



2016 SOCCER LEAGUE



PARK RULES:

Please follow and be respectful of all park rules which are in effect at each host facility.

1. **NO DOGS** even on a leash or **PETS** of any kind at the fields. We love animals but please leave them at home.
2. **NO SMOKING.**

DIRECTIONS TO FIELDS:

In the event of inclement weather contact the Town you are traveling to after 7:00am to confirm your game. If games are cancelled a recorded message will be left at each number with cancellation information.
Also check the Town's FACE BOOK page for game information.

FACE BOOK Page for New Durham: "New Durham Parks and Recreation"
FACE BOOK Page for GYO: "Gilmanton Youth Organization"

New Durham: 859-5666- PLEASE NOTE: IF THERE IS NO MESSAGE SAYING THE GAME IS CANCELLED, THE GAME WILL PLAY AS SCHEDULED. Route 11 South from Alton Traffic Circle. Left at 1st yellow blinking light (Depot Rd.). Once on Depot Rd. take a left at stop sign. Go about 2 miles (pass Fire Dept. and Town Hall on left) and turn left onto dirt road – "Smitty's Way"- just after Yesterday's Post Office. There is parking at each individual field. Please do not park on the dirt road. Overflow parking is at the Town Hall or School. Smoking is prohibited on the fields.

Gilmanton: 267-8920- GYO Park- Take NH Route 140 West or NH Route 107 North to Gilmanton Corners (Intersection of NH Rt. 140 and NH Rt. 107). Note: Go through Gilmanton Iron Works (if coming by NH Rt. 140) until you get to Gilmanton Corners (blinking red light and Corner Store has Gas Pumps). Continue on NH Rt. 140 (through the intersection) for 1/2 mile. Turn left onto Allens Mills Rd. Follow Allens Mills Rd. .9 miles (just under 1 mile) and GYO Park is on your right.

2016 Recreation Soccer League Information Sheet and Schedule

Field and Games

Games will be played in New Durham; the schedule runs September 17-November 5. Alton will play games in Alton at Jones Field on October 22. Please see the schedule for directions to the New Durham fields. It is very important that games start on time. Each game is designated a one hour time slot. If a single game starts late, it throws off the whole schedule for the day.

All players need to be at the field at least 15 minutes before their game. Please clear the field immediately after the game so the next team can begin.

Weather

Unless it is pouring down rain and very cold all games must take place. Due to limited field space and scheduling there will be no make up games. Please have players prepared for any kind of weather. *If there are any questions about field conditions or cancellations call the Town you are traveling to for a recorded message.* If games are not posted as cancelled on the hotline 45 minutes before your scheduled game they will remain on as scheduled. Check the cancellation information periodically as conditions may change throughout the day.

Schedule

The game schedule is attached.

Rules and Referees

The Town Soccer Coordinators established the League Soccer Rules and all of the Towns have agreed to play by them. **The rules need to be followed for safety reasons as well as consistency throughout the season.** Disagreements at a game create a poor example of sportsmanship and can confuse and upset the players. **If you have disagreements with the rules or a call, as a parent or coach, please take it up with your coach or Town Soccer Coordinator after the game and after waiting the "24 Hour Rule" period- never on the field or during a game.** At U8 the coaches do most of their own officiating. Most other games will have paid officials that are using the league rules as guidelines.

Disruptive individuals will be removed from the game.

2016 Recreation Soccer League Rules and Guidelines

Adopted by Alton (A), Barnstead (B), Gilmanton (G), New Durham (ND), and Wakefield (W).

