

**EASTERN NEBRASKA
SOCCER ASSOCIATION**

www.ensa.us

**RECREATION DIVISIONS
COACHES ' HANDBOOK**

Revised 3/19/07

Table of Contents

Table of Contents	2
ENSA Officers	3
Coaches' Responsibilities	4
Referee Assaults	4
Communications	5
Reschedule/Cancellations	5
Standings	5
Bad Weather	6
Administrative Rules	6
Playing Field Rules	7
Pre-Game Preparation	7
Game Environment	7
USYSA Laws U9/U10 (6v6)	8
USYSA Laws U11/U12 (8v8)	9
USYSA Laws U13/U19 (11v11)	10
USYSA Laws U15/U19 (7v7)	11
Awards	12
Forfeits	12
Penalties & Suspensions	12
Protests & Grievances	13
Field Information	14

EASTERN NEBRASKA SOCCER ASSOCIATION

P O Box 460646, Papillion, NE 68046

www.ensa.us

OFFICERS

President	Rick Sedrel president@ensa.us	895-3786
Vice President	Bill Dudley vp@ensa.us	763-9381
Secretary	Kent Schroeder sec@ensa.us	493-3186
Treasurer	Mary Gene Wepfer treas@ensa.us	597-2426
Competition Coordinator	Bill Fangman compcoord@ensa.us	616-6697
Referee Scheduler	Mary Gene Wepfer ref@ensa.us	597-2426
Board Member At-Large	Phil Kuss mal1@ensa.us	296-2450
Board Member At-Large	Patty Shepherd mal2@ensa.us	359-4011
Board Member At-Large	Judy Vacek mal3@ensa.us	592-1058

COACHES' RESPONSIBILITIES

The most important responsibilities of a youth soccer coach are:

- 1) to provide a SAFE, HEALTHY environment for the practice and play of soccer, and
- 2) to provide MATURE, ADULT supervision for young athletes.

During games, you share these responsibilities with the referees and opposing coaches. They must at all times supersede any other concern.

During games, the actions and comments of the sidelines have a tremendous impact on the game environment. **THE COACH IS RESPONSIBLE FOR HIS SIDELINES.** He is to ensure that:

All comments directed onto the field of play are positive and provide encouragement.

No disrespectful or degrading comments are directed at any participant. Any participant includes the referees, players on the other team, players on one's own team, or even parents to their own children. All participants must treat each other with respect and dignity. Negative comments like "push 'em back", "get your head in the game", etc. do not show respect for others or the spirit and laws of the game. Statements of this nature interfere with the game in an emotional sense just as throwing objects on the field would in a physical sense.

No negative comments about the referee, the accuracy of his decisions, etc. are made. Any concern's about the qualification or performance of a referee are to be directed to your league via the referee assessment section of the game card you are provided, **NOT TO EACH OTHER OR THE REFEREE**, and never in the presence of young athletes. Remember, dissent with the referee's decisions can cause one's removal from the game and, if necessary, termination of the game.

REFEREES HAVE BEEN TOLD TO DEAL WITH COACHES WHOSE CONDUCT DOES NOT MEET THESE STANDARDS. AN EJECTION WILL RESULT IN SUSPENSION.

REFEREE ASSAULTS

Anyone assaulting a referee will be subject to the penalties and suspensions as stated in the Nebraska State Soccer Association (NSSA) Rules and Regulations. Verbal harrassment or intimidatin of any referee under the age of eighteen years of age by any person over the age of seventeen shall constitute an assault. Reference: www.nebraskasoccer.org.

COMMUNICATIONS

Daily Game Status: Call 827-9868

The game status is available to all, coaches, parents, refs and players.

Game cancellations and field changes due to conflicts or the weather are available after **3:30PM** on **weekdays** and **6:30 AM** on **Saturdays** and **8:30 AM** on **Sundays**. Check status prior to all your games even if the weather is nice. Problems other than weather can cause a field change. If there is no information about your game within one (1) hour of the scheduled game time, you should show up at the playing field.

RESCHEDULES/CANCELLATIONS

Rescheduling: Check the ENSA web site: www.ensa.us for your teams rescheduled games.

