

## **GODFREY PARKS & RECREATION DEPARTMENT SOCCER RULES & COACHES INFORMATION**

The Godfrey Parks & Recreation Department's Youth Soccer League's mission is to provide a developmental and recreational program where children can have fun and develop a positive character. Our program is designed so children can learn the skills and rules of the game of soccer, learn the value of sportsmanship and teamwork, and have sound attitudes about winning and losing.

### **Eligibility**

1. Players must be at least entering Kindergarten and no older than entering 8<sup>th</sup> grade for the 2023 – 2024 school year.
2. Players will not be allowed to switch teams. The team each child is assigned to by the coaches meeting will be the team they will play with for the entire season.
3. Players entering K-1<sup>st</sup> grades shall play in the K-1<sup>st</sup> grade league; players entering 2<sup>nd</sup>-3<sup>rd</sup> grades shall play in the 2<sup>nd</sup>-3<sup>rd</sup> grade league; players entering 4<sup>th</sup>-5<sup>th</sup> grade shall play in the 4<sup>th</sup>-5<sup>th</sup> grade league; players entering 6<sup>th</sup>-8<sup>th</sup> grade shall play in the 6<sup>th</sup>-8<sup>th</sup> grade league. Children will not be allowed to play in any other age division unless authorized to do so by the Godfrey Parks and Recreation Department.

### **Equipment/Uniforms**

1. All players must wear jerseys that are matching in color with a number on the back. Jerseys will be provided by the Godfrey Parks & Recreation Department. Goalies have the option of wearing a penny or another color shirt.
2. No jewelry allowed. (This includes hair clips, ion jewelry, etc.)
3. Tennis shoes, turf shoes and rubber molded cleats (recommended) are the preferred shoe for play on turf. **NO METAL SPIKES ALLOWED!**
4. Referees may ban any equipment they deem as unsafe or illegal.
5. All players are required to wear shin guards with socks covering the shin guards.
6. It is suggested that all male players wear protective gear; however, it is not required.

### **Inclement Weather/Cancellations**

In case of inclement weather on game day, please check the website, [teamsideline.com/godfrey](https://teamsideline.com/godfrey), or find us on FACEBOOK, all you have to do is like our page Village of Godfrey Parks and Recreation Department after 9:00 am on weekends or 3:30 pm on weeknights. A decision of cancellation will not be made until after those times!

## Conduct

1. Any player or coach acting in an unsportsman-like manner will be given a red card, asked to leave the facility, and suspended from the next game.
2. Any player, coach, or spectator throwing equipment or any object in anger will be ejected from the facility and will be suspended from the next game.
3. The use of foul or abusive language will not be tolerated. The offender will be ejected from the facility and will be suspended from the next game.
4. Absolutely no physical confrontations! Anyone involved will be removed from the program.
5. Anyone who is ejected from a game will be suspended for the next game and possibly more depending on the situation. This person will have two (2) minutes to exit the facility or their team will forfeit the game.
6. All fans must sit in the landscape turf area outside of the concrete walking path. Spectators can sit on the middle turf area with blankets. **NO** spectators on the playing turf during practices or games. All lawn chairs **MUST** stay on the concrete or landscape turf, next to the fence.
7. Soccer Supervisors have the right to issue yellow or red cards to coaches, players or spectators if deemed necessary.
8. 2 red cards per season = cause for removal from program for remainder of the season.
9. 3 red cards over the course of any amount of seasons coaching will result in permanent removal of opportunity to coach in Godfrey Parks and Recreation programs.

## Conduct/Discipline Policy

The emphasis of this program is focused on players developing their skills in soccer and having fun. *Coaches are volunteers of this program and should act as a model representative of the Godfrey Parks and Recreation Department. Inappropriate behavior from coaches, parents, and players will not be tolerated and could possibly lead to expulsion for the entire season.*

**Arguing with the referees or other staff members will not be tolerated.** The first conflict will result in ejection from the game and the second will be suspension from all games for the rest of the season. Ejection from a game is cause to be suspended from your next game.

