



ZenFooty “Summer Nights” Soccer
League (ZSL)

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League Overview

Purpose of the ZenFooty “Summer Nights” Soccer League

The ZenFooty “Summer Nights” Soccer League is designed to bring players together who have a special desire to increase their skill levels while enjoying match play in a fast and demanding environment. The league is very informal and is all about fellowship, learning to play with great skill, and enjoying the beautiful game. Many players from the ZenFooty Private Soccer Training play in this league to further refine the tools they have learned over the summer in private or group training. Players from nearby clubs also come from outside the Zen United Club and ZenFooty Soccer Academy to enjoy this exciting game.

Playing small sided soccer has become very popular around the world with many youth Directors of Coaching, leading collegiate coaches, and professional coaches recommending this format as a productive developmental venue for youth players. Played around the world as both a fun and highly effective approach to player development, small sided soccer fits right into the training philosophy of the ZenFooty Soccer Academy as players can find applications for their newly learned techniques of ball mastery and quick decision making.

This is another one of the many inter-club events that will be hosted by the ZenFooty Soccer Academy in an intramural format. There are likely to be many more as the academy grows and the interest in players to become more technically competent remains on the rise.

Please direct all questions to Saurabh Dharia, League Commissioner, on sdharia@consiliumc.com. Please also visit the site on www.zenfooty.com for soccer blogs, contests, a soccer glossary and more!!

Simple Description

ZenFooty Soccer Academy is hosting a small sided soccer league in Westmont Illinois. This league is called the ZenFooty “Summer Nights” Soccer League (or ZSL). ZSL is a 6-a-side fun league where players of all ages can participate. It is played on a modified field (60 x 40) with 5 field players and a keeper. Coed teams are welcome and encouraged.

Age and Competition Levels

The teams will be broken up in to divisions based on age and experience levels. The following divisions are projected for this summer:

1. U-8 and U-9 (Coed)
2. U-10 and U-11 (Coed)
3. U-12 and U-13 (Coed)
4. U-14 Boys and U-14 Girls
5. High School Boys and High School Girls
6. Adult Coed
7. Adult Competitive

Games – Where and When

Teams will play a minimum of 10 games per session. If time and weather permit, we will have two summer sessions of SNSL. Games will last 50 minutes and played in 25 minute halves (U-8 and U-9 will be 20 minute halves). Location for all games will be Ty Warner Park. The games will be played in the evenings during the week at the following start times:

1. 5:00 – 6:00
2. 6:00 – 7:00
3. 7:00 – 8:00

Every effort will be made to have the younger teams play earlier in the day to ensure they get home before too late. Or they can stay and watch mom and dad play!!

Fees

There will be multiple fields so there will be more than one game going on at a time. Players are encouraged to come early and stay after their game to cheer on others and help build community!!

Fees for the SNSL are as follows:

1. Adult: \$400 per team
2. High School: \$350 per team
3. U-14: \$350 per team
4. U-8 to U-13: \$300 per team

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Registration

Registration begins immediately. Saurabh Dharia is the League Commissioner this year. Please contact Saurabh with any questions regarding the schedule, game locations and times. Saurabh can be contacted on sdharia@consiliumc.com. Eyleen Hawkins will be collection all registration forms. You may contact Eyleen at eshawkins@sbcglobal.net

A completed registration consists of a signature of compliance on the last page of this document, completed registration form, Completed Medical Waiver form, and payment. Payment should be made by a team representative on behalf of the entire team.

Registration and waiver forms are in separate documents and available on the website. Please complete the registration forms and send them to:

ZenFooty Soccer Academy
c/o Eyleen Hawkins
113 Tuttle
Clarendon Hills, IL 60514

You may also email them to eshawkins@sbcglobal.net.

Make Checks Payable to:

ZenFooty Soccer Academy

Rules and Regulations

Equipment and Safety

All players must wear protective shin guards in order to participate in any game for any amount of time at any position.

Shoes may be flats, turf shoes or molded soccer shoes. No studded shoes will be allowed in the event. Likewise, no baseball or football shoes which have a front stud or cleat will be allowed in the league.

Age appropriate soccer balls will be used. U-8 size 3, U-9 through U-12 size 4, and U-13 through adult size 5. Game balls will be provided by ZenFooty Soccer Academy and must be returned to the officials at the end of each evening.

Goals will be a U-8 sized goal with attached nets. These goals will have attached netting and will be anchored. Any tampering with the goal will result in an immediate yellow with the second offense being a red card ejection and a one game suspension.

Fields will be lined and have corner flags for every game.

Teams are required to wear a common jersey color (which could be a t-shirt) but do not have to wear matching shorts. Colored scrimmage vests will be on hand to resolve any conflicts in jersey colors or inconsistencies within a team's jersey color.

Field Dimensions and Game Duration

Games will be played on a 60x40 field which will be lined proportionate to a full sized soccer field. Games will be played 50 minutes in duration and will be played in two 25 minute halves. The games will be officiated by certified referees but this is a not a guarantee. All referees will be approved by Ed Hawkins, Academy president to ensure quality.

