

# ERIE PARKS & RECREATION



## YOUTH SOCCER INFORMATION PACKET

[www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec)

[www.quickscores.com/erie](http://www.quickscores.com/erie)

450 Powers Street  
P.O Box 1110  
Erie, Colorado  
Phone: 303.926.2550

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## I. GENERAL INFORMATION

### A. Town of Erie Parks & Recreation Department Mission:

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

### B. Youth Sports Philosophy

Erie Parks & Recreation strives to provide a positive, safe, and fun environment to allow children of all skill levels the opportunity to play. We hope to create an environment that balances teamwork, commitment, hard work, sportsmanship, and competition.

### C. Play hard – Have fun – Respect one another

### D. Sports Administration:

Erie Parks & Recreation Youth Sports Leagues are managed by:

Mollie Gunter  
Recreation Coordinator-Sports  
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Sports Information Websites  
[www.quickscores.com/erie](http://www.quickscores.com/erie)  
[www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec)

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### E. Sports Information Website: [www.quickscores.com/erie](http://www.quickscores.com/erie)

Please visit our sports information website for important information:

- Practice and Game Schedules (including makeup information)
- Standings (if necessary)
- Downloads (League Rules, Information Packets, etc.)
- Park and Facility Locations and Maps
- Inclement Weather Information
- Coaching Resources

### F. Registration:

There are two ways to register your child:

- 1) Online at <https://www.amilia.com/store/en/erierec/shop/programs?orgId=12626>
- 2) In person or over the phone at the Erie Community Center at 303-926-2550

### G. Inclement Weather - SAFETY IS OUR NUMBER ONE PRIORITY!!

Every attempt will be made to play; however, if field and/or weather conditions present an unsafe environment, we will postpone or cancel practices and games. Field supervisors are instructed to err on the side of caution when it comes to inclement weather decisions.

- Please call the weather hotline at 303.926.2550 (option 4). Weather information can also be found on [www.quickscores.com/erie](http://www.quickscores.com/erie). Weather information is updated by 4:00pm on weekdays or 8:00am on weekends in the case of cancellations or delays.

## **H. Makeup Games**

For every season, we schedule one additional game in anticipation of a potential cancellation. Therefore no cancelled games will be rescheduled. If more than two games are cancelled during the season, Sports Administration will evaluate if rescheduling is a feasible option based on: facility/field, staff, and season date availability.

- In the case of rescheduled games, information is distributed to each coach as soon as possible following a cancellation.
- Refunds/credits will not be given due to inclement weather cancellations as every attempt will be made to makeup games.
- Practices may be rescheduled at the coach's discretion pending field/gym availability.

## **I. Refund Policy**

For activities cancelled by Erie Parks & Recreation, refunds will be issued automatically. For all other situations, a refund request form must be completed and turned in to Sports Administration. Forms are available at the Erie Community Center.

A refund will be issued on written request per the following guidelines:

- A full (100%) credit or refund will be issued if: withdrawals are requested at least seven (7) calendar days prior to the activity start date.
- A 75% credit or refund will be issued if: withdrawals are requested up to six (6) calendar days prior to the activity start date.
- A 50% credit will be issued if: withdrawals are requested after activity date begins and before activity session is 50 % complete.
- No credit or refunds will be issued after activity session is 50% complete.
- Late activity registrations will not be prorated.

## **J. Communication**

Coaches are the main point of contact between parents and Sports Administration.

- Sports Administration contacts each coach regarding any new information or updates.
- Coaches update parents. Parents should contact their coach first with any questions about practices, games, uniforms, pictures, etc.
  - Should there be a breakdown in communication, please contact one of the members of Sports Administration directly.

## **K. Safety**

Participant safety is of our utmost priority. We work with our coaches to ensure that our participants and parents feel that they are safe while participating in our programs.