General Rules:

- Unless stated otherwise we will be using AYSO and FIFA rules.
- 1&2 Grade coaches of both competing teams need to be prepared to supply a referee or be the referee themselves. Referees will be provided for all Grade 3&4 and 5&6 games.
- **EQUAL TIME**- All players should play, as close to possible, an equal amount of time during a game. No player should play four quarters until all players have played three quarters.
- Players will be rotated in at the beginning of the quarters for 1st & 2nd; at 3rd grade and above players can be rotated in and out with referee permission on **any** whistle. **Substitutes will be required to be at the midfield sideline prior to the whistle.**
- Parents and spectators are to be on the opposite side of the field from the players behind the orange line, please do not stand next to or behind your team.
- Only substitute players are permitted to be in front of the orange lines on the fields.
- No jewelry (including earrings, necklaces, watches, rings, bracelets, etc.)
- Soccer Cleats are strongly recommended. Hiking boots, work boots- any footwear other than soccer cleats and sneakers are prohibited. A child will not be able to play in improper footwear.
- Mouth Guards are recommended for grades 5th and up.
- All players must wear shin guards or they will not be allowed to play, no exceptions.
- No chewing gum or eating food while playing a game.
- Male goalies should wear a protective cup.
- In case of injuries, referee should blow the whistle and all other players drop to one knee while the injured player is assisted from the field or is ready to continue. At this point play resumes. The clock is not stopped for injuries.
- Games will start on the hour and end five minutes before the hour.
- All games are played with a running clock.
- There will be no intentional heading at any level. Any intentional heading will result in a free kick for the other team.
- Swearing and gesturing will not be tolerated at any grade level.
- If a team is short handed at game time, they can play short-handed or pick up extra players from the community's teams of the same age group to fill out their bench. The opposing team has the option of playing with a full team or not. Coaches and referee should discuss this before game time. The intent of adding extra players is to give the team enough players so that all players can rest and not to give the best players more experience. The same players should not be used as the extra player's game after game. The extra players should rotate so all players, no matter what their ability will be used as extras.
- In case of thunder/lightning, games could be suspended or potentially canceled for 30 minutes from the last hearing/seeing of thunder/lightening. Other games scheduled will resume accordingly.

1st and 2nd Grade

- Games will be four 8-minute quarters, with a 5-minute half time. **Running the clock for additional time is not permitted due to the tight schedule of games throughout the day. Limit the time to 8 minutes. Teams will switch fields at the half.**
- Coaches can have a discussion about allowing subs between quarters unless there is an injury or extenuating circumstances.
- Seven players, 1 in goal, 6 on the field at any one time.
- All refereeing is strictly instructional.
- The focus should be on fun and basic skills.
- Dangerous play (high kicks, tripping, pushing, etc.) and poor sportsmanship (name calling, hitting, etc.) should be addressed but not penalized unless repeated offenses by the same player in a game.
- Off sides are not called.
- **Intentional** use of hands should be called and explained.
- **No slide tackles.**
- Coaching can be done from on the field.
- Field size: 25 yards x 50 yards maximum.
- Ball size: 3

3rd and 4th Grade

- Games will be two twenty minute halves, with a 5-minute half time.
- Nine players, 1 in goal, 8 on the field at any one time.
- Refereeing is instructional but offenses should be called consistently- with explanation.
- Dangerous play and poor sportsmanship are called, yellow card and red card system. If cards aren't available, inform the player and coach verbally. In the case of dangerous play, an explanation should be given to the player.
- Off sides will be called starting the first game.
- **No slide tackles.**
- No coaching on the field.
- Field size: 40 yards x 80 yards maximum.
- Ball size: 4

5th and 6th Grade

- Games will be two twenty minute halves, with a 5-minute half time.
- Eleven players, 1 in goal, 10 on the field if applicable. If teams are short player's coaches will work together to field a team with the players available.
- Instructional refereeing but standard soccer rules apply- off sides, throw-ins, penalty kicks, hands, dangerous play, etc. all called. Some players will be new to the game, be sure to explain why something was called if they look confused.
- **Dangerous play and poor sportsmanship are called, yellow card and red card system.**
- **No slide tackles.**
- No coaching on the field.
- Field size: 50 yards x 100 yards maximum.
- Ball size: 5
- Mouth guards are recommended.

NO DOGS OR PETS OF ANYKIND AT FIELDS

1st and 2nd Grade: U8

Note- Please review the location of your games.

New Durham- Games will be held at the smaller field at the back of the complex.

One Team plays a double header each week, double header is in bold.

