



INSTRUCTIONAL RULES AND REGULATIONS

INTRODUCTION

First we as a board would like to take this opportunity to thank you for volunteering to coach in our Recreational Soccer Program. We are spending a lot of time and energy in making sure that the rules, guidelines, and participation requirements not only meet United States Youth Soccer Guidelines, but will ensure the proper environment for all participants to be able to learn the skill development necessary to compete at the traveling age, develop the decision making ability necessary to compete at the traveling age, and most of all, to **ENJOY THE GAME**, so that they will want to reach the necessary levels to compete at the traveling age.

In order to accomplish this there are several things that **MUST** be observed and adhered to at all times in order to reach the level of training and healthy development of the individual player and team. Please remember that these rules and guidelines exist for a reason and will be strictly enforced. The number one priority of this club will be to protect the child, and develop the child through healthy competition, and leadership, while preparing them for the competitive atmosphere which begins at the traveling ages.

Please remember that attitude reflects leadership. If you are prepared and ready to go for practice and your matches, then your players and parents will be as well. Please remember to be professional, controlled and prepared. Our job at this level is to train these young players in the basics, and groom them to be able to **MAKE DECISIONS** on their own, apart from coaching or parental interference.

It will be the responsibility of each coach to *parent the parents, police the parents, and educate the parents* on the rules of the match, and **THEIR BEHAVIOR AS ADULTS IN SUPPORTING AND ENCOURAGING THEIR CHILDREN**. This will be better accomplished if you as the coach and trainer not only understand these concepts, but put them into practice.

Coaches and parents deemed to be out of control or habitually violating the match rules and regulations as well as the guidelines set forth by the governing body of this Soccer Club, will be subject to disciplinary action by the Head Coach of the club as well as the grievance committee if one is deemed necessary to convene.

Please remember that your actions not only represent the club as a whole, but you as the individual coach responsible for training young athletes not only in the rules of the match, but to being sportsman as well.

Parents trust their children to you for training purposes and influence. You will have Professional Trainers at your disposal as well as Professional Training Organizations. Please use them, ask questions, and do not be afraid to learn! Please also remember that the number one objective of youth soccer is to build a healthy athlete, not afraid of making mistakes, and one that has fun and is able to compete at the higher levels of the match where competition becomes much more intense, greater and stronger. We as the Recreational Soccer Coaches provide the necessary foundation for this purpose!

We as a board greatly appreciate your time and your attitude in volunteering. We are very much looking forward to working with you to create a positive environment where the youth soccer player can learn, grow, mature and develop into the competitive player within his or her capability.

PREPARATION/REPOSIBILITIES

- Shin Guards are required for every player. Refs will make a check before the match to ensure all players are wearing shin guards.
- Coaches should arrive at the Practice sessions 15 minutes prior to the start times for your meeting with the trainer so you can review the session and ask questions.
- Have your team at the field 15 minutes prior to the start time for each match. Matches starting 10 minutes after the scheduled time will have that time subtracted from their match time.
- You are expected to obtain Volunteers from your team to man the snack stand during your scheduled hour. Lack of participation will result in the Snack Stand being closed during matches.
- Matches will only be allowed to be rescheduled for a valid reason or if there will not be enough players to field a team. Please advise Nancy of any conflicts and we will arrange to have another Coach fill in with your team for that match.

SESSION PLANS/U.K. ELITE

- Each coach is going to be given a session plan for Warm ups, and set pieces, (corner kicks, and goal kicks). Session plans for throw in's will also be made available to any coach that requests them.
- Each coach will also receive a practice script outlining the skill progression and development for each age group. It will have warm up suggestions and times, the skill of the day requirements, and scrimmaging time. Since instructional teams practice for 1 hour it will be a 50 – 55 minute script that can help the coach better coach their team and practice.
- Each coach will be given the U.K. Elite Step 2 Success coaching manual which includes their drills, sessions, and coaching points for each practice. These plans have been built into the practice script to make it easier for each coach to utilize the drills.
- Coaches Clinics will become available to help each coach understand what the game of soccer “looks like” and what each coach can do to help coach their team. These clinics as well as the scripts, session plans, manuals and diagrams, help the soccer “novice” to be more comfortable and confident in his/her ability to help train the players they have volunteered to coach.

MATCH RULES AND REGULATIONS FOR INSTRUCTIONAL

- The Rules for each Division are as follows (NO EXCEPTIONS)

- U5 – 5 v 5 – NO GOALIES (30 x 20 yard Box, PUG Goals; 4 – 10 min quarters)
- U6 – 6 v 6 – NO GOALIES (Field 3A; 4 – 10 min. quarters)
- U7 – U10 8 v 8 including Goalie (Field 3B & 3C; 2 – 20 min. halves)

Note: If a team does not have enough players to field the required amount, please play with the same number that team is playing with.

U5/U6 Age Group

- Coaches are allowed on the field for U5 & U6 matches. **Please do not impede the play of the match nor run alongside a player dribbling the ball.** Coaches are there for encouragement and should not stand out during the match time.
- **U 5 rules**
 - Coaches are allowed on the field at all times. Help with Throw in's and ensure that the players are technically sound.
 - There is no Corner or Goal Kicks at the U5 level.
 - Coaches are allowed complete access to the field but please do not impede the play and stay at least 5 – 10 yards away from the play as it happens.
- **U6 rules**
 - Coaches are to stay in their OWN HALF of the field, encouraging players and ball movement in the proper directions. Stay out of the 18 unless helping your team to set up for Corner/Goal Kicks.

U 7 Age Group

- U7 Teams will adhere to the following regarding coaching on the field:
 - Matches 1 - 3 of the Fall Season, and matches 1 and 2 of the Spring Season, coaches are allowed on their OWN HALF of the field to help *with player positioning on goal kicks, corner kicks only!* Stay out of the 18
 - Match 3 through the end of the Spring Season **NO COACHES ON THE FIELD!!!**
- THE GOAL OF THE INSTRUCTIONAL LEAGUE IS TO ALLOW ALL CHILDREN TO PARTICIPATE IN THE MATCH, SCORE GOALS AND HAVE FUN WHILE LEARNING SOCCER.
- The results of the match do not matter. All teams win. Please do not emphasize the score of the match with your team.

MATCH RULES AND REGULATIONS FOR SUPPORT DEVELOPMENT

U8 – U10 Age Groups

- U 8-10 teams will adhere to the following guidelines
 - All Matches are expected to run according to 8 v 8 aside match rules.

- **No coaches on the field**
- Team “A” parents and coaches on one sideline, and Team”B” parents and coaches on the other.
- Coaches must be responsible for their parent’s actions as well as their own during a match.
- Records and Scores will be kept with a 1st place trophy being given at the conclusion of the fall and spring season.
- The club reserves the right to break up any team that they deem to be dominant to ensure a level playing field (as much as possible).