- Inclement Weather - See Section I.G.
- Background Checks / Safety Trainings – All head coaches are required to pass a background screen and complete required trainings through our Trusted Coaches Platform.
- Touch Policy - Coaches are instructed to minimize physical contact with participants. Touch should be governed by the age and developmental stages of the participants, and should be in response to the child's need (not the adult's).
- Transportation Policy - Coaches are instructed to not transport participants while they are operating a vehicle unless they have specifically received consent from said participant's parents or guardian.

## **L. Trusted Coaches**

Erie Parks & Recreation and Trusted Coaches are now partner organizations! Our goal with this partnership is to ensure the safety of our youth sports participants and provide reliable training for all volunteer coaches.

All Erie Parks and Recreation Youth Sports teams are coached by parent volunteers who have completed a background screen and other required trainings through Trusted Coaches. These trainings include Concussion Education, Child Safety, InsideOut Coaching, and First Aid. For more information on Trusted Coaches please visit [www.trustedcoaches.org](http://www.trustedcoaches.org).

## **M. Gender Equity Policy**

Erie Parks and Recreation prohibits discrimination based on a protected class or characteristic, including gender identity and gender expression. Individuals participating in Town of Erie recreational sports can participate in the gender in which they identify and are not subject to disclosure of personal information beyond that required of cisgender athletes.

# **II. SPORTS AND LEAGUE INFORMATION**

## **A. Facility and Park Locations**

Erie youth baseball facility and park locations are listed below:

Abbreviation	Park Name	Park Address
ECP	Erie Community Park – Civic Green	450 Powers St.
LHP	Lehigh Park	751 Eichhorn Drive
SRP	Serene Park	200 Colliers Blvd.
LPP	Longs Peak Park	339 Wheatberry Dr.
CMP	Columbine Mine Park	1936 Skyline Drive
SMP	Star Meadows Park	777 Flatirons Blvd.
CP	Clayton Park	Clayton Park, Highlands Cir, Erie, CO 80516

Maps and driving directions can be found on [www.quickscores.com/erie](http://www.quickscores.com/erie). For additional facility and park location questions, please contact your coach.

## **B. Youth Sport Program Offerings**

Please see the most recent copy of our tri-seasonal Program Guide or visit [www.erieco.gov/ErieParksandRec](http://www.erieco.gov/ErieParksandRec) to see program offerings.

## **C. Competitive Play and Playing Time**

- Erie Parks & Recreation Youth Sport Programs strive to provide a safe, positive and fun environment in which children learn valuable life and sports skills.
- It is against Erie Parks & Recreation Youth Sports Leagues policy for players to concurrently participate in/on any same sport competitive league/team during any part of our respective recreational sports season. By registering and participating in any of our youth sports leagues, you acknowledge that you and the participant are abiding by this policy.
- Each participant will receive an equal amount of playing time, regardless of the amount of practices attended or playing ability. Coaches should substitute players as necessary to provide for this.
- Exceptions can be made if special arrangements have been previously communicated and agreed upon between the parent/guardian and the coach.

## **D. Uniforms**

The uniform order is placed immediately following the registration deadline. Add-ons (late registrations) will be sent weekly thereafter and may NOT be available by your first game. If you order the wrong size, you will be responsible for the replacement cost. Uniform colors and numbers are chosen completely at random and uniforms may not be modified in any way.

#### **E. Registration Dates/Waitlists**

Registration for leagues will open approximately seven (7) weeks prior to the registration deadline for residents (R) and approximately six (6) weeks prior to the registration deadline for non-residents (NR).

Registrations are accepted until the registration deadline or until a team becomes full, whichever comes first.

Additional registrations will be placed on a waitlist and we will only contact you if a spot becomes available. We strongly encourage you to register as early as possible for each league as space is limited.

#### **F. League Practice Offerings**

Please refer to the practice day and time offerings for each league in the Program Guide or online at [www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec). Practice days, times, and locations are subject to change.

