

**Recreational Youth Soccer League  
Kickers Soccer Club  
Volunteer Coach Manual**

**Field use guidelines**

We are committed to providing high quality, safe playing surfaces through the help of the Fox Valley Park District; however we need the help and consideration of all groups to protect the turf from excessive damage due to game activities. If any of the following conditions occur, scheduled games will be cancelled or postponed.

- Standing water on the field of play
- Walking on turf causes water to surface
- One inch or more of rain 24 hours prior to scheduled games, accompanied by steady rain on game day
- Steady downpour of rain on game day which could cause damage to the turf or injury to the participant
- Extreme drought conditions where 50% of playing surface has turned dormant
- Audible thunder or visible lightning
- Extreme cold temperatures

All coaches and referees are responsible for ensuring the safety of the field playing conditions at all times during scheduled play. The safety of our players is our number one priority. In addition to the above requirements, cancellations or suspensions of game play should be enforced when:

- Player's footing becomes unstable, slipping 6" or greater
- Holes 4" in diameter or 2" in depth or larger are in the field of play
- Surface rocks 3" or greater exposed on field of play
- Standing water in an area 3" or greater
- Soccer goals not securely anchored

**Lightning Policy**

At any sign of lightning during or before game play

League director will sound an air horn(1 long blast). Everyone (coaches, players, spectators, referees) will immediately leave the fields and get into their vehicles. The delay will be 15 minutes. If lightning is seen again the 15 minute time will begin again.

At the all clear sign (3 short air horn blasts) everyone is allowed to return to their fields). Referees will communicate remaining game times. A game may be considered complete if the second half had commenced before the delay. Games may be shortened in length depending on delay.

**Team Placement Policy**

This is the procedure used in forming teams for the recreational program. This procedure is used for all players that registered and paid on time. If payment is not received by the last day of registration, that player falls into the "waitlist" until payment is received and may lose their spot on their former team.

- *Please keep in mind that our first goal is to place every child we can. However, we must keep teams as equal as possible in regards to their roster sizes. We need to make sure all teams are equal and meet roster minimums.*
- Players are placed on to teams as they register.
- If a player makes no request, they are placed on to a team closest to their school.
- Waitlists are started after the registration deadline to fill-in any available spots on teams.

***Please remember - Coaches can NOT offer spots. Placement is done by the League Director following the guidelines stated above***

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## Coach and Team Behavior

Coaches should encourage players to do their best by respecting themselves, their team-mates, and their opponents. Your goal as a coach should be to help the members of your team enjoy the game and improve their skills.

You can achieve this goal by:

- Leading by example
- Treating the behavior of your players as your responsibility
- Correcting children calmly and patiently
- Encouraging members of your team to support each other
- Treating the referee with respect
- Enlisting the support of the team's parents to instill proper attitudes and values

## General Rules

Player registration: all players must be registered on their team's roster and the parent/guardian must sign the waiver form before they participate in the league. No changes or substitutions to the roster without the league directors consent/authorization.

## Team uniform and equipment

- All players must wear Kickers Soccer Club blue/white reversible shirt which can be purchased at the Kickers Soccer Club office or at the first weekend of games.
- **Home team wears blue**
- Soccer cleats are optional (baseball or football cleats are not allowed)
- Players may wear any color shorts or socks (white or blue are preferable)
- All players must wear shin guards with socks over them or they will not be allowed to play

**New Kick Offs:** May be taken forward or backward at the half.

**Playing time:** each player must play at least one half of each game.

**Game time:** All games are to start on time. Please ask parent to arrive to games 15-20 minutes before game time.

Referees will begin clock at the time the game is scheduled to begin.

**New Blue Cards:** 3<sup>rd</sup> through 6<sup>th</sup> - blue cards will be used if a referee feels a player needs to be removed from game (a time-out). Referees will notify coaches why card is given so coaches can talk to players. Coaches will keep track of time.

- 1<sup>st</sup> blue card = 3 minute (minimum) time out of the game
- 2<sup>nd</sup> blue card for same offense = 7 minute (minimum) time out of the game
- 3<sup>rd</sup> blue card for same offense = League director needs to speak to coach at end of game

**New Build Out Lines:** The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate. **Punting the ball is not allowed** as this would defeat the purpose of the build out line. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.

