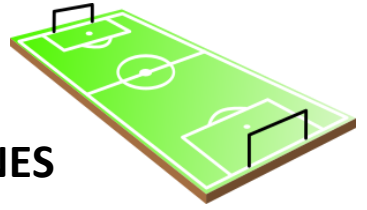


# CALCASIEU SOCCER CLUB



## REC SOCCER AGE GROUP RULES & GUIDELINES

Thanks so much for stepping forward to be a volunteer coach in our youth recreation soccer program. Your involvement is very much appreciated and ensures that we can allow the kids to play the game they enjoy! While soccer has different rules and regulations that we must try to get the kids to learn and respect. Our rules are in place with the aim of creating the safest, fairest, and most fun environment. Please take time to review the first few pages and during game days, try to keep it simple, safe and fun, and use this question as our centering point; **Am I maintaining a safe, fair, and fun environment in which the kids can play the game?**

Before we get to the actual game rules, here are a few important things to keep in mind to help you in overall experience. These are general and may not apply to specific age groups.

**Pre-game communication** – It's a good idea to touch base with the other coach and referee before the game to make sure everyone is on the same page. Make sure everyone agrees on the length of the halves and half-time. Ask them to please communicate calmly & respectfully, and ask for their help in maintaining a safe, fair, and fun environment.

**Coach behavior** – Please act and communicate calmly & respectfully at all times. If a coach's behavior is disrespectful to you, the players, or acts in a manner that seems inappropriate, please notify a CSC official at half-time or after the game.

**Fan behavior** – Likewise, if a fan's behavior from the sidelines is disrespectful to you, or the players, or acts in a manner that seems inappropriate, please notify a CSC official during half-time or after the game.

**Player behavior** – Players should be excited and enthusiastically playing the game. Let them play freely so long as they are not out of control and risking injury to themselves or others. If you feel that a player on your team is playing recklessly or is acting in an unsporting manner, take a second to calmly & respectfully talk to him/her and ask them to stop it. If the player persists in the behavior, sub out the player to address the behavior. Trash-talking, slide tackling or other forms of dangerous play need to be addressed should be addressed immediately.

**Fouls** – As always, obvious trips, pushes, handballs should be called as fouls. If referees are uncertain over a call, or if the incident was 50/50 minor coming together then they may allow the game to continue. It is ok to allow the game to flow, except when there is dangerous play involved or if a player is hurt.

**Communication during the game** - Be calm, confident, and try to give the kids guidance, so they know how to learn and improve their understanding of the game.

**Water Breaks** - In hot weather it's recommended to allow water breaks. These should be communicated to all coaches and referees. Just 2-3 minutes in the middle of each half is fine. Leave your watch running.

**Equal Playing Time** - Our recreation program should *strive* to provide equal playing time to all kids. We realize this is challenging which is why we say strive. Do your best to fairly distribute playing time among all the kids. Things to consider especially at the **older age group levels**:

**Keeping the 'best' kids on all the time** – to do this is not in keeping with the spirit of the recreation program. Rotate your players to give everyone a fair chance to develop and 'shine'. Wanting to win is fine, but not at the expense of the less experienced or developed kids.

**Player practice attendance** – If a player doesn't attend practice often it may not be their fault, and they should still get a fair chance to play... BUT, it is also fine to reward regular practice attendance, effort and respect, positively reinforcing these behaviors with starting spots or more playing time if it is deemed appropriate.

The parent meeting or initial email is a good time to convey messages about playing time. In all instances, try to consider the big picture and use your best judgement.

**Player & Coach Misconduct** - Calcasieu Soccer Club aims to put sportsmanship at the heart of its programs. We ask all members to conduct themselves in a manner befitting of a youth sports program and **treat others as you would like to be treated**. Instances of misconduct by players and coaches will be taken very seriously. Below is our policy on misconduct.

**A player** who is ejected shall be suspended and as a minimum shall not be allowed to participate in his or her next playable game regardless of whether such game or games are in league play or tournament play. An additional suspension of 1 game is mandated in the event the player's ejection was for violent conduct including but not limited to the aggression of a player towards an opponent with clearly no intent to play the ball; offensive, insulting or abusive language or gestures directed toward a player, coach, trainer, spectator, referee or administrator.

**A coach** who is ejected from a game shall immediately leave the soccer complex and is prohibited from any further contact, direct or indirect, by any means whatsoever including, but not limited to, communication through a third person, with the team during the remainder of that game. If a coach who has been ejected from a game violates this prohibition, he or she shall, in the sole discretion of Calcasieu Soccer Club, be subject to suspension beyond that occasioned by his or her original ejection. A coach who is ejected from a game shall be suspended and as a minimum shall not be allowed to participate in that team's next playable game or games regardless of whether such game or games are in league play or tournament play.

**THANK YOU FOR YOUR SUPPORT OF THESE RULES & GUIDELINES!**

## UNDER 5 & 6

1. Uniforms: Home = YELLOW and Away = BLACK
2. Be sure there is an Assistant Coach
3. Warm up together - divide your team in half and play against your opponent on the two designated fields. One coach on field, one coach on the other.
  - Older, stronger players on one field.
  - Younger, less experienced players on the other field
4. Play 4 v 4 with **NO goalies**. We want to avoid having a player just stand in goal.
5. Play 8-minute quarters with 2 min, 5 min, 2 min breaks
6. Size 3 ball
7. **No Refs (Coaches manage the game and keep time)**
8. Kick Ins for all restarts
9. Goal kicks to be taken from anywhere along the end line
10. Corner kicks to be taken from the side where the ball went out of play
11. Allow several guided Do-overs
12. Fouls – no cautions... try to advise the player of the correct action or behavior
13. Restarts rather than 'free-kicks'
14. NO penalty kicks and NO HEADING
15. **On goal kicks, the defending team should drop back to the half way line to allow the attacking team (team in possession) a chance to clear their goal area.**
16. Try to ensure all players gets equal amount of playing time