#### **G. Recreational Sports Age Classifications**

For a majority of our leagues, we classify our league offerings by age. Unless otherwise noted in each program/league's description, the age calculation date for all youth sports programs/leagues will be **calculated by the first league contact day**.

The "U" **before** the age number stands for "under" (e.g., U9 stands for ages under 9).

The "U" **after** the age number stands for "and under" (e.g., 9U stands for ages 9 and under).

#### **H. Coaches**

**All Erie Parks & Recreation Youth Sports teams are coached by parent volunteers.**

- All coaches must pass a background check, are required to attend the coach's meeting prior to the season, and must complete all required trainings through our Trusted Coaches Platform.
- Two assistant coaches are allowed per team; they must also pass a background check and concussion training before volunteering.
- Please refer to pages 8 and 9 of this packet for more information regarding coaching.

#### **I. Schedules**

- Practice days and times are pre-set by Sports Administration and coaches/families may select the team that works best for their schedule.
- Game schedules will be available online at least one week prior to the first scheduled game.
- Please refer to the league description for specific game days.

#### **J. Officials**

- Sports officials are hired based on their familiarity with the sport, experience working with children, and their general demeanor.
- Just as your child is learning fundamental skills and gameplay, some of our officials are doing the same.
- We do our best to properly train all staff and officials and they are evaluated throughout the season.

#### **K. Picture Day**

- Lifetouch Photography will schedule picture days and times. They will always be on a game or practice day.
- The picture schedule will be sent out to coaches by email approximately one week prior to picture day.

#### **L. Awards**

- All league players participating in divisions that don't keep score or don't compete in an End of Season tournament will receive participation medals.

- If teams compete in an end of season tournament, they will have the opportunity to win a tournament medal.
- Awards are distributed to coaches before the final game.

#### **M. Timeline**

The following chart details what you can expect before, during, and after the season:

<b>Event</b>	<b>Activities</b>
Registration Opens	Register, Coaches pick practice days/times
Registration Closes	Form teams, Recruit additional coaches (if necessary), Order uniforms, Conduct coach's meeting
Week Prior to First Practice	Distribute rosters to coaches, Coaches contact parents regarding practice days/times
Week Prior to First Game	Distribute game schedules and uniforms to coaches
Mid-Season to End-Season	Picture day, Updated schedule/league information, pictures, and awards distributed to coaches
Post-Season	Optional party and opportunity to evaluate program or league

#### **N. Code of Conduct & Regulations**

##### **STATEMENT**

- Coaches, players, parents and spectators have a responsibility to behave in a respectful manner that will instill a sense of sportsmanship in all players
- As a coach, player, parent or spectator at a Town of Erie youth sporting event I understand:
  - It will not be tolerated at any time to lay a hand upon, push, shove, and threaten to strike or verbally threaten an official, player, other coach or supervisor.
  - Being involved in a physical altercation with a player, coach, spectator, or staff member will result in my ejection from the game and possible suspension from future games.
  - All coaches, players, parents, and spectators will abide by the officials decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating contact your league coordinator.
  - Verbal abuse, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor, coach or athletics staff member is not tolerated.
  - All coaches, players, parents and spectators will refrain from the use of vulgar or unsportsmanlike manners including language while practices and games.
  - Any coach, player, parent or spectator that is ejected from the game must leave the playing area immediately upon request. Failure to leave will result in suspension of the game and/or forfeiture of the game.
  - The zero tolerance policy is in effect at all athletic events.
- Failure to abide by the Code of Conduct will result in ejection from the game and possible suspension from future games.

##### **ZERO TOLERANCE POLICY**

- There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, other coaches, or Athletic Staff. Officials, game supervisors and Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

##### **DISCIPLINARY PROCEDURES**

- Official(s) and/or staff members at all recreation program sites have the authority to reprimand and/or eject coaches for misconduct. An ejection of any type will result in a minimum of a 1- game suspensions

from any recreation program and /or facility (the ejection game is not included in the suspension period); suspensions may carry over to the next season.