If your game is canceled, canceled due to weather, or terminated prior to the half (for reasons other than misconduct), the Competition Coordinator will reschedule your game. **For rescheduled game information use the ENSA web site: www.ensa.us, under: Reschedules, to find your teams reschedules.** It is the coach's/club's responsibility to check the ENSA web site for their reschedules. Failure to do so may cause a forfeit and a fine.

COACH'S REQUESTS: If a team is unable to play a game, it is the responsibility of the **REQUESTING COACH** to notify the competition coordinator, via the web site (Contact the Coordinator), email compccord@ensa.us or (402) 616-6697. Each team may request **one** game to be rescheduled at No cost to the Teams Club. Additional coaches reschedule requests will cost \$25 each, and this cost will be charged to the team's Club, and will be assessed by the League Treasurer at the end of the season. These requests for rescheduling must be made to the Competition Coordinator at least 10 days prior to the game.

Requesting Coach should contact the opposing coach, at least 10 days prior to the game, to notify him of the requesting teams inability to play as scheduled, and determine two(2) mutually agreeable, potential reschedule dates & times.

Requesting Coach, then should contact the Competition Coordinator with the reschedule request and potential reschedule information. If the Requesting Coach is unable to contact the opposing coach, he still must then notify the Competition Coor at least 10 days prior to the game.

Competition Coordinator will confirm reschedule information, promptly, and will notify the opposing coach of the confirmed reschedule date, time and field.

If any of the potential reschedule dates & times are **NOT** available or workable, then the rescheduling process will start over again.

A team that can not play on the scheduled date, after using the one allowed reschedule or notifying the competition coordinator less than 10 days prior to the game, will **FORFEIT** the game. The fine for forfeiting is \$25.00 for the first game, \$50.00 for the second game, and \$100.00 for the third and additional games. Failure to provide 72 hour notification, or a no-show, will result in a fee of twice the amounts listed plus the normal referee fee for the game.

Referees will report game scores and misconduct (red cards, etc.) to the Competition Coordinator. However, if a referee does not show for the game and it is played, the winning coach or home coach in the case of a tie, shall report the score to the ENSA voice messaging, (402) 616-6697. Have the substitute referee mail the game card.

STANDINGS

Standings: Standings for age groups U11 – U19 will be posted on the ENSA web site:
www.ensa.us

BAD WEATHER

TORNADO WARNINGS: If a tornado warning has been sounded from one hour prior to the start of the game to any time during a game, the game shall be called off. If the game has completed the first half, it shall stand as played with the score at termination being the official score.

TORNADO WATCH: All games will go on as scheduled unless called off by the Competition Coordinator on the Game Status Recorders.

LIGHTNING: If lightning is determined to be within five (5) miles (using the one mile for each 5 seconds counted rule), the game shall be delayed by the referee. If the lightning moves out of the five mile area, the game may resume. If not, the game shall be terminated.

ADMINISTRATIVE RULES

All requirements prescribed by the "Official Administrative Rulebook" of the USSF will be followed.

REGISTRATION: EVERY PLAYER WILL BE REGISTERED WITH THEIR STATE SOCCER ASSOCIATION PRIOR TO PLAYING IN ENSA!!

PLAYER AGE: Age groups are based the player's age on the first day of the previous August. The normal age groups are for players under the following ages: 8, 9, 10, 11, 12, 13, 14. If four or more teams are entered in the 15-19 age group, additional divisions will be formed.

TEAM SIZE

No team may have more than eighteen players, primary and secondary, registered at any time. No guest players. (19-22 players may be registered on teams that will not play in any Cup games or travel out-of-state.)

No team shall be allowed to have less than seven (7) registered players at anytime.

PLAYER TRANSFERS & RELEASES.

Any player registered to a team is bound to that team for the entire registration year (fall & spring) unless he/she requests a transfer. A registration year is the period from August 1st to July 31st. All requests for transfer shall be submitted to the Nebraska State Soccer Association on their transfer form.

MULTIPLE REGISTRATION.

Players, with the concurrence of the Nebraska State Soccer Association, may register on more than one youth team per USYSA seasonal year providing the following conditions are complied with:

- Players must indicate their primary team on registration.
- A player cannot play for more than one team in the same competition.

