



## Youth Soccer Variations by Age Group

Age Group	U5-U6	U7	U8
Ball Size	#3	#3	#3
Match Duration*	Four 8 min quarters	Four 10 min quarters	Four 12 min quarters
Substitutions**	Yes	Yes	Yes
Overtime Periods	No	No	No
Goalkeeper	No	No	No
Total Players on the Field	4	4	4
Corner Kicks	Yes	Yes	Yes
Goal Kicks	Yes	Yes	Yes
Incorrect Throw-in***	Retake	Retake	Retake
Build out line used****	Yes – use half line	Yes – use half line	Yes – use half line
Offside enforced	No	No	No
Slide Tackle	Not Allowed	Not Allowed	Not Allowed
Headers	Not Allowed	Not Allowed	Not Allowed

\* **MATCH DURATION:** the clock is to remain running and there is no added time for substitutions.

\*\* **SUBSTITUTIONS:** unlimited substitutions are allowed during stoppage of play.

\*\*\* **FREE THROW RETAKE:** in addition to allowing the players to retake the throw, please instruct the player as to their mistake. At U8 and below, allow 1 retake. Play on after that, even if it is still incorrect. We don't want half of the match taken up with throw-ins. Since incorrect throw-ins will never result in a change of possession at this level, it is acceptable for a coach and /or referee to give instructions to players prior to the throw if it will help teach the player and keep the game flowing.

\*\*\*\* **Build-out lines:** The build-out line is used to promote playing the ball out of the back in an unpressured setting. When there is a goal kick, the opposing team should move behind the build-out line. Once the opposing team is behind the build-out line, the ball can be kicked to a teammate. After the ball is put into play, the opposing team can cross the build-out line and play resumes as normal.

### Start of Game

The offensive team will line up on the ball and kick it forward to a teammate to begin play. The team on defense will be lined up outside the circle.

## Code of Conduct

To maximize the enjoyment of all involved, and to facilitate the development of Soccer Players and coaches, this Code of Conduct will serve to establish procedures and policies by which the Association shall hold players, coaches and parents responsible to. Participation in coaching and playing soccer in our Club is a privilege, not a right. Violations of the Code of Conduct could result in the suspension of the coach, removal of a player from a team roster or the banishment of a parent from the sidelines. This Code of Conduct shall be the expectation of all players, parents and coaches in effect from 30 minutes prior to and 30 minutes following all practices, games and league sponsored events.

### **Coaches Role and Responsibility:**

1. Be on time and prepared for practices and games
2. Be respectful of all players
3. Teach soccer skills to challenge and increase the ability of individual players
4. Take personal responsibility to improve his/her coaching skills and ability
5. Exhibit good sportsmanship and expect it from the team and sideline as well
6. Before the season begins, coaches need to communicate to players and parents their philosophy of playing and coaching soccer and their expectations for behavior, practice games, fair playing times and issue resolution.

### **Parents Role and Responsibility:**

1. Cheer and support the whole team
2. Have their child at practices and games on time, prepared and properly attired.
3. Follow instructions for:
  - Grievances (see **Coaches and Parents Code of Conduct and Grievance Policies**)
  - Code of Conduct (see **Coaches and Parents Code of Conduct and Grievance Policies**)
  - Notification of player absence (The coach must be informed when a player is not going to be at practice or a game by the player or the parent, depending on the age-appropriate responsibility level)
  - Pick-up and delivery of players for practice games
4. Be respectful and honor the coach's philosophy, time and efforts.

### **Player Role and Responsibility:**

1. Be on time, be prepared to play for practice and games
2. Players must take personal responsibility for communicating with their coach
3. Be respectful of teammates, their coach, opponents and the referees
4. Display good sportsmanship
5. Play to the best of their ability and strive to improve their performance.

### **Minimum Playing Time Rule**

Micro/Mod (U-5 to U-11) 50% playing time during the regular season

Recreation (U-12 to U-19) 1/3 playing time during the regular season

**\*Note: If a player has unexcused absences from practices and games or disciplinary problems within the team, the coach does not have to utilize the playing time rule**

Tournaments, Jamborees and other matches outside of the regular season are not covered by the above

**Coaches at the pre-season Team Meeting should discuss:**

Their philosophy and rules on: Competition, Sideline behavior, Practices, Picking up and dropping off players

Minimum Playing Time Rules

Procedures for grievances within the Team

Disciplinary issues and actions

**Coaches are encouraged to have a Manager who will manage and seek parent volunteers for:**

- Snack Schedule • Team Parties
- Awards • Change in Schedules
- Collection of Money • Team Communication
- Tournaments • Etc.

**Coaches should work on improving their coaching skills by:**

- Attending coaching clinics • Getting the appropriate license
- Watch soccer games • Reading soccer instruction books
- Talking to other coaches • Request a Coaching Mentor from the Club
- Ask the Club President for help with problem areas • Learn the rules of the game

**Parents should** learn the rules of the games and abide by the rules of sportsmanship on the sidelines

**Coaches and Parents Code of Conduct and Grievance Policies**

**Standard of Conduct:**

Coaches are charged with the responsibility of keeping a positive attitude toward all of the players on the team, opponents and parents. The coach should remember that the team gives them an adult supervisory role and that they are expected to be a good role model for youth soccer players. Coaches also have responsibility for teaching the tactics and techniques of the game as well as instilling Sportsmanship and respect in their players toward the game.

Parents are charged with the responsibility of allowing their children to play the game without interference. The coach is to be treated with respect due their role. The authority of the coach for running the team and teaching the game is not to be challenged. The parents place their children into the care of the coach for practices and games. The coach is given authority and is held directly responsible for the conduct of themselves, the players and the parents. As such, parents must abide by the rules for sideline behavior and are expected to not interfere with the conduct of the team, the game and the referees.