- League Coordinators will handle disciplinary procedures on a case by case basis.



# Erie Parks & Recreation

## Youth Sports

### VOLUNTEER COACHING INFORMATION

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How about coaching a team this season? Your time and efforts are vital to a successful program. If you have already signed up to do so, thank you! If you have not signed up yet, please consider the opportunity to make a lasting and positive impact on a child's life.

Please read the following information to ensure your understanding of important guidelines, dates, and frequently asked questions regarding coaching:

#### BECOMING A COACH

- All head coaches must be 18 years of age or older.
- **All new coaches must complete the volunteer application form (forms available at Guest Service or online at [www.quickscores.com/erie](http://www.quickscores.com/erie) under "Coaching Resources").**
- All volunteer coaches must complete a background check and all other required trainings through our Trusted Coaches platform prior to having contact with players. (See Trusted Coaches Section for more information).
- Coaches who are reported as behaving badly (technical fouls, rough on officials, unsportsmanlike conduct, condescending to children, etc.) will be counseled by the staff, and if necessary, put on probation or relieved of their duties.

#### RESOURCES AND TRAINING PROVIDED

- No experience is necessary, although potential coaches should have a basic understanding of the sport/rules and enjoy working with and teaching children. Good organizational and communication skills are a plus.
- All new coaches will receive a **coach binder** which includes practice agendas, sport specific information, team roster, incident reports, inclement weather information, etc.
- All new coaches will also receive a **coach t-shirt** to be worn on game days and the first week of practices.
- We will also provide you with sports equipment for your team, game rules, and other important information.
- All coaches should plan to attend the coach's meeting for their league conducted 1-2 weeks prior to the start of the season.

#### PRACTICES AND GAMES

- Coaches can select the practice day/time that works best for their schedule prior to registration (must be within pre-determined bounds) and can pass along information to families prior to registration.
- Teams may practice once or twice per week depending on the sport and field/gym availability.

#### ROSTERS

- Once you receive your roster from Sports Administration, it is your responsibility to contact each parent or guardian to communicate the practice days, times, and locations. **Please do this as soon as possible.**
- Only individuals listed on the roster may participate. If there are additions to your team, we will send you an updated roster. This is to avoid any potential legal liability issues allowing children to participate who have not properly completed the registration process.

#### HELPFUL HINTS

- Communicate, communicate, communicate (with parents and Sports Administration Team).
- Establish a clear and consistent method of communication with the parents. Store and save all parent contact information for quick access.
- Set team, player and parent expectations.
- We communicate with you primarily via email. Please check your email account regularly.

- Enlist help from other parents (assistant coach, snack coordinator, phone tree operator, etc.).
- Check the Sports Information website [www.quickscores.com/erie](http://www.quickscores.com/erie) regularly for sample practice plans, drills, resources, updated weather information, facility and park maps, and standings/schedules.

### **VOLUNTEER INCENTIVE PROGRAM (Head Coach only)**

We appreciate all you do to make our youth sports leagues a success! Please see below for our newly approved volunteer incentive program:

- 1 season – Coach t-shirt, free youth sports registration for one child per team coached, 2 day passes to the ECC (applies to 2nd season also), and a coach plaque of your team.
- 3 seasons (not necessarily consecutive) – free youth sports registration for one child per team coached, 10 punch pass, free room rental for team party, and a coach plaque of your team.
- After 3 seasons, the process starts over.....the coach receives 1 season awards.

### **COACH TO-DO LIST**

- Email Sports Administration to inform us of your intent to coach.
- Complete required trainings and background screen provided by Sports Administration through Trusted Coaches platform (see below).
- Check your email regularly for messages regarding the coach's meeting, practice scheduling, rosters, etc. and during the season for updates.
- Contact your team the week before your first scheduled practice. Check that you receive confirmation from your parents that they have received any message from you (phone or email).
- HAVE FUN!

