

*FULTON ELCAMINO
RECREATION AND PARK DISTRICT
2201 Cottage Way, Sacramento, CA 95815*

6 A-SIDE SOCCER



TEAM HANDBOOK



Welcome to Fulton - El Camino RPD

SIX - a - side SOCCER

FEC's primary goal is to provide you the participant with a well-rounded, fun and family driven atmosphere at our six a side soccer program.

This manual is designed to give you the basic rules that govern our program and the facilities we utilize for play. Please share the information with your teammates so that they too, can be informed. Open communication among participant's, officials, and park district staff will assure that your team has as much fun as possible during play.

All games will be played at Howe Park.

We Thank you for choosing Fulton – El Camino. Your participation is appreciated and as always you may contact me at any time if you wish to talk to me.

Yours in Recreation

***Steve Clark
Recreation Coordinator***

District information

Fulton- El Camino Recreation and Park District

District Office: 2201 Cottage Way
Sacramento, CA 95825

Phone: 916-927-3802
Fax: 916-927-3805
Website: www.fecrecrecpark.com

Recreation Superintendent:

Becky McDaniel
Phone: 927-3802 x119
E-Mail: bmcdaniel@fecrecrecpark.com

Recreation Coordinator:

Steve Clark
Phone: 927-3802 X116
E-Mail: sclark@fecrecrecpark.com

FEC's Mission Statement

"Enhance the quality of life for our community by providing park facilities and recreation programs of exceptional quality while maintaining and protecting our parklands for future generations."

Parks Make Life Better

FEC / HOWE PARK RULES

Park Hours: 7:00 A.M. to Dusk (except league play)

Games are played in the area as determined by the FEC Staff

Glass containers are not permitted

Alcohol is NOT permitted in any FEC Park

For emergencies call 911

LEAGUE OPERATIONS:

The Fulton-El Camino Recreation & Park District will operate according to policies set forth by the Fulton – El Camino Recreation & Park District Board of Directors. League play will be conducted according to the rules and regulations determined by the Fulton-El Camino Recreation and Park District. The Recreation Coordinator will act as commissioner of the Six a Side Soccer League and will preside over any and all protests and appeals.

League Fees:

League Fees are due at the time of registration. Any team pulling out of the league after registration but prior to the first league game will be charged a \$50 cancellation fee. The entire league fee will be forfeited if a team cancels after the schedule is posted.

Returned checks are subject to a \$25 processing fee and must be paid in cash or money order.

Rosters:

The Fulton – El Camino Recreation & Park District Adult Sports roster, agreement, waiver & release form is due prior to the start of the team's first game. All participants must sign the roster prior to participating. Rosters may be downloaded at www.fecrecpark.com or picked up at the district office. It is district policy that a new roster be submitted prior to participation in every league / season. Players may be added to any roster until the team has completed its third (3) game.

Forfeits:

Players who have not signed the official FEC roster will be deemed ineligible. Teams using ineligible players shall forfeit the game if a protest has been filed (in writing) to the league commissioner by the close of business (5:00 P.M.) the next working day.

Protests:

Protests on player eligibility must be lodged before half time of the game.

All other protests must be lodged by the conclusion of the game. All protest will be noted on the score sheet by the official.

All protests must be followed up in writing by the close of business (5:00 P.M.) the next working day. Protests of player eligibility: The player in question must supply a photo ID to game officials. A \$10 fee must be filed with the written protest. The fee will be returned if the protest is upheld.

Protest involving rule interoperations must be submitted in writing as stated above. A \$25 fee is required for the protest. It will be returned if the protest is upheld.

Protests shall be reviewed by the Recreation Coordinator

The team manager or representative needs to attend a meeting prior to the start of the league in order to discuss rules and regulations of the league.

OFFICIALS:

One (1) official is assigned to officiate all games. This official shall have complete control of the facility and game. The official has the authority to banish players, coaches, or spectators at any time from the facility for misconduct, intentional delay of the game, or for the overall good of the game being played. The officials' decision shall be final except in case of rule misinterpretation.

AWARDS:

Ten individual awards will be given to the league champion. Awards will be given to the team manager. If the manager wishes to have someone else pick-up the awards they must make arrangements with the league director. Awards will be held for 30 days.

Standings Tie Breakers: 1) Head to Head, 2) Least goals allowed to head, 3) Least goals allowed total league, 4) most goals scored head to head, 5) most goals scored total league.

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Rules of Play

Field:

Dimensions: 80 Yards x 40 Yards
Goal: 12 ft wide x 7 ft high
Goal arc: 12 ft from center of goal
Penalty kick: 10 Yards from center of goal

Time: Two (2) – 25 minute halves
Half time – 5 minutes

Substitutions:

Free substitutions on the fly, (One off, on one)
Goalie must step out of the arc before another teammate can step in.

Out of bounds:

Touch line: indirect kick from outside the line at point of exit
Goal Kicks: All start with goal keeper
Corner kicks: All indirect

General Rules:

Kick-off is indirect
Wall must be at least three yards away. If wall is less than 3 yards away from the arc the defense may set the wall with their heels on the arc.

Play continues after a goal with goalie throwing the ball into play.

No slide tackling – Penalty – Indirect kick

Player must be on their feet to kick the ball. – Penalty – Indirect kick

Coed Division:

Team play consists of 6 players a side. 3 men and 3 women. However, A team may play with 4 males and 2 females, or 4 females and 2 males. If this is the case the goal keeper must be of the majority sex. If team is playing 4/2, the attacking team may not bring 4 players of the same gender into the attacking zone (across mid field).

Female goals count as two points

Equipment:

All Players are required to wear approved soccer shin- guards. The shin guards should be worn under your socks.

Goal Keeper:

Only one defensive player may be inside the arc at a time, This player will be deemed the goal keeper.

Goal keeper may change during play without notice. – see substitutions

Must throw the ball underhand and it must land before crossing the mid-field line. Failure to do so will result in an indirect kick from mid field.

Goal keeper may dribble out and score.

Drop kicks are prohibited. Penalty: an indirect kick from mid field.

Goal keeper may not have possession of the ball for longer than 5 seconds while in the arc. Indirect kick from mid field.

ARC:

If a player, other than the goal keeper, crosses the goal arc line:

If defensive: Player crosses under own power at any time, for any reason, the offensive team gets a penalty shot

If Offensive: Player crosses under own power at any time for any reason, the goal keeper receives the ball and play continues.

If goal is made after offensive player crosses the arc – NO GOAL

Cards:

Blue: Mandatory substitution, 1 minute cool down

Yellow: 1 Minute Power Play (no sub)

Red: Disqualified from game. (FEC Sports program issues an automatic one (1) game minimum suspension for players who are disqualified from participation due to unsportsmanlike conduct).

Good Luck – The FEC Staff hopes you have a great recreational experience playing 6 a-side soccer!