Players and parents have a right to expect that coaches will provide the following: A proper amount of playing time dedicated into games and practices. Appropriate sideline behavior from the coach, A uniform policy on playing time and team discipline, adequate communications pertaining to schedules, games and tournaments, an effort by the coach to teach players the game and for the team to reach an appropriate level of play and competition.

Coaches have a right to expect that parents will “step back” and allow the coach to run the team and teach the players the game. Parents need to recognize the authority of the coach and convey that to their children. Coaches are entitled to respect from both the players and the parents.

**Problem Resolution:**

We will not act upon a problem until 48 hours after the incident. The club expects that problem resolution should start with the parents and the coach. The club will not address complaints or problems

that have not been addressed with the coach first. The following are the general procedures for the complaint/grievance policy:

- If it is a problem with a coach, the parents should go to the coach and discuss the problem.
- If a resolution cannot be arrived at verbally with the coach, the parents must submit the specifics via email to the Rec Director.
- Coaches have the right to have a player or family removed from the team roster if continued problems persist due to player or parent disciplinary problems.

#### **Guidelines for Managing Team Problems**

**Assault:** includes, but is not limited to the following acts: hitting, kicking, punching, choking, spitting at or on, grabbing or bodily running into, the act of throwing any object that could inflict injury, damaging property

**Harassment:** includes but not limited to: unsolicited remarks, gestures, or physical contact; display or circulation of written material or pictures derogatory to gender, racial, ethnic or religious groups; basing personnel decisions on a volunteer's, member's or official's response to a sexually orientated request. Sexual harassment occurs when this type of verbal or physical conduct is sexual in nature or is gender based.

**Safety Violation:** includes but is not limited to: any conditions during a game or practice that poses a threat to the safety or endangerment of coaches, players, spectators or referees.

**Sidelines Behavior Violations:** includes but is not limited to: any actions that are taken by a parent, player or spectator that disrupts or makes a mockery of the game; use of obscene or vulgar language or gestures; baiting or inciting opposing players, coaches, parents or officials; throwing or kicking equipment

#### **First Offense:**

- **If Assault or Harassment:** Redirect the behavior of the player to more appropriate actions 2. Place player in "Time Out" 3. Discuss the incident with the players' parents 4. Have the player sit out one game 5. Write letter to Club President on the incident.
- In accordance with FIFA laws, verbal abuse toward a referee can result in a red card and ejection for the player, coach or parent. Referees have the authority to suspend play if a coach does not control his players and parents/supporters.
- **If a safety Violation:** The coach will: 1. Issue warning and educate violators on the importance of maintaining good safety practices. 2. Warn violator that playing time can be reduced. 3. Notify Club President if appropriate
- **If Sideline Violation:** The coach will: 1. Issue warning and educate violators on appropriate sideline behavior and good sportsmanship conduct. 2. Notify Club President if necessary

#### **Second Offense:**

- **If Assault:** The Coach will: 1. Have the player sit out 1 –3 games 2. Notify parents 3. Notify Club President
- **If Harassment:** The Coach will: 1. Reduce players playing time 2. Notify Parents 3. Notify Club President

- **If Safety Violation:** The Coach can: 1. Reduce players playing time 2. Notify Parents 3. Notify Club President
- **If Sideline Violation:** The Coach can: 1. Suspend violators from the sidelines for the rest of the game. 2. Notify Club President

**All Violations:** Subject to board review and approval: Suspension of player/parent or spectator from all league play or games for the remainder of the season. Subject to board review and approval: The possible suspensions from all future play with the SCYSC at any level.

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### ***Player's Code of Conduct***

As a player, I will:

- Play the game for the game's sake, and not just to please my parents or coach.
- Be modest and generous when I win and gracious when I lose.
- Respect the game of soccer and its laws, learn these laws and try to follow them, and play the game fairly.
- Work for the good of my team and always give my best effort.
- Show respect for the authority of the referee, even though I will sometimes disagree with his/her calls.
- Show good sportsmanship before, during, and after games. I understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
- Conduct myself with honor and dignity and treat other players as I would like to be treated.
- Help my parents and fans understand the laws of the game so they can watch and enjoy the game better. I will be sure they understand that dissent is not permitted in travel soccer leagues.
- Control my temper and not retaliate, even if I believe I have been wronged.
- Not use or possess tobacco, alcohol, or illegal or performance-enhancing drugs.

### ***Parent Code of Conduct***

I/we will set a good example to my/our child in his/her soccer development by always adhering to the following:

- We will not criticize the referee openly or directly, during or after games. Any criticism shall be done in writing, sent to my manager and my club representative, not verbally.
- We will give only positive feedback to players.
- We will cheer at all games within the spirit of fair play and shall do our best to cheer the effort regardless of the outcome.
- We shall do our best to teach our players to become students of the game.
- We shall show the quality of our sportsmanship during and after each game and help our children remember to thank the referee after the match without regard to the result.
- We shall do our very best to have our child prepared for every game.
- We shall support the learning efforts of the players, the coaches, and the referees by demonstrating our patience.
- We understand that improper behavior at a game may result in a parent being asked to leave the field by the referee, or a club official so the coach does not receive a yellow card caution or a red card ejection due to the action of the parent spectator.
- We shall leave the coaching to the coach during the game. We shall not give our child instructions during the game.

- We understand that the leagues can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- We agree to do our best to have as much fun watching the game as the players should have playing the game.

**Right to Change Rules**

Please note any changes can be made to the above-mentioned variations during the season at any time by the Rec Director and/or Club Board.