A1- Dragonflies, Coach Pappaceno

A2- Warriors, Coach Stanley

A3- The Mighty Bobcats, Coach Perkins

	8am	9am	10am	11am	Noon	1pm	2pm	3pm
9/17 New Durham	A3 v B3	G2 v W1	G2 v B1	W2 V G3	A1 V A2	G1 V ND1	ND2 V B4	G4 V B2
9/24 New Durham	G2 V B3	A3 V B2	A1 V B4	W1 V G1	A2 V G4	G3 V ND2	ND1 V B1	B1 V W2
10/1 New Durham	A3 V G3	B1 V G1	G4 V A1	G4 V B3	A2 V W2	W1 V B4	B2 V ND2	G2 V ND1
10/8 BYE NO GAMES								
10/15 New Durham	G4 V B2	A1 V B3	A3 V G1	G3 V W1	A2 V ND2	ND1 V B4	W2 V B1	W2 V G2
10/22 Jones, Alton	A3 v A1	A3 v A2						
10/29 New Durham	G3 V ND1	ND2 V W2	A3 V B4	A1 V G1	A2 V G2	G4 V B1	W1 V B2	W1 V B3
11/5 New Durham	G4 V W1	A1 V G1	G3 V B4	G3 V B2	W2 V ND1	ND2 V G2	A3 V B3	A2 V B1

NO DOGS OR PETS OF ANYKIND AT FIELDS

3rd and 4th GRADE GIRLS: U10

Note- Please review the location of your games.

New Durham- Games will be held at the first field on the left as you pull into the complex.

One Team plays a double header each week, double header is in bold.

A1- Thunder A2- Lightning

	8am	9am	10am	11am	Noon	1pm	2pm
9/17 New Durham			A1 V A2	A1 V B			
9/24 New Durham						A2 V B	A2 V A1
10/1 New Durham			B V A1	B V A2			
10/8 Bye Week No Games							
10/15 New Durham						A1 v A2	A1 V B
10/22 Jones Field Alton			A1 V A2				
10/29 New Durham			A2 V B	A2 V A1			
11/5 New Durham						B V A1	B V A2

NO DOGS OR PETS OF ANYKIND AT FIELDS

3rd and 4th GRADE BOYS/ CO-ED: U10

Note- Please review the location of your games.

New Durham- Games will be held at the first field on the left as you pull into the complex.

One Team plays a double header each week, double header is in bold.

A1- Red Eagles A2- Blue Eagles

	8am	9am	10am	11am	Noon	1pm	2pm
9/17 New Durham	G3 V W2	G3 V G2			ND V G1	A2 V B	A1 V W1
9/24 New Durham	W1 V G2	G3 V B	A1 V G1	W2 V A2	W2 V ND		
10/1 New Durham	A1 V G2	A2 V W1			W2 V G1	ND V G3	ND V B
10/8 Bye week NO GAMES							
10/15 New Durham	W2 V ND	A1 V A2	A1 V G3	W1 V G1	G2 V B		
10/22 Jones Field		A1 v A2					
10/29 New Durham	G3 V G1	W1 V B			A1 V W2	A2 V G2	A2 V ND
11/5 New Durham	G1 V A2	B V A1	G3 V W1	G2 V W2	G2 V ND		

NO DOGS OR PETS OF ANYKIND AT FIELDS

5th and 6th GRADE: GIRLS: U12

Note- Please review the location of your games.

New Durham- Games will be held at the lower field in the complex.

One Team plays a double header each week, double header is in bold.

	8am	9am	10am	11am	Noon	1pm	2pm	3pm
9/17 New Durham	G V A	G V B						
9/24 New Durham				B V A	B V G			
10/1 New Durham	A V G	A V B						
10/8 BYE WEEK NO GAMES								
10/15 New Durham				G V A	G V B			
10/22 BYE WEEK NO GAMES								
10/29 New Durham			B V G	B V A				
11/5 New Durham	A V G	A V B						

NO DOGS OR PETS OF ANYKIND AT FIELDS

5th and 6th GRADE: BOYS/CO-ED: U12

Note- Please review the location of your games.