PLAYING FIELD RULES

WHERE BLEACHERS ARE PROVIDED, ALL SPECTATORS AND SUBSTITUTES ARE TO SIT IN THE BLEACHERS DURING THE GAME AND ARE NOT ALLOWED ON THE SIDELINES!! Teams will not warm up in the goal box area. This is being done to protect the grounds from wear. Fields at City of Omaha parks are for scheduled games only. Teams that attempt to practice on these fields may be dropped from the league.

PRE-GAME PREPARATION

Each team provides one net and three flags. Both teams will take the North or West sideline and all spectators will be on the opposite side of the field. For U8 teams, no nets are used and the home team and their spectators will take the North or West sideline, while the visiting team and their spectators take the opposite sideline.

The home team provides the game ball and the game card (which should be filled out prior to arrival) and delivers it to the visiting team upon arrival. The visiting team completes it and gives it to the referee. Nets and flags should be in place, the game card filled out by both teams, and players ready for check-in at least 10 minutes prior to scheduled game time. There is a \$5.00 fine for not having a net.

NSSA player passes are required for each player. A valid player pass will be required for a player to participate. **A player pass is not valid unless it is signed by the player, has a current photo, and is laminated.** ENSA no longer allows the use of waivers. **If a Player is registered with NSSA and has no pass, they will be allowed to play. The Referee MUST Submit a no-pass form on ANY player not having a pass. ANY player found not properly registered, that is found playing in a game will cause that team and club to be subject to the rules and regulations of the NSSA. Reference: www.nebraskasoccer.org.**

A fifteen (15) minute grace period shall be granted to any team that does not have the minimum number of required players by game time. When the team has the required minimum number of players, the game shall start. Any team failing to field the minimum number of players after the grace period shall FORFEIT the game.

Players equipment include a jersey or shirt, shorts, stockings, shin guards and footwear. Visible garments under shorts must be the same color as the team shorts. Long sleeve shirts under a short sleeve shirt are not permitted. Track suits or similar trousers are permitted in adverse weather. All players must have the same uniform, goalkeepers will have a jersey that distinguishes him from the other players and the referee. Under no circumstances are players allowed to play with any type of hard cast or jewelry.

GAME ENVIRONMENT

Coaches are to remain within ten (10) yards of the halfway line during the game. If bleachers are available, coaches (unless coaching U10 or younger) and players are to remain seated.

COACHES ARE RESPONSIBLE FOR AND EXPECTED TO CONTROL THEIR SIDELINES.

Spectators must remain at least six (6) feet back from the touchline (if bleachers are available they must be seated) to avoid injury, allow the throwers room to play, and allow room for linesmen. Coaches are expected to ensure that their sideline is cleaned-up after the game.

Once the first half of the game is finished, if the game has to be terminated due to the elements (darkness, weather, etc.), the game shall stand as played with the score at termination being the official score. The final decision to terminate a game is solely the referee's.

Modified Playing Rules

For complete rules www.nebraskasoccer.org

Number of Players	6 v 6 Maximum 5 field players + 1 GK 4 players must be present to start a game
Roster Size	12 Maximum
Field Dimensions	Rectangular: Between 45-60 yards by 35-40 yards recommended
Markings	The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.
Goals	6 x 18 and 7 x 21 are acceptable
Goal Area	Conform to FIFA.
Penalty Area	The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.
Flag Posts	Conform to FIFA.
Corner Arc	Conform to FIFA.
Ball	Size 4
Duration of play	25 minute halves - 5 minute half time
Offsides	DOES <u>NOT</u> APPLY
Free Kicks & Corner Kicks	Conform to FIFA with the exception that all opponents are at least 8 yards from the ball.
Start & Restart of Play	Conform to FIFA with the exception that all opponents are at least 8 yards from the ball.
Fouls & Misconduct	Conform to FIFA.
Substitutions	UNLIMITED and at any stoppage. No substitutions on penalty kicks.
Penalty Kicks	Conform to FIFA.
Ball In & Out of Play	Conform to FIFA.
Throw-In	Conform to FIFA.
Method of Scoring	Conform to FIFA.
Goal Kick	Conform to FIFA.

