3. prevents the goalkeeper from releasing the ball from his hands
4. commits any other offense, not previously mentioned in Law 12 for which play is stopped to caution or dismiss a player

Law XIII – Free Kicks

Free-kicks shall be classified under two headings: "direct" (from which a goal can be scored direct against the offending team) and "indirect" (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

Any indirect free-kick awarded to the attacking team within the opponent's goal-area shall be taken from the part of the goal-area line which runs parallel to the goal-line at the point nearest to where the offense was committed.

NOTE: All Free Kicks are INDIRECT in U8 / U7 / U6. Explain the infraction to all.

U12 opposing players must be 8 yards from the ball at the time the free kick is taken.

U10 / U9 opposing players must be 8 yards from the ball at the time the free kick is taken.

U8 opposing players must be 5 yards from the ball at the time the free kick is taken.

U7 / U6 opposing players must be 3 yards from the ball at the time the free kick is taken.

Law XIV – Penalty Kicks

A penalty-kick shall be taken from the penalty-mark and when it is being taken, all players with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area. The opposing goalkeeper must stand (without moving his feet) on his own goal-line, between the goal-posts, until the ball is kicked

NOTE: NO Penalty Kicks in U8 / U7 / U6. Indirect Free kick taken from closest point on the edge of penalty box.

Law XV – Throw-in

When the whole of the ball passes over a touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line.

NOTE: U8 / U7 / U6 have player re-take throw-in if not done correctly.

Law XVI – Goal Kick

When the whole of the ball passes over the goal-line excluding that portion between the goal-posts, either in the air or on the ground, having last been touched by one of the attacking team, it shall be kicked direct into play beyond the penalty-area by a player of the defending team. The kicker shall not play the ball a second time until it has touched or been played by another player. Players of the opposing team that of the player taking the goal-kick shall remain outside the penalty-area until the ball has been kicked out of the penalty-area.

NOTE: HS / U14 / U12 / U10 / U9 goal kick taken from within the goal area

U8 goal kick is taken from the top of the goal box

U7 / U6 goal kick is taken from the top of the goal line by the goalkeeper

Law XVII – Corner Kick

When the whole of the ball passes over the goal-line excluding that portion between the goal-posts, either in the air or on the ground, having last been touched by one of the defending team, it shall be kicked direct into play by a player of the attacking team from the corner. The kicker shall not play the ball a second time until it has touched or been played by another player

NOTE: All divisions take corner kicks.

ADDITIONAL INSTRUCTIONS:

1. A **player may not play as the Goalkeeper for more than 50% of the game.** Coaches are encouraged to also play the goalkeeper in a field position.
2. Tackling (slide tackles) – A **sliding tackle is not permitted** in HCPRD games. An infraction of this rule will result in an indirect free-kick.

For more information on the Rules of Soccer visit – www.fifa.com

SPORT SNACK GAME PLAN

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- Orange & apple wedges
- Fresh peaches, pears, watermelon or other seasonal fruit
- Dried fruit and raisins
- Bananas, grapes & strawberries
- Fruit cups (packed in juice) or no-sugar-added applesauce
- Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack:

Fresh bananas/oranges/apples - \$3 to \$4 a bag

16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack:

Mini bags of cookies (12 pack) - \$4

Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25

Total = \$10.25

More snack ideas and resources:

www.advocatesforhealthinaction.org

<http://www.momsteam.com>



RESPECT THE GAME

Players, parents and coaches are all encouraged to Respect the Game and what it stands for. This means being a positive spectator, respectful opponent and teammate, practicing respect for the officials, and encouraging the spirit of the game. Each game day banners are placed at field locations with helpful reminders of how to act in respect to the game of soccer and youth sports in general. Please join us as we grow an enriching and positive program in Henderson County!

Player Acknowledgment

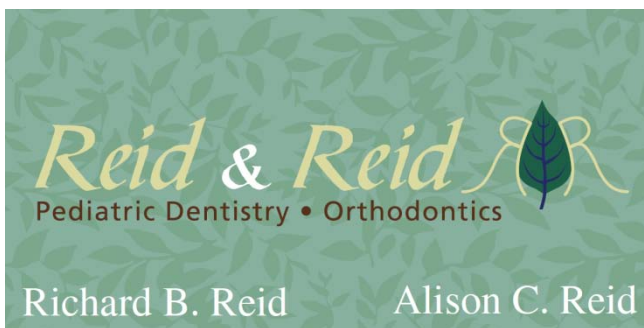
Players who exemplify the principles of respect will be featured players on the HCSA Facebook! Please submit players who you've witnessed being a good sport to the Recreation Program Coordinator.

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JERSEY



RESPECT THE GAME



GLOSSARY

Kick Off– Officially begins the game and or each half and is the method for restarting the game after a goal is scored.

Throw In– Is the method for putting the ball back into play after it crosses over the touch line. The ball is awarded to the team that did not touch the ball last. The player throws the ball back into play with both hands from behind the head.

Goal Kick– Is the method for putting the ball back into play after the offense has last touched the ball before it crosses over the goal line.

Corner Kick– Is awarded when the defense last touches the ball and it goes out of bounds over the goal line.

Infractions– The referee watches play and when a foul occurs they stop play and award the ball to the team that didn't commit the foul.

Free-Kick– A kick, free from obstruction, after an infraction.

Direct Free-Kick– A free-kick from which a goal may be scored directly, without the ball touching another player.

Indirect Free-Kick– A free-kick from which a goal cannot be scored directly. The ball must touch another player before a goal can be scored.

Off-side– An offense when a player is in an off-side position and is considered by the referee to be influencing play or stealing an unfair advantage. Referee awards an indirect free-kick. Players may be in an off-side position and not influence play or gain an unfair advantage. In this case the referee would not call off-side.

Caution– Warning against further bad play or behavior issued by the referee to a player. Yellow card offense.

Sending Off– Expulsion from the game for serious foul play or second caution. Red card offense. Player relegated from the match must sit out the remainder of the match and the following match.

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