One Team plays a double header each week, double header is in bold.

New Durham- Games will be held at the lower field in the complex.

	8am	9am	10am	11am	Noon	1pm	2pm	3pm
9/17 New Durham			A V G	W2 V ND	W1 V B			
9/24 New Durham	A V B	G V W2	ND V W1					
10/1 New Durham			B V ND	A V G	W1 V W2			
10/8 Bye Week NO GAMES								
10/15 New Durham	A V ND	W2 V B	G V W1					
10/22 Bye Week NO GAMES								
10/29 New Durham	B V G	A V ND						
11/5 New Durham			A V B	G V W1	W2 V ND			

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to the following standards as set by the Alton Parks and Recreation Commission:

I will place the emotional and physical well being of my players ahead of any desire to win.

I will remember to treat each player properly as an individual, remembering the large spread of emotional and physical development for the same age group and be considerate of the concerns a player may have.

I will do my best to provide a safe playing situation for my players and report any unsafe conditions to the Parks and Recreation Department.

I will seek proper medical assistance to treat an injured player.

I will do my best to organize practices that are fun and challenging to all my players.

I will lead by example, demonstrating fair play and sportsmanship to all my players, coaches, officials, and fans.

I will insure that I am knowledgeable of the rules in each sport that I coach, and will teach these rules to my players.

I will use coaching techniques appropriate for each of the skills that I teach.

I will abide by the "24 Hour Rule" in regard to resolving grievances with coaching staff and parents in an attempt to discuss concerns.

I will remember that I am a youth coach and that the game is for the children and not adults.

I will remember it is the intent of the Parks and Recreation Commission that all players play in every contest.

(Note: Failure to abide by this Code of Ethics will result in a hearing with the Parks and Recreation Commission which could lead to disciplinary action up to and including termination from the position of coach. No action will be final without the opportunity for the coach to participate in the hearing. If a coach has a complaint about the operation of a recreation program or the department, that complaint should be submitted in writing to the commission before the next regularly scheduled meeting.

NAME: _____ DATE: _____

ADDRESS: _____

SIGNATURE: _____

PARENTS CODE OF ETHICS

Though your child is under the supervisory guidance of great coaches during practices and games, the most important people in their life are still you, the parents. We'd like to pass on a few tips, which will make our program more enjoyable for everyone involved.

- Please place the emotional and physical well being of your child ahead of any desire to win.
- Just as you earned your child's respect through your personal discipline and sense of responsibility at home, please teach your child to respect the officials of the game and his or her teammates. This can best be done by refraining from openly criticizing the decisions of the officials and accepting their calls as part of the give and take in life. A child soon loses admiration for a coach or official if his/her parents feel they discriminate against him/her.
- Remember the coaches are volunteers and the officials are doing their best. They donate/share significant amounts of time so your child can develop and play. Please treat them with respect even when you don't agree.
- Applaud good effort by all players and let the coach point out the mistakes.
- Come to games with your child and encourage him or her and their teammates. It means a lot to a child when mom and dad are "out there" watching.
- Since you do not condone loud or abusive language and gestures at home, do not tolerate such things during a game. Remember, a child imitates, sometimes without thinking. If you tolerate abusive language toward officials, you may as well mold a child who abuses others later.
- Never tolerate or laugh at an unintentional bad play. If you do, you disrupt the discipline our coaches try to instill in the players.
- Please remember that a game is a form of recreation and play and not a life and death struggle. Keep a reign on your emotions regardless of who wins and loses.
- If you must criticize a player while on the field, do it softly. Would you like to hear disparaging remarks about your child while you sit in the stands?
- If you have a concern in regard to a practice or game related incident, please honor the "24 Hour Rule" before contacting the coach or official.
- Your vote of confidence in the character and abilities of our coaches, even if you know more about running the team than our volunteers do, is also a vote of confidence in your child.
- Provide transportation to and from all practices and games ensuring that the player is prompt not only in arriving but in his/her departure.
- **ALLOW YOUR CHILD TO BE A CHILD.**