## UNDER 7 & 8

1. Uniforms: Home = YELLOW and Away = BLACK
2. Be sure there is an Assistant Coach
3. Warm up together - divide your team in half and play against your opponent on two the two designated fields. One coach on field, one coach on the other.
  - Older, stronger players on one field.
  - Younger, less experienced players on the other field
4. Play 4 v 4 with **NO goalies**. It's ok to teach defense position but not have a player just stand in goal.
5. Play 12-minute quarters with 2 min, 5 min, 2 min breaks
6. Size 3 ball
7. No Refs (Coaches manage the game and keep time)
8. **Throw Ins**
9. Goal kicks to be taken from anywhere along the end line
10. Corner kicks to be taken from the side where the ball went out of play
11. Allow several guided Do-overs
12. Fouls – no cautions... try to advise the player of the correct action or behavior
13. Restarts rather than 'free-kicks'
14. NO penalty kicks and NO HEADING
15. **On goal kicks, the defending team should drop back to the halfway line to allow the attacking team (team in possession) a chance to clear their goal area.**

## UNDER 8U \*SPRING\* SEASON FORMAT

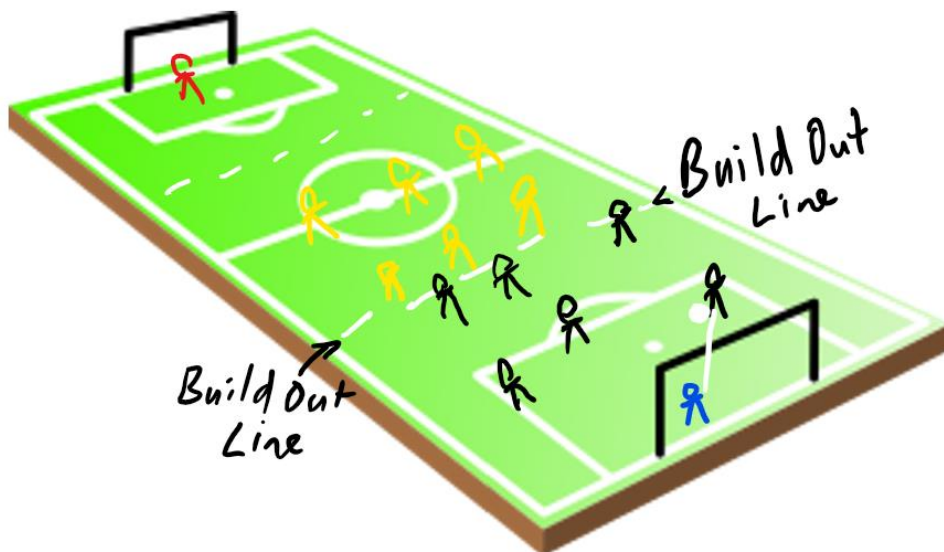
*Beginning spring 2023, the 8U age groups will still primarily play 4 v 4 but each team will **also play two 5 v 5 games**, with a goalkeeper. The purpose is to give players a taste of the next level up (9U) where the game format is 7v7 with goalies.*

1. *Play Intersquad: Assign half your team to wear Yellow and half your team to wear Black.*
2. *Play 5 v 5 on one field: Four field players, plus one goalkeeper.*
3. *Each player should be given a period as goalkeeper in each game.*
4. *No punting or heading.*
5. *No PKs just a restart outside the goalie box (safety so that a goalie doesn't get blasted)*
6. *Play 12-minute quarters with 2 min, 5 min, 2 min breaks.*
7. *On goal kicks, the defending team should drop back to the halfway line to allow the attacking team (team in possession) a chance to clear their goal area.*

*\*All other rules as in 7U/8U\**

## UNDER 9 & 10

1. Uniforms: Home = YELLOW and Away = BLACK
2. Players and fans/families must be on opposite sides of the field
3. Play 7 v 7 \*Adjust game format and/or loan players to opponent if necessary\*
4. Play 25-minute halves with 10 minute half time
5. Size 4 ball
6. One Center Referee but NO assistant referees
7. OFFSIDE rule in effect BUT only when it's clear and obvious.
8. NO HEADING & NO GOALIE PUNTING (roll or pass out from the back)
9. No Do-overs unless referee allows early in the season for teaching purposes.
10. Fouls: Advise the player of the correct action or behavior to avoid referee caution
11. Build out lines: On goal kicks or when goalie is holding the ball, the defending team should fall back to the dashed line and not advance until the team in possession has completed the first pass. This gives the attacking team (team in possession) a chance to clear their goal area and encourages passing.
12. Try to ensure all players gets equal amount of playing time



## **UNDER 11 & 12**

1. Uniforms: Home = YELLOW and Away = BLACK
2. Players & Fans on opposite sides of the field
3. Play 9 v 9 \*Adjust game format and/or loan players to opponent if necessary\*
4. 30-minute halves with 10 minute halftime
5. Size 4 ball
6. One Center Referee, plus two assistants
7. Offside rule in effect
8. NO HEADING

## **UNDER 14 & UNDER 18**

1. Uniforms: Home = YELLOW and Away = BLACK
2. Players & Fans on opposite sides of the field
3. Play 11 v 11 \*Loan players to opponent if necessary\*
4. COED RECOMMENDATION – Please try to keep at least 2 female players on the field at all times
5. 35-40 minute halves with 10 minute halftime (subject to available subs)
6. Size 5 ball
7. One Center Referee, plus two assistants
8. Offsides