### **TRUSTED COACHES**

All coaches are required to complete a background check and other trainings through our Trusted Coaches platform. All trainings can be accessed by doing the following:

- Go to [www.trustedcoaches.org](http://www.trustedcoaches.org) <http://www.trustedcoaches.org>
- Log in or Register as a new user
- Click 'Claim a Role/Join a Season' button
- Enter information below:
  - **State: Colorado**
  - **Organization: Erie Parks & Recreation Department**
  - **Season Name: Spring 2023 Youth Soccer**
  - **Season Access Key: Spring2023YouthSoccer (case sensitive)**
    - Once you get logged in you will see on your Dashboard whether you have trainings assigned to you or not. Even if you have filled out this information from coaching in a previous season you must still log in to confirm you do not have any trainings. All trainings and background checks must be completed once a year and Trusted Coaches will assign you any trainings that you are expired on.
- Head Coach Requirements:
  - Background Check
  - First Aid
  - Concussion Course
  - InsideOut Coaching
  - Child Safety Training
- Assistant Coach Requirements:
  - Background Check
  - Concussion Training.

**Thank you for coaching and we look forward to a great season!**

# LITTLE KICKERS U5 LEAGUE RULES AND GUIDELINES



## A. EQUIPMENT

1. Game Ball shall be a size 3 soccer ball provided by the field supervisor.
2. Goals will be 4' pop up goals provided by the field supervisor.
3. Cones will be provided by the field supervisor.
4. Fields are approximately 25 yards by 15 yards with a midfield line and a crease in front of each goal.

## B. UNIFORMS

1. Team members are required to have the same color jersey.
2. Cleats and shin guards are not required, but are encouraged.

## C. PLAYERS

1. Games will be played 4 on 4 with **no goalies**. (The crease is meant to be a "no entry zone" for all players).
2. Every player must participate as equally as possible in every game.
3. Players will only be allowed to participate on a single team's roster.
4. Substitutions: will be allowed to enter at any stoppage.

## D. COACHES

1. The coaches from each team will act as the on field officials. Coaches are expected to be role models and ensure that all players are having fun and good sportsmanship is being shown.
2. Coaches are required to play all players present as equally as possible unless special circumstances apply.

## E. Officials

1. The coaches will act as the on-field officials.
2. The "Loose boundaries" rule will be in effect at all times.
3. The "New Ball method" will be used to manage the game. One coach is asked to roll out a "new ball" when the ball crosses the boundaries, or play is stopped for a foul or goal. The new ball is used to keep players engaged and moving.
4. When throwing out a new ball, roll the ball into open space away from the crowd or to a player not receiving much action.
5. Have one or two parents stand on the boundaries to help shag balls and get them back to the coach in charge of rolling out the "new ball."

## F. TIMING RULES

1. Teams will have access to the field for 60 minutes. Each team will have half a field for 30 minutes for practice followed by a 30 minute game on the full field.
2. The coaches may agree on a shorter practice/longer game; however, the 60 minute field access time is not to be exceeded.

## G. FOULS

1. Incidental fouls for pushing or tripping will not be called. Please discourage any intentional fouls and encourage good sportsmanship and fair play.
2. Incidental hand balls will not be called. Be sure to remind players of "no hands", but keep the game moving as best as possible when hand balls occur.

## H. REGULATIONS

1. Offside will not be called.
2. There will be no penalty kicks or direct free kicks. The "new ball" will be rolled out after any stoppage, foul or goal.
3. Parents must sit on the opposite side of the field from coaches and players.
4. Only coaches should coach/instruct players during the game.
5. Please keep in mind the players ages and abilities. The focus is to develop players in a fun, safe and educational environment.
6. Please respect the players and their development this season.

# U6 & U7 LEAGUE RULES AND GUIDELINES



## A. EQUIPMENT/FIELDS

1. Game Ball shall be a size 3 soccer ball provided to the coaches.
2. Goals will be 6' pop up goals provided by the field supervisor.
3. Fields are approximately 30 yards by 20 yards with a midfield line and a crease in front of each goal.