**ALL RULES AND DISCIPLINARY ACTION ARE COMPLETELY AT THE DISCRETION OF GODFREY PARKS AND RECREATION.**

## Rules & Regulations

	K - 1 <sup>st</sup> Grade League	2 <sup>nd</sup> - 3 <sup>rd</sup> Grade League	4 <sup>th</sup> - 5 <sup>th</sup> Grade League	6 <sup>th</sup> - 8 <sup>th</sup> Grade League
<b>Number of Players (inc. goalie)</b>	7	7	9	9
<b>Max. Roster Size</b>	15	15	15	15
<b>Min. playing time per player</b>	50%	50%	50%	50%
<b>Duration of Game</b>	(4) 8 minute quarters	(4) 12 minute quarters	(2) 25 minute halves	(2) 25 minute halves
<b>Half Time</b>	3 min	5 min	5 min	5 min
<b>Offsides</b>	Not Enforced	Not Enforced	Enforced	Enforced
<b>Corner Kicks</b>	Optional	Enforced	Enforced	Enforced
<b>Penalty Kicks</b>	None	Enforced	Enforced	Enforced
<b>Penalty Cards</b>	IF Necessary	Yellow & Red	Yellow & Red	Yellow & Red
<b>Throw In</b>	Second Allowed	Second Allowed	Allowed	Allowed
<b>Substitutions</b>	Free	Free	Deadball	Deadball
<b>Ball Size Used</b>	3	4	4	5
<b>Scores &amp; Record</b>	None	None	League Champion	League Champion
<b>Mercy Rule</b>	N/A	N/A	If a team is up by 5 goals, two players must sit out. One female must be on the field at all times	If a team is up by 5 goals, two players must sit out. One female must be on the field at all times
<b>Tie-Breaker Format</b>	N/A	N/A	5 Penalty Kicks	5 Penalty Kicks
<b>Coaches</b>	1 on Field	1 on Field	NONE	NONE
<b>Referees</b>	1 on Field	2 on Field	2 on Field	2 on Field
<b>Field Dimension</b>	165 X 105 ft	165 X 105 ft	330 X 152.5 ft	330 X 152.5 ft
<b>Head Balls/ Slide Tackling</b>	Not Allowed	Not Allowed	Not Allowed	Not Allowed

**\*\*The Godfrey Parks and Recreation Department has the right to add to, delete from and amend the rules and schedules as deemed necessary for the betterment of the program.\*\***

### Offsides

- If, at the time the ball is PASSED forward, a player is both past mid-field and there's only one opponent between him and the goal, then he/she is offside.
- No offside on a corner kick or a throw-in.
- Offside will be enforced on direct and indirect kicks.
- Offside results in an indirect kick.

### Corner Kicks

- Awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a defensive player.
- A goal may be scored directly from a corner kick.

### Penalty Kicks

- The ball is placed at the 12 yard spot and all players except the goalie and the kicker must clear the penalty area until the ball is kicked.
- The goalie must stand still with both feet on the goal line until the ball is kicked. The kicker must wait for the referee's whistle indicating that the goalie is set.
- Kicks that ricochet back into the field of play are live balls, except during tie-breaker format.

### Direct Free Kicks

- A direct free kick is awarded for kicking, tripping, jumping at/on, charging at, striking, slide tackling, holding, pushing, or doing anything else to an opponent. A handball (ball touching an extended arm from the shoulder downward) is also direct.
- Direct kicks can score without touching another player first.
- Direct kick infractions committed inside the penalty area result in penalty kicks.

### Indirect Free Kicks

- An Indirect kick is awarded for offside, goalie steps, charging goalie, obstruction, high kick, headballs and playing the ball while on the ground.
- The ball must be touched twice before it can count as a goal. The first touch must cause the ball to roll one complete revolution.
- All free kicks (indirect, direct, penalty, goal, corner, etc.) may be taken by any team member - the offended player need not take the shot.

### Penalty Cards

- Yellow cards will be issued to players as a warning. The player may continue to play after being issued a yellow card. A player who is issued a second warning in the same game will be shown both a yellow and red card, meaning that they must leave the field immediately and take no further part in the game. The player may not be replaced by a substitute.
- Yellow cards will be issued for: un-sportsmanlike conduct, foul language, excessive celebration after a goal, removing his/her jersey at any point in the game without the referee's permission, persistently infringing on the rules of the game, slide tackling, heading the ball, or as the referee and Soccer Supervisor deems necessary.
- **Red cards issued will be a cause for ejection. Any player who receives a red card must leave the field immediately and may take no further part in the game. The player who is sent off may not be replaced by a substitute and the team must continue the game with**

**one less player. If the goalkeeper is issued a red card, one of his/her teammates must be substituted out for another goalkeeper. Any player issued a red card will be suspended for his/her next game.**

- Red cards will be issued for: any violence demonstrated by a player, coach or spectator; serious foul play; spitting at anyone or another player; using offensive, insulting or abusive language or gestures; receiving a second yellow card in one game; or as the referee and Soccer Supervisor deems necessary.

### **Goalies**

- The goalie may use his/her hands inside the penalty box area only.

### **Throw Ins**

- Both feet must be on the ground at the same time during a throw in. Also, players must throw overhead with both hands.