Number of Players	8 v 8 Maximum 7 field players + 1 GK 5 players must be present to start a game
Roster Size	16 Maximum
Field Dimensions	Rectangular: Between 60-80 yards by 45-55 yards recommended
Markings	Penalty area of 36 yards (width) by 14 yards (length). Penalty spot shall be 10 yards from the goal line. Center circle and penalty spot shall have a radius of 8 yards.
Goals	6 x 18 and 7 x 21 are acceptable
Goal Area	Conform to FIFA.
Penalty Area	The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.
Flag Posts	Conform to FIFA.
Corner Arc	Conform to FIFA.
Ball	Size 4
Duration of play	30 minute halves - 5 minute half time
Offsides	DOES APPLY Conform to FIFA
Free Kicks & Corner Kicks	Conform to FIFA with the exception that all opponents are at least 8 yards from the ball.
Start & Restart of Play	Conform to FIFA.
Fouls & Misconduct	Conform to FIFA.
Substitutions	UNLIMITED and at any stoppage. No substitutions on penalty kicks.
Penalty Kicks	Conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark.
Throw-In	Conform to FIFA.
Goal Kick	Conform to FIFA.
Ball In & Out of Play	Conform to FIFA.
Method of Scoring	Conform to FIFA.

11 v 11
U13 thru U19 ENSA

Number of Players	11 v 11	Maximum 10 field players + 1 GK 7 players must be present to start a game
Roster Size	22 18	Maximum May be suited for play on the bench at game time
Field Dimensions	Conform to FIFA.	
Markings	Conform to FIFA.	
Goals	Conform to FIFA.	
Restarts	Conform to FIFA.	
Ball	Size 5	
Duration of play	all age groups U13/U14 U15/U16 U17/U18/U19	5 minute half time Two 35 minute halves Two 40 minute halves Two 45 minute halves
Substitution	Conform to FIFA.	

U15 thru U19 ENSA
7 v 7 Small-Sided Playing Rules

Number of Players	7 v 7	Maximum 6 field players + 1 GK 5 players must be present to start a game
Roster Size	14	Maximum
Field Dimensions	Rectangular:	Between 45-60 yards by 35-40 yards recommended
Markings	Penalty area of 36 yards (width) by 14 yards (length). Penalty spot shall be 10 yards from the goal line. Center circle and penalty spot shall have a radius of 8 yards.	
Goals	Conform to FIFA.	
Restarts	Conform to FIFA.	
Ball	Size 5	
Duration of play	all age groups U15/U16 U17/U18/U19	5 minute half time Two 40 minute halves Two 40 minute halves
Offsides	DOES <u>NOT</u> APPLY	
Substitution	Conform to FIFA.	
Special Rules	<p>The GK may not kick or throw the ball over midfield after gaining control of the ball with his arms or hands while attempting to put the ball back into play.</p> <p>The penalty for kicking or throwing the ball over the midfield line will be an indirect free kick from the midfield center spot.</p> <p>The GK may kick the ball over midfield at an other time, as any other field player is allowed to do.</p> <p>Please note that the GK may kick or throw the ball and it bounce over midfield without touching someone. This is the same as the indoor rule on this situation.</p>	

AWARDS

UNDER 10'S AND BELOW: Participation awards for all players in the U-10 and below age groups will be distributed to the teams in their coaches packets at the start of the season.

UNDER 11 THRU U-14: First (1st) Place awards will be provided for 1st place teams in the U-11 thru and including the U-14 age groups. 1st Place coaches will be notified when & where to pick up their awards.

STANDINGS COMPUTATIONS

POINT SYSTEM: Win = 3 points. Tie = 1 point. Loss = 0 points.

COMPUTATION: ALL GAMES COUNT IN THE STANDING .(If team "A" is scheduled to play 8 games to enable team "B" to get 7 games played, then the 8th game, as scheduled on the original schedule for team "A", does not count in the standings but it will count in the standings for team "B".)

TIE BREAKER: If more than 1 team is tied for 1st place in the points standings, the only tie breaker will be the Head to Head competition score(s). If the Head to Head tie breaker rule does not identify a single 1st place team, then awards will be given to all teams tied for 1st place.

FORFEITS

Grounds for forfeits:

- Refusing to play a scheduled league game or failing to field a team (seven players) within 15 minutes after game time. U15 – U19 playing 7 v 7 and Under 11 and younger teams must field 5 players.
- Leaving the field of play before completion of the game without the consent of the referee.
- Using an ineligible player.
- Misconduct by players, coaches or spectators which, in the referee's judgment, requires termination of the game.