## B. UNIFORMS

1. Team members are required to have the same color jersey.
2. Shin guards are required, cleats are encouraged. No metal spikes or baseball cleats are allowed.

## C. PLAYERS

1. Games will be played 4 on 4 (U6) 5v5 (U7) with **no goalies**. (The crease is meant to be a "no entry zone" for all players).
2. Every player must participate as equally as possible in every game.
3. Players will only be allowed to participate on a single team's roster.
4. Substitutions: will be allowed to enter at any stoppage.

## D. COACHES

1. The coaches from each team will act as the on field officials. Coaches are expected to be role models and ensure that all players are having fun and good sportsmanship is being shown.
2. Coaches are required to play all players present as equally as possible unless special circumstances apply.

## E. OFFICIALS

1. The coaches will act as the on-field officials.
2. The "Loose boundaries" rule will be in effect at all times.
3. The "New Ball method" will be used to manage the game. One coach is asked to roll out a "new ball" when the ball crosses the boundaries, or play is stopped for a foul or goal. The new ball is used to keep players engaged and moving.
4. When throwing out a new ball, roll the ball into open space away from the crowd or to a player not receiving much action.
5. Have one or two parents stand on the boundaries to help shag balls and get them back to the coach in charge of rolling out the "new ball."

## F. TIMING RULES

1. Teams will play two 20-minute halves.

## G. FOULS

1. Incidental fouls for pushing or tripping will not be called. Please discourage any intentional fouls and encourage good sportsmanship and fair play.
2. Incidental hand balls will not be called. Be sure to remind players that "no hands" are allowed, but keep the game moving as best as possible when hand balls occur.

## H. REGULATIONS

1. Offside will not be called.
2. There will be no penalty kicks or direct free kicks. The "new ball" will be rolled out after any stoppage, foul or goal.
3. Parents must sit on the opposite side of the field from coaches and players.
4. Only coaches should coach/instruct players during the game.
5. Please keep in mind the players ages and abilities. The focus is to develop players in a fun, safe and educational environment.
6. Please respect the players and their development this season.



# U8/U10/U12/U14 LEAGUE RULES AND GUIDELINES



## A. FIELD

1. All field sizes are approximate and may vary based on each league partner's resources.
  - i. Field markings will be adjusted proportionately.
2. Field sizes:
  - i. U8 & U10      60 x 45 yards
  - ii. U12            80 x 50 yards
  - iii. U14            80 x 50 yards

## B. EQUIPMENT

1. Game ball:
  - i. Both teams should provide multiple sanitized balls. Teams are encouraged to place multiple sanitized balls on their sideline and be prepared to enter a sanitized ball into the game at any time.
  - ii. Soccer ball shall be size 3 for U8
  - iii. Soccer ball shall be size 4 for U10 and U12
  - iv. Soccer ball shall be size 5 for U14
2. Goal size:
  - i. All goals are approximate and may vary based on each league partner's resources.
  - ii. U8                6' x 12'
  - iii. U10            6.5' x 18.5'
  - iv. U12            6.5' x 18.5'
  - v. U14            6.5' x 18.5'
3. Player equipment:
  - i. All players are required to wear shin guards; shin guards must be covered by socks.
  - ii. Soccer cleats are recommended. Athletic shoes are also acceptable.
    1. Metal cleats, baseball cleats (have front toe cleat), boots, sandals, or playing in bare feet are prohibited.
  - iii. Goalies must wear a uniform or pull-over pinnie of a different color than their team's regular uniforms. No pinnies will be provided by the Town, teams should have all players who are playing goalie bring their own different color shirt, jersey or pinnie for games.

## C. ROSTERS

1. **Team sizes:**
  - i. U8 & U10      7v7 (includes goalkeepers)
  - ii. U12/U14      9v9 (includes goalkeepers)
2. **Minimum team sizes to start a game:**
  - i. U8 & U10      Four players with goalkeeper
  - ii. U12            Five players with goalkeeper
3. **Substitutions**
  - i. Can be made at any game stoppage.
  - ii. Will occur at midfield.
  - iii. Players must wait to be waived in by the game official.