### **Handballs**

- Only intentional handballs that results from a deliberate extension of the arm in an attempt to play the ball will be called direct kicks. Many inadvertent incidents of contact with the ball will go uncalled.
- Players may protect vital body parts from the ball with their hands as long as such movements are close to the body.

### **Team Management/Involving Parents**

A team parent meeting at the beginning of each season is important in providing parents with your approach and expectations. Make sure parents understand what you are trying to accomplish and how you will be going to go about it. Parents also need to know what to bring to practice, for example, filled water bottle, sock-covered shin guards, no jewelry, etc. Discussing practice times and expectations for picking children up on time is also important.

It is imperative at this meeting that you as a coach get parents involved. This involvement will not only dramatically help you, but also children really need parental encouragement and involvement. Each team is encouraged to have an assistant coach and a team parent. An assistant coach is necessary to help with kids on the sideline and practices. Team parents are also helpful in communicating scheduling changes and cancellations.

### **DO'S and DON'TS for Parents and Coaches**

- DO stress having FUN
- DO offer suggestions and advice
- DO offer considerable praise and encouragement
- DO award participation
- DO involve parents
- DO use the 3 C's when providing instructions – clear, concise, and correct.
- DO practice the 4 C's of coaching – competence (developing skills), care (show them they have value beyond soccer), confidence (develop the belief that the child can do a skill), and commitment (will be developed in the child when the other three things occur)
- DON'T shout negative comments to any child
- DON'T allow lopsided games

- DON'T keep score or award winning
- DON'T shout instructions at the player with the ball; he/she has enough to worry about
- DON'T shout instructions like send it, boot it, or kick it – allow the child to practice good decision making and ball control
- DON'T get upset if they don't pass – let them dribble
- DON'T place one player directly in front of the goal during a scrimmage or game-this defeats the purpose of small-sided games
- DON'T use the 3 L's – lines, laps, and lectures

### **Practice Organization**

- Practices should consist of age-appropriate FUN games and activities that encourage participation. Try to incorporate skill development into soccer related games.
- The coach must be a facilitator, a friendly helper, an organizer, and a stimulator, while being patient, enthusiastic, and imaginative. The sky is the limit.
- Practices should be no more than 55 minutes once or twice a week and should be organized in a progressive manner, *i.e.*, warm up, then individual activities, then group activities.
- Gear sessions around touching the ball as many times as possible. Involve the ball in as many activities as possible.
- Children play soccer to learn soccer, they learn by doing. If there is not enjoyment there is no learning.
- Keep things moving quickly and use activities that avoid lines.
- Have as many activities ready as possible in one hour. Emphasis needs to be on what is FUN.
- Participate in all warm-ups and activities. Have the kids hold a ball for the stretches to increase fun and familiarization with the ball.
- Exaggerate your motions to illustrate a technique or proper procedure.
- Soccer skills are most effectively developed in game-related situations: incorporate many small-sided games.
- Each practice should be used to teach one technique or skill, e.g., shooting, passing or dribbling.
- Plan at least four 90 second water breaks.
- Practices should always end on a FUN, high-note so that the children do not want to stop and look forward to the next practice. Handing out a treat to each child at the end of practice with words of encouragement is always a nice way to end.

***The Godfrey Parks and Recreation Department reserve's the right to add, delete or amend the rules/regulations/policies for the betterment of the program.***

## ***Example Practice Schedule***

### Practice 1 – Theme: Dribbling

1. Warm up.
2. Stretch upward with the ball over head, reach for the sky with the ball.
3. Stretch side to side with the ball over head.
4. Roll ball between legs in a figure eight; reach with ball back between legs.
5. Touch-Touches (pass the ball from inside of the left foot to inside of the right foot, repeat from side to side), count out loud until 10 or 20.
6. Tap-Taps or Hat Dance (lightly touch ball with the bottom of right foot then with left repetitively, ball should remain stationary), count out loud until 10 or 20.
7. Dribble 10 yards and return using inside and outside of foot.
8. Break (water); set up cones for next set.
9. Relay Races. Set up two sets of cone courses that players must dribble through. Do a couple of non-competitive races first. Evenly match the two teams. Exercises should avoid lines, but this is one case where they move through quickly.
10. Sharks and Minnows or Freeze Monster. Set cones in a large area (circle or square). Players dribble within the area keeping the ball close, using the inside and outside of their foot, and avoiding other players. After a few minutes the coach and one or two additional adults become the sharks and try to make the minnows change direction while dribbling. Freeze monster is the same approach, but the player freezes when touched by the monster until all players are frozen.
11. Break (water); set up cones for next set.
12. Red Light Green Light. Children's game, but with soccer ball. Players need to start and stop on command and control the ball. Stress dribbling technique and stopping and starting with left or right foot.
13. Break; set up cones for the next set.
14. 1v1 Dribbling. Two players one ball, the player with the ball attempts to dribble around the other player to cross a line. Match players for ability.
15. Break; set up field for scrimmage.
16. 4v4 game stressing dribbling. Set up small field with small goals with cones. Two points for dribbling through the goal and one point for shooting through the goal.

