

Fallston Rec In-House Soccer Rules and Guidelines

Intent of the Game:

The purpose of this organization shall be to promote, develop, and govern the game of soccer as a program within the Fallston Recreation Council, and to promote goodwill, sportsmanship, and fitness through soccer. Policies will be consistent with those of the Fallston Recreation Council.

Clinic – Ages 4 & 5

Purpose:

Four and five year olds are very, very little people. They are very egocentric. The ball represents a toy that belongs to them. They don't share well. They love to run and jump and roll around. They have wonderful imaginations! It's about PLAY! It's about FUN!

Equipment:

- *Cleats
- *Shin guards (must be worn at all games and practices)
- *#3 size ball
- *Uniforms will be provided

Games/Rules:

- *Games will last (45) minutes consisting of two (20) minute halves with a (5) minute half time.
- *One coach should be on the field for each team.
- *Five players on the field at a time – There are NO goalkeepers!
- *Substitutions can be done on any stoppage in play.
- *No penalty kicks or direct free kicks. Restart play by rolling the ball to a different section of the field. Can progress to kick ins for out of bounds or to restart as the season moves along.
- *If there is a hand ball, stop play and explain why they can't use their hands. To begin play again, do a kick in or have a coach/ref roll the ball in.
- *Coaches are the refs. Use a whistle for out of bounds, goals and fouls to teach that play stops on the whistle for many reasons.
- *No offside rules
- *No scores will be kept
- *It is the coach's responsibility to keep kids/parents in-line with the Fallston Code of Conduct.
- ***Parents must stay behind dashed line during practice and games.**
- *Coaches should ensure all participants receive equal playing time.
- *Remember they are only 4 and 5 years old, make sure they are having fun! If not, adjust games until they do!

U8 & U10

Purpose:

- *To establish a love of the game!
- *To learn and build on the core concepts of soccer by getting many touches on the ball.

Equipment:

- *Cleats
- *Shin guards (must be worn at all games and practices)
- *Size 4 ball
- *Uniforms will be provided

Games/Rules:

All games will follow FIFA's "Laws of the Game". A copy can be found here... http://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN_Neutral.pdf

Exceptions/Highlights to the above rules:

- *7 v 7 games, 6 field players and a goalie
- *2 x25 min halves; 5 min halftime
- *U8 can have one coach on the field.
- *Build out lines will be used. **See "build out line" section at the end of this section.**
- *No jewelry may be worn, including hard hair clips
- *No heading of a soccer ball is permitted. If a ball is headed, it results in an indirect free kick for the opposing team if intentional. If unintentional it is a drop ball. If this happens inside the goal box it will be brought to the top of the goal box for the restart.

*Offside rules will be called.

*Substitutions on your own throw in. A team may piggy back on the other team's substitution. Anyone can substitute a player on a goal kick.

***All players should have equal playing time in every game.**

*Teams/Coaches should be on one side of the field and parents on the other.

*No one, parents or coaches, can stand behind the goal during a game.

*There are no "Mercy" rules. However, if you are up by 3 or more goals please use your best judgement in keeping the game fun for the opposing team. Multiple passes, only shoot with left foot, move players around.

*Refs for our rec leagues are young and in training. Much like the kids they are learning too. However it is not the coaches or parents job to facilitate that learning. There should be no comments directed to ref during or after a game. If there is an issue with a ref, please bring it to your age group coordinator. **There is a ZERO tolerance policy towards verbally abusing refs by either parents or coaches.** Coaches are responsible for their entire sideline, parents included.

Build out line rules for 7v7 soccer:

The US Soccer policy for the use of BUILD OUT LINES for U8/U9/U10 in 7 v7 play is used to promote playing the ball out of the back, in an un-pressured setting.

The opposing team must move back behind the build-out line for a goal kick or when the goalkeeper has possession. **At any time, the goalkeeper may pass, throw or roll the ball to a teammate who is behind the build-out line.** The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.

The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can cross the build-out line and play may resume as normal. On a goal kick the ball is put into play when the ball is kicked. When the keeper has the ball in their hand the ball is in play when they release it. The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.

Inclement Weather:

All weather announcements will be posted to www.fallstonsoccer.com along with an email from Fallston Soccer.