## **D. TIMING AND SCORING**

1. Timing
  - i. U8-U10- two 20 minute halves
  - ii. U12- two 25 minute halves
  - iii. U14- two 25 minute halves
2. Game official will keep game time and score.
3. Scoring:
  - i. A legal goal: The ball crosses over the whole goal line, between the goal posts and under the cross bar.
    1. If a defending player causes the ball to cross over their own goal line, the goal is scored for the opponent.
  - ii. If at any point during a game there is a five goal differential, the scoreboard will be turned off; however, the game official will continue to keep an official score.
    1. A maximum of a five goal differential per game will be counted in the final standings.
    2. Once the goal differential is five, the opposing team has the option to add one player to their lineup. This extra player is allowed to stay in the game until the goal differential is less than five goals.
4. Regular season games: There will be no overtime period; games can end in a tie.
5. Timeouts
  - i. No team time outs will be allowed.
  - ii. Halftime may not exceed three minutes.

## **E. LEAGUE REGULATIONS**

1. Start of Game
  - i. If a team cannot field the minimum number of players at the scheduled game time, the game official will start the game clock. The team has 10 minutes to field an eligible team.
    1. If the team does not have the minimum number of players after the initial 10 minutes, the match will result in a forfeit.
  - ii. Prior to beginning the match, only one coach from both teams and a game official will gather at midfield for a pre-game meeting. Masks and social distancing are required during pre-game meetings.
    1. The game official will conduct a coin toss to determine the choice of ends and which team will kick off to begin the game.
  - iii. To begin the game, the ball will be placed at the center spot and will be played with an indirect kick after the game official blows whistle.
    1. No defending player may be inside the center circle at the time the ball is played.
    2. The player kicking the ball into play may not touch the ball again until another player of either team has touched the ball. If this occurs (double touch), the opposing team shall be awarded an indirect free kick at the point of infraction.
    3. After a goal is scored, the game will restart with a kick off.
2. Out-of-Play
  - i. The ball is in play until it has completely crossed over the sideline or goal line.
  - ii. Players are allowed to step outside the field of play to keep the ball from crossing the sideline or goal line.

### 3. Throw-Ins

- i. For all throw-ins the ball must pass directly over the player's head and both feet must remain on the ground and out of bounds when the ball is released. Younger/inexperienced players may get one redo at the official's discretion, but in most cases an illegal throw-in will result in a turnover.

### 4. Headers

- i. Players may not "head" the ball at any time. **Heading the ball will result in a dangerous play foul and indirect kick for the other team.**

### 5. Offsides

- i. Offsides will be enforced at the position of the receiving player when the ball is kicked and not where the ball is received.
- ii. The game official will determine whether the player is attempting to gain an advantage.
  - 1. Therefore the game official may not always make an offside ruling even though a player is in the offsides position.
- iii. A player is offsides when:
  - 1. They are ahead of the ball in the opponents half of the field.
  - 2. They are closer to the goal than any opposing player (not including the goalie) and the ball is passed to them.

### 6. Type of Kicks

- i. Direct Free Kick
  - 1. All defending players must be at least 10 yards away from the placement of a free kick.
    - a. New 2021 - U12 Only – The team taking the free kick must request defensive players be 10 yards away. If no request is made, play can continue once the official has set the ball.
  - 2. A goal may be scored directly off a direct free kick.
  - 3. See *Fouls and Penalties* for a list of fouls that qualify for a direct free kick.
- ii. Indirect Free Kick
  - 1. All defending players must be at least 10 yards away from the placement of a free kick.
    - a. New 2021 - U12 Only – The team taking the free kick must request defensive players be 10 yards away. If no request is made, play can continue once the official has set the ball.
  - 2. A goal cannot be scored directly off an indirect free kick.
  - 3. Indirect free kicks may be awarded for: dangerous play offside, obstruction, wasting time, and any other actions deemed by the game official.
  - 4. See *Fouls and Penalties* for a list of fouls that qualify for an indirect free kick.
- iii. Goal Kick
  - 1. Awarded to the defending team when the ball crosses the end line and was last touched by the attacking team.