There will be no overtime in league matches. Overtime will be played in playoff and championship games. In the event a tie-breaking match is being played for the right to make the play-offs, overtime will be played.

The overtime duration is two five-minute sudden death (or golden goal) sessions. If there is no winner at this point, the contest will go to penalty kicks. Penalty kicks will be taken alternatively by 5 players. If after the first round, the PK count is tie, teams may re-use players to take the second round of 5 kicks AFTER every player has had a chance to shoot.

League Scoring and Standings

Three points are awarded for a win and one point for a tie. There are no points awarded for a loss. The league champion is the team with the most points at the end of the session. Three points are awarded for a forfeit and the score will be registered as 2-0.

Rain Outs

Rain outs are determined by the park district. Officials are instructed to play in the rain but to clear the field if there is any thunder and lightening. The park district has detection devices to ensure we avoid risk. The commissioner is responsible for rescheduling rained-out games.

Video Footage and Web Presence

1. Portions of games may be video recorded by the ZenMaster
2. Action photos of players may be taken for marketing purposes by the ZenMaster
3. Parents and players are expected to waive their rights to this marketing content

Appeals

All appeals and protests must be documented and presented to Saurabh Dharia, League Commissioner. These include ejections, game rulings, and safety matters. No refunds will be issued or handled through this appeal process. All appeals are to be emailed to Saurabh Dharia at sdharia@hotmail.com.

Rules of 6-A-Side

General Rules

1. No foul language will be permitted by players or fans
2. No alcoholic beverages allowed
3. All park rules must be followed
4. All trash and debris must be picked up and deposited after the game
5. Respect for all players and teams is expected
6. All other rules of the game apply unless otherwise modified below

Game Scoring Rules

1. Landslide scores are frozen at an 8 goal margin (i.e., 11-3 or 8-0).
2. Landslide scorekeeping is at the referee’s discretion
3. Referees will submit all official scores to the Commissioner

Contact Rules

1. Shoulder charges allowed
2. Slide tackling NOT allowed except for Goalie who can slide to stop 1v1

Goal Safety

1. No hanging on, climbing, leaning or loitering around the goal mouth at any time
2. Do not tamper, remove or adjust goal anchors unless authorized to do so
3. Referees will adjust goals and nets if required
4. First goal safety infraction will result in a yellow card with the second a red card

Start Up

1. No coin toss, visiting team kicks off first half and home kicks off second half.
2. Drop kicks are used for any ambiguous stoppage of time

Substitutions

1. Substitutions for all age levels is on the fly
2. Entry to the playing surface can only occur after the substituted player has exited
3. Entry to playing surface must be from midfield
4. No goal will be permitted if too many players are on the field
5. Each team is allowed 20 seconds to change goal keepers – This is not on the fly
6. A limit of two goal keeping changes per half game are allowed
7. Players may enter and exit as many times as desired throughout the game
8. Non-rostered ringers in “forfeit Games” should receive playing time AFTER players on the roster have seen sufficient time.

Touch Line and End Line Rules

1. Balls are returned to play using a kick-in instead of a throw in
2. Players returning the ball to play must receive 3 yards of grace
3. Players returning the ball to play may back up for extra space
4. In-bound kicks may cross only two horizontal lines on the field
5. Goal kicks may cross only two lines

Offside Rules

1. Offside rules apply behind the offside lines (which may or may not be the penalty box extended to the sidelines).
2. These rules apply to ages U-11 and above.

Restarts or Free Kicks

1. No restarts will be conducted from inside the box except a penalty kick due to a flagrant trip or a hand-ball. All restarts will be moved outside the box and treated as an indirect kick.
2. Free kicks will receive 6 yards of space instead of the standard 10 yards.
3. The clock will be on running time with the referee using discretion for extra time or injury time.
4. Time wasting will be assigned a yellow card and then a red for the second offense.
5. The kick-off is an indirect as are all ALL infractions except for handballs inside the penalty box.

Number of Players

1. Teams are allowed to play a game with 5 players (one below regulation).
2. It is up to the opponent as to whether they want to play with 6 or 5.
3. A team having 4 players or less at game time forfeits the game. Players can be shared for the purpose of getting a game in after the forfeit has been called.
4. No “ringers” (non rostered players) are allowed in official games.

On-Field Injuries

1. No injuries will stop the clock – unless required by referee for serious injury
2. All mild injuries should be substituted using the “on-the-fly” substitution method
3. Referee must complete a report for any major injuries and send it to the commissioner

Sportsmanship – Set the Standard

Players are expected to demonstrate sportsmanship before, during and after the match. No special hand-shake line is required in this league. However, players are expected to visit and recognize one another before and after the match. Players are also expected to recognize the referees after each match as well.

Players are NOT required to have jerseys tucked in or perfectly matching uniforms. Shorts and socks can be reflective of their personal imagination.

Endorsement

I have read, understand and agree with the content set forth in the “ZSL Rules of the Game.” My child and I agree to abide by the regulations contained therein. In addition, I freely permit ZenFooty Soccer Academy to use my child’s picture or likeness in all future marketing materials. I have no expectations of being compensated for such use.

Name

Date