



We would like to welcome you to the game of Soccer in EFSA. The mission of our club is to:

- Provide a learning environment for all players to gain awareness and confidence in the sport of soccer.
- Promote an atmosphere of sportsmanship for all players.
- Promote the concept of teamwork for all players.
- Promote athleticism and physical fitness to our youth.
- Increase awareness of the sport of soccer among the youth and adults of the community.
- Increase the level of play among the Elizabeth-Forward youth, thereby creating opportunities for players to advance as far as they desire.

To meet the club's mission the following in-house rules will be enforced:

Player Requirements:

- All players must wear shin guards.
- Socks must be worn and they should totally cover the shin guards.
- No Jewelry is to be worn. (Newly pierced ears are to be taped on both sides)
- No hard hair accessories. Only soft hair ties may be worn.
- Soccer shoes are optional. No metal spikes or toe spikes (football shoes) are permitted.
- All players need to bring a water bottle or sports drink and keep them on the coaches side of the field. Parents stay on the opposite side of the field and not behind the goals.

In-House Program General Info:

The playing season will be April and May. Your coach should call you at least 1 week before the first session and provide your team number and first session field number and uniform color.

U6: Meets 2 times a week (Thursday 6:00 pm and Saturday 12:30 pm at Boston)
Plays on a 20 x 30 yard field with 5 foot goals with a size 3 soccer ball.
A 30 minute practice is followed by a scrimmage each session (four 6 minute quarters).
No score is kept. There are only winners. Please do not keep score.
The teams will play 5 vs 5 including a keeper. The keeper will not use their hands.

U8: Meets 2 times a week (Monday and Wednesday 6:00 pm at Round Hill)
Plays on a 30 x 40 yard field with 8 foot goals with a size 3 soccer ball.
A 30 minute practice is followed by a scrimmage each session (four 7 minute quarters).
No score is kept. There are only winners. Please do not keep score.
The teams will play 6 vs 6 including a keeper. The keeper will use their hands.

U10: Meets 2 times a week (Tuesday 6:00 pm and Saturday 2:00 pm at Boston)
Plays on a 45 x 60 yard field with 16 foot goals with a size 4 soccer ball.
Tuesday session is practice and Saturday's are for games (two 25 minute halves).
Games will be refereed by volunteers and the score will be kept.
The teams will play 7 vs 7 including a keeper. The keeper will use their hands.

Note: These general rules may be changed before the playing season starts by the age group commissioner to support the clubs mission.

Parents Code of Ethics

To meet the club's mission the Parents and Spectators are asked to pledge to the following:

- I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting events.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials, working with my child to provide a positive enjoyable experience for all.
- I will defend a drug, alcohol and smoke free sports environment for my child and will assist by refraining from their use at all youth sporting events.
- I will remember that the game is for the children and not for the adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex or creed and ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

More Information

For more information visit our website: efsoccer.org. The website contains our club contact information, directions to the fields and the clubs bylaws.

ELIZABETH FORWARD SOCCER ASSOCIATION

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