Forfeiting teams will be assessed the appropriate fine and will lose the game by the score of 1 to 0.

PENALTIES AND SUSPENSIONS

PENALTIES:For complete Rule: Reference NSSA (www.nebraskasoccer.org): Rule X PENALTIES

Suspensions: For complete Rule: Reference NSSA(www.nebraskasoccer.org): Rule IX EXCLUSIONS FROM GAMES AND SUSPENSIONS

PROTESTS OF FORFEITS, FINES OR SUSPENSIONS

The following procedure must be observed in filing a formal protest with this Association:

1. A written protest must be mailed within two days with full explanation of the details and facts upon which the protest is based and signed by an officer of the protesting club.
2. A \$15.00 dollar protest fee along with two (2) copies of the protest must be mailed to the ENSA President. One copy of the protest shall be forwarded to any other club involved.
3. A formal protest, once filed, may not be withdrawn.
4. If the protest is rejected, the protest fee shall be retained by the league.
5. If the protest is upheld, the protest fee shall be returned.
6. Upon receipt of a filed protest, the Board of Directors shall convene a hearing and vote to reject or uphold the protest. The Board shall give all interested persons the opportunity to address the Board and shall decide the matter by majority vote (a tie vote rejects a protest). The Board's decision on a protest is not subject to appeal to the membership.
7. When the suspension of a player or team official is protested, the suspension shall not be served until the Board of Directors notifies the protesting member of its decision.

In the event that a referee is not present for a game and the coaches agree upon a mutual referee, no protest may be filed upon the qualifications or decisions of that referee if he/she is not a currently registered referee or not qualified for that level of play.

Soccer Fields

Field ID	Field Name	Location
ABB	Abbott Sports Complex	Lincoln, NE I-80 exit #405, South on 56th Streetl, East on Arbor Rd., South on N 70th St.
BEN	Benson Soccer Complex	68th & Military
BLR	Blair Soccer Fields	Jackson St., Blair, NE
BSC	Bellevue Soccer Complex	42nd St. & Hwy 370; Bellevue, NE
BTP	Brownell Talbot Prep	400 N. Happy Hollow Blvd.
CHA	Chalco Hills Rec Area	Giles Rd. & 154th St.; (Fields are on the East side of Wehrspann Lake)
CRC	Council Bluff Rec. Ctr.	2900 Richard Dowling Ave, Council Bluffs, IA
CRT	Crestridge School Discovery Soccer Complex	136th & Q St.
DOD	Dodge Park	Pershing Dr., (2 miles North of Mormon Bridge)
ELK	Elkhorn Park	Center St. Elkhorn, NE
EPP	Ester Pilster Park	Boyd & 88th St. (formerly Keystone)
FRE	Christensen Field	Christensen Field Dr & N. Ridge Rd, (west of airport) Fremont, NE
GRT	Gretna Soccer Fields	Hwy. 6 1/2 mile North of Hwy. 370, Gretna, NE
HEF	Hefflinger Park	112th & Maple
LAV	LaVista Sports Complex Millard Star Soccer Complex	66th St. on east side, 1/2 mile south of Harrison St.
MSS	Meadows	7550 S. 156th St., 1/2 mile south of Harrison St.
PAC	Pacific Meadows	Northwest of 159th & Pacific St.
PAP	Papillion	Lincoln St. 2 blocks west of 84th (Washington)
PLA	Plattsmouth	Buccaneer Bay Road (north of Plattsmouth).
RAL	Ralston	5900 South 77th Street
SSP	Seymour Smith Park	Harrison St. & 69th Street
SPR	Springfield	Hwy 50 & Plattview Rd.; Springfield, NE
TQP	Tranquility Park	120th & West Maple Rd. (Fields 1-15)
TWD	Trendwood Park	132nd & Pacific Streets
VAL01/02	Valley Elem School	South Pine St., Valley, NE
VAL03	Valley High School	South Pine St., Valley, NE
WHT	Whittier	24th & Vine Streets, Lincoln, NE
WO	WO Soccer Fields	124th & Fort Sts. (South Side)
ZOR	Zorinski Lake	156th & F St.

Last updated 3/19/07