If a game or practice has started and you see a lightening flash, you must clear the field immediately. You may not restart until the area has been free of a lightening flash for at least 20 minutes

Year – End:

U8 and U10 will finish the season with a tournament. Details will be sent with league schedules.

U8 and U10 will select an all-star team to participate in the Fallston Cup versus rec council all-star teams from around the area.

Code of Conduct: Players

- 1) Play by the rules.
- 2) Play fairly and exercise good sportsmanship.
- 3) Work equally hard for myself and my team. My team's performance will benefit and so will I.
- 4) Cooperate with coaches, teammates, opponents and officials. Without them there would be no game.
- 5) Show respect to opponents at all times.
- 6) Be gracious in defeat and dignified in victory.
- 7) After each game, offer congratulations or say "good game" to the opposing team.
- 8) Play for the fun of soccer!

Code of Conduct: Coaches

- 1) Promote fun (on & off the field of play), friendships & learning new skills.
- 2) Referees, administrators and opponents should be treated with respect and dignity.
- 3) Only provide positive reinforcement and encouragement. Remember, it's only a game, so have fun with it.
- 4) Avoid overplaying talented players. All players deserve equal playing and training time, regardless of their ability.
- 5) Ensure that equipment and facilities meet safety standards and are appropriate to the age, maturity and ability of all players.
- 6) Keep up to date with the latest coaching practices and the principles of growth and development of young players.
- 7) Respect the rights, dignity and worth of every young person regardless of their ability, cultural background or religion.
- 8) Understand that my attitude can influence the players, coaches and spectators.
- 9) Official decisions should be accepted, no matter how unfair they seem.
- 10) Always conduct yourself for the good of the game and the good of Fallston Soccer.

Code of Conduct: Parents/Spectators

- 1) Be my child's best fan! Support my child unconditionally and make them feel like a winner every time!
- 2) Remember that children participate in sport for their enjoyment, not mine.
- 3) Encourage children to participate, do not force them.
- 4) Focus on the child's effort and performance rather than winning or losing.
- 5) Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- 6) Never ridicule or yell at a child for making a mistake or losing a game.
- 7) Remember that children learn best by example. Appreciate good performances and skillful plays by all participants.
- 8) Support all efforts to remove verbal and physical abuse from all soccer activities.
- 9) Be kind and respectful to your child's coaches, officials and program administrators. These volunteers give their personal time to provide a recreational activity for your child. These people are providing a valuable community service, often without reward, other than the personal satisfaction of having served the community and making a positive difference in the lives of Fallston children. The best way to better the program is to volunteer to help in any way you can.
- 10) Be sure my child is available for most practices and games. Practices are as important as games. Children who simply don't show up for practices and/or games are letting everybody down. If I know my child is unable to attend a practice or game, I will give the coach advance notice to enable proper planning.
- 11) Report to the coach all injuries, special medical conditions or extenuating circumstances that may affect the player.
- 12) Send my child ready to play. My child will be dressed in uniform and arrive on time. Ensure my child is picked up from practices and games on time.
- 13) Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.
- 14) Do not openly question the referee's judgment and never his/her honesty. In fact, never say anything to a referee or try to make calls for the referee. Please remember that many referees are still children learning how to ref, so please give them a break. Accept the results of each game and encourage your child to be gracious in victory and to turn defeat into victory by working towards improvement. A child will not remember the results of a game but will remember how they felt because of your actions.
- 15) If you have a problem with a member of your child's coaching staff, please give a 24 hour cooling off period before contacting the coach/ age group coordinator.
- 16) Realize that the program has provided the tools necessary for your child's coach to be the best coach and role model possible for your child. You may feel as if you know more about soccer than your child's coach. Maybe you do; maybe you don't. However, you should respect the fact that the coach has volunteered his/her time. Stalking up and down the sidelines barking orders to the team undermines the coach's authority and sends confusing messages to the children, which increases their level of frustration. Let the coaches coach. Please have a seat, relax, and enjoy the game.

Being a player, manager, coach, parent/spectator, I have read and understand the Fallston Soccer Code of Conduct. I agree to abide to this code of conduct and practice good sportsmanship throughout the season. I agree to help enforce this conduct as written to better the soccer experience for all.