# **Inclement Weather Policy:**

- **ON SITE SUPERVISORS WILL HAVE FINAL SAY ON DECISIONS OF GAME PLAY DUE TO WEATHER**
  - **GAMES WILL BE PLAYED RAIN OR SHINE**
- **GAMES WILL NOT BE PLAYED IN THE EVENT OF LIGHTENING AND LIGHTENING DELAY POLICY WILL GO INTO EFFECT**
- **THE LIGHTNING POLICY IS AS FOLLOWS - IF YOU SEE LIGHTNING YOU MUST LEAVE THE FIELD AND GO TO A SAFE AREA FOR 20 MINUTES AFTER THE LAST FLASH OF LIGHTNING! WE SUGGEST GOING IN YOUR CAR!**
  - **COLD WEATHER POLICY: IN THE EVENT OF A WINDCHILL TEMPERATURE OF 25 DEGREES OR BELOW. GAMES WILL BE SHORTENED, UNLESS AGREED BY COACHES ON A DIFFERENT TIME LENGTH. IF SHORTENED: BOTH COACHES WILL NEED TO AGREE TO A DECISION TO SHORTEN THE GAME TO HALF OF THE GAME TIME OR TO DEDUCT 15 MINUTES FROM THE GAME TIME.**
  - **BOTH COACHES NEED TO AGREE TO THE AMOUNT OF TIME THE GAME WILL BE PLAYED.**
  - **IF THE COACHES DO NOT AGREE TO A TIME, THE OFFICIALS WILL ONLY DEDUCT THE 15 MINUTES FROM THE GAME**
- **TIME SCORES WILL BE KEPT AND SUBMITTED NO MATTER THE TIME DECIDED ON BY COACHES OR OFFICIALS**
  - **THIS WILL BE DETERMINED ON A GAME TO GAME BASIS**



# SPORTSMANSHIP

1. Tell everyone “good game” whether you have won or lost.
2. Cheer for your teammates whether you are winning or losing.
3. Applaud a good play whether it is on your team or the opponent’s team.
4. Help a teammate or an opponent up after falling down.
5. No trash talking or taunting the opponent.
6. Listen to the coaches and follow their directions.
7. Do not make excuses for an error, or losing. Do not blame a teammate.
8. Learn the rules of the game to become more knowledgeable.
9. Accept and respect the game official’s calls and do not argue.
10. Tell the game officials “good game.”
11. Do not complain when you sit out.
12. Play fair and do not cheat.
13. Help keep the facility clean.
14. Do not fight.
15. Do not use profanity.

## **COVID - 19 AMMENDMENT TO THE RULES:**

**At this time (3/1/2023) the following is not being enforced, but this could change per the State of Illinois at any time.**

FACE COVERINGS ARE REQUIRED FOR ALL PLAYERS AND COACHES DURING PRACTICES AND GAMES! THIS IS A REQUIREMENT BY THE STATE OF ILLINOIS.

- If a player is not wearing/refuses to wear a face covering over the nose and mouth:
  - The officials will give the team as a whole 1 warning and will give the specific kids not following the rules an individual warning. After the individual warning the officials will begin telling coaches which children are not following the rules and the child will sit out.
  - If a face covering falls during a play the referees will not stop the game and make the player fix their mask, they will allow the play to be completed.
  - If a player has a medical condition and an exemption letter from their doctor, the coach needs to show the letter to the referees with the number of the player exempt and the player will be excused from wearing the face coverings during play.
- If a coach is not wearing/refuses to wear a face covering over the nose and mouth:
  - The coach will also be given 1 warning and will be asked to fix their face covering over their nose and mouth
  - If they still refuse, they asked to sit out the remainder of the game.
  - If the coach is talking to the team or yelling to the kids on the field they can pull the face covering forward away from their face and place it back in its position when finished.

**COACHES: PLEASE SET AN EXAMPLE FOR THE KIDS! WE ARE HERE FOR THEM, IT IS THEIR TIME! THIS IS THE ONLY WAY WE CAN GET THEM OUT AND PLAYING CURRENTLY.**