2. A defensive player must leave the ball in the penalty area when kicking the ball back into play; the defensive player has 10 seconds to do so before the game official awards the opposing team with a corner kick.
3. New 2021 – U12/U14 Only – When a goal kick is taken players may enter the penalty area and play the ball as soon as the ball is kicked.

iv. Corner Kick

1. Awarded to the attacking team when the ball crosses the end line and was last touched by the defending team.
2. The ball must be placed inside the one-yard arc in the corner area nearest where the ball went out-of-play.
3. The attacking player has 10 seconds to kick the ball into play before the game official awards the opposing team with a goal kick.
4. A goal can be scored directly from a corner kick.

v. Penalty Kick

1. Awarded when the defending team commits a foul in its own penalty area.
2. The ball is placed at the center of the 10 yard mark and the attacking team is awarded a direct free kick.
3. Other than the goalie and the designated kicker, no players are allowed within 10 feet of the ball and designated kicker prior to the kick.
  - a. On a penalty kick that remains in play, the ball must touch another player on either team before designated kicker may play the ball.

7. Build Out Line: (U8 & U10 only)

- i. The build out line is to be a line of different color or dotted, across the field equidistant between the penalty area line and the halfway line.
  1. The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play from an opponent (made a save), or from at the taking of a goal kick, the opposing team must move behind the build out line until the ball is put into play. The ball is considered “in play” when the GK’s intended recipient has received the ball, not the moment that the GK releases the ball.
  2. Goalkeepers in possession of the ball may pass with feet, throw or roll the ball into play when the opponents have retreated behind the build out line. Once the ball has been put back into play the opposing team can cross the build out line and play resumes as normal.
  3. Teammates of the GK may receive the ball from the GK between the goal line and build out line, and when the opponents played by the teammate may cross the build out line.
  4. Goalkeepers may NOT punt the ball. Drop kicking the ball is the same as punting. If the GK punts or drop-kicks the ball the referee will stop play with the whistle and award an indirect free kick to the opposing team at the location where the punt occurred. If the GK punts from within the goal area, the indirect free kick is taken from anywhere on the build out line.



## 8. Fouls and Penalties

- i. The following are prohibited and doing so will result in a foul and a direct free kick to the opponent:
  1. Slide tackling or attempting to slide tackle an opponent.
  2. Kicking/striking or attempting to kick/striking an opponent.
  3. Jumping at an opponent.
  4. Holding/pushing an opponent.
  5. Excessive contact or attempting excessive contact with an opponent.
  6. Handling the ball with a hand or an arm that results in a clear advantage to one's team, whether intentional or not.
    - a. Goalies are allowed to use their hands and arms inside of the goalie box.

### ii. Indirect Free Kicks – All other fouls not listed above will result in an indirect free kick.

#### iii. Yellow Card

1. Shall be issued as a warning of unsportsmanlike behavior.
2. If a player or coach receives two yellow cards in a game, they are suspended from the rest of the game and may face further disciplinary actions.

#### iv. Red Card

1. Shall be issued as an automatic disqualification for unsportsmanlike behavior.
2. If a player or coach receives one red card in a game, they are suspended from the rest of the game and may face further disciplinary actions.

## F. Other

1. Only coaches are allowed to coach/instruct players during the game.
2. Coaches and non-active players will not be allowed to pass the midfield of their sidelines.
3. Spectators will be asked to sit on the opposite side of the field from their team and must socially distance on the sidelines.
4. Spectators must be 12ft back from the sidelines and athletes at all times during game play.