

Limited Distance Travel Program Guide (rev. September 2024)

Competition Committee

Chair: East Fishkill - Kevin McCarthy - ldt@efsc.net
Members: Wappingers - Meghann Hardesty - mhardesty1@gmail.com
Poughkeepsie - Michael Sperling - intertown@topsc.org
Beekman - Will Cox - cwcoxjr@gmail.com
Pleasant Valley - Tracey Santiago - traceysantiago.pvrec@gmail.com

Disciplinary Committee

Members:
East Fishkill – Kevin McCarthy ldt@efsc.net
Beekman – Will Cox cwcoxjr@gmail.com
Wappingers Falls – Meghann Hardesty – mhardesty1@gmail.com
Poughkeepsie- Michael Sperling- intertown@topsc.org

Committee Mission:

- Promote sportsmanship across all LDT divisions/teams.
- Review rules, procedures, processes so all LDT clubs participating are consistent.
- Review and determine disciplinary action when required.

LDT Divisional Guidelines

	TEAM DIVISION		
	U12	U15	U19
Ball Size	4	5	5
Heading Allowed	No	Yes	Yes
# Players on Field	9 (8 + Goalie)	11 (10 + Goalie)	11 (10 + Goalie)
Game Times	30min. half + 5 halftime	40min. half + 5 halftime	45min. half + 5 halftime
Min/Max Field Size	40x70, 50x80	50x100, 80x130	50x100, 80x130
Goal Size	7x21	8x24	8x24

LDT Intramural Program Rules

Non-Eligible Players

- ***The only child not eligible to play on a LDT intramural team is one who currently plays on a travel, academy or premier soccer team, regardless of town in which they play soccer.***
 - LDT Directors of each participating LDT club will ensure a note is added to their registration system stating that the above soccer players are not eligible to play.
 - LDT Directors will monitor their own LDT club registrations to ensure no players falling into the categories above register for the LDT intramural program.
 - In past years, players have played travel, academy or premier soccer for one club and then registered to play LDT intramural for another Club. To ensure this doesn't occur LDT Directors will review their registrations for any player who is registering from an outside town. If a player registers from an outside town, it is the responsibility of the LDT Director to send a note to the LDT Director of the outside town confirming the player in question does not play for a travel, academy or premier soccer team. Ex. If Poughkeepsie notices a Hopewell Junction/Fishkill address, the Poughkeepsie LDT Director would send a note to the East Fishkill LDT Director to inquire. Since some towns overlap, each LDT Director may ask additional LDT Directors to review.
 - Any travel, academy or premier soccer player identified during a game will be asked to leave the field, be removed from the roster and the club will be reported to the Disciplinary Committee for further review and disciplinary action.

Rosters

- Rosters will be required for each game and players will be checked in by the referees. Where possible, rosters will include pictures of the players.

Team & Coach Location

- All players will sit on one sideline while all spectators for both teams will be on the opposite sideline. Additionally, coaches should do their best to remain within the technical area, which is approximately one yard on either side of where your players are sitting.

Medical Release

- Each coach must have a copy of the player's medical release form with them at each practice and game.

Uniforms & Equipment

- Shin guards and appropriate footwear are mandatory.
- The home team is responsible for switching uniforms should a conflict in uniform color arise. If another uniform is not available, then the home team will wear pinnies.

Referees

- Each game should utilize a three-person referee system. When this is not possible, the center referee should ask an adult to volunteer from each team to help with the sidelines, only alerting the center referee when the ball goes out of bounds. The volunteers should not assist the center referee in any other manner. The center referee for each game should be at least one year older than the division they are refereeing.

Reschedules/Game Cancellations

- Games are to be played as scheduled. If a game time needs to be changed, then the team requesting the change will be responsible for contacting the other coach. If a game needs to be canceled for reasons other than inclement weather, then the team canceling the game should give the opposing team at least 24 hours notice of the cancellation.

Inclement Weather/Extreme Temperatures

- In the case of inclement weather, the home team should alert the visiting team as soon as possible if fields are closed.
- Heat indexes are to be monitored. If the heat index is between 91 and 95, then the game will switch to quarters allowing players to re-hydrate. If the heat index is greater than 95, then the game will be cancelled and rescheduled.

Field Safety

- Fields should be properly lined, and corner flags are required for each game.
- Goals need to be held down with at least two stakes, ground-gripping anchors or sandbags while in use. If goals are not properly anchored, then the game will be cancelled, and the home team will be charged with a forfeit. It will be the responsibility of the referee to determine if the goals are secure.

AED Policy

- <https://efsc.net/health-and-safety/aed-info/>

Zero Tolerance Policy

- <https://efsc.net/parents/zero-tolerance-policy/>

Reporting Game Scores/Cards/Issues

- Each Sunday, the coach of the home team is to email the game score, any yellow/red cards issued and the name of the recipient, and any other issues observed at the game to ehysl.ltd.gamereports@gmail.com. The subject of the e-mail should contain the division, the home and away teams, and the date (and time, if more than one game is played). For example, Subject: CU12, Beekman 11 v East Fishkill 3, 2017-09-16 11:30
- Any player receiving a red card in a game will not be allowed to play a minimum of their next one (1) scheduled match. The disciplinary committee will decide the actual number.

Running Up Scores

- One of the purposes of the LDT program is to promote good sportsmanship. When teams are mismatched, coaches should consider various score limiting techniques.
- No goal differential in excess of 7 goals is acceptable. If any team exceeds the 7-goal differential the following will occur:
 - 1st offense – warning to coach and club

- 2nd offense – one game suspension for the coach
- 3rd offense – three game suspension for the coach

Information adapted from East Hudson Youth Soccer League Game Operating Procedures