## Sportsmanship

- To assist with games that are one sided (+5 goals), please adopt the following procedures
  - Allow your opponent to add extra players
  - Play with one player less
  - Change your line-ups. Place players in positions they would normally not play.
  - Ask players to make a certain amount of passes before a goal can be attempted
  - Have players use their least dominant foot to make passes/or score goals
- **Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will cause games to be stopped or suspended.** If you have any issue with a referee please e-mail [recsoccer@kickersoccerclub.org](mailto:recsoccer@kickersoccerclub.org)

**NO SLIDE TACKLING AT ANY TIME, GOALS SCORED THIS WAY WILL BE DISALLOWED**

## Rules by Grade

### Kindergarten

- Size 3 ball
- 5-7 players per team
- *New* 3 players per team on the field at one time
- No goalkeeper
- Sub on the fly
- No off-side
- *New* No Headers
- Goal Kicks from the half circle in front of the goal.
- Kick-ins from side-line when ball goes out of play
- Goal Area Rule (half circle in front of goal) – No player may step into this area to stop or score a goal. If the attacking team scores a goal by stepping into this area, the goal is disallowed (a goal kick will be awarded to defense team). If a goal is stopped by the defensive team a free kick is awarded to the offensive team. The shot is taken at the half with all other players standing behind the goal. If it goes in, a goal is awarded. If it does not go in, a goal kick is awarded to the defensive team.
- Game consists of 4 x 8 minute quarters separated by 2 minute breaks – can be adjusted if both coaches agree with more rest if requested
- Forfeits: team must have a minimum of 3 players

### **Suggested Formation:**

1-2 -- 1 defenders, 2 forwards (triangle shape)

2-1 -- 2 defenders, 1 forward (triangle shape)

### 1st Grade

- Size 3 ball
- 6 - 8 players per team
- *New* 4 players per team on the field at one time
- *New* No goalkeeper
- Sub on the fly
- No off-side
- *New* No Headers
- Throw-ins shall be thrown into play from the sideline directly overhead with both feet on the
- Goal Area Rule (half circle in front of goal) – No player may step into this area to stop or score a goal. If the attacking team scores a goal by stepping into this area, the goal is disallowed (a goal kick will be awarded to defense team). If a goal is stopped by the defensive team a free kick is awarded to the offensive team. The shot is taken at the half with all other players standing behind the goal. If it goes in, a goal is awarded. If it does not go in, a goal kick is awarded to the defensive team.
- Game consists of 4 x 10 minute quarters separated by 2 minute rest periods.

### **Suggested Formation:**

1-2-1 -- 1 defender, 2 midfielders, 1 forward (diamond shape)

## 2nd Grade

- Size 3 ball
- 8 - 10 players per team
- 5 players; 4 players and a goal-keeper on the field at one time
- Sub on the fly
- No off-side
- Throw-ins shall be thrown into play from the sideline directly overhead with both feet on the ground
- Penalty kicks shall be awarded if, in the referee's opinion, a scoring opportunity was denied by the defense in the goal box.
- Game consists of 4 x 12-minute periods separated by 2 minute rest periods.
- **New** **No Headers**
- **New** **Build Out Lines**

### **Suggested Formation:**

1-2-1 -- 1 defender, 2 midfielders, 1 forward (diamond shape)

## 3rd and 4th Grade-Ball

- Size 4 ball
- 10 - 12 players per team
- 7 players; 6 players and a goalie on the field at one time
- Sub at dead ball situations at mid-field
- Off Sides: an attacking player positioned so that fewer than 2 opposing defensive players (including the goal-keeper) are between the player and the goal when the ball is kicked
- Throw-ins shall be thrown into play from the sideline directly overhead with both feet on the ground
- Penalty kicks shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the offense
- **New** Blue Cards : Referees have the right to request a coach to remove a player from the game for continued disobedience or as result of an incident that warrants a time-out for the player.
- Game consists of 2 x 25-minute periods separated by a 4-minute half-time period
- **New** **No Headers**
- **New** **Build Out Lines**

### **Suggested Formation:**

2-3-1 – 2 defenders, 3 midfielders, 1 forward

## **5th and 6th Graders**

- Size 4 ball
- 12 - 14 players per team
- 9 players; 8 players and a goal-keeper on the field at one time
- Sub at dead ball situations at mid-field
- Game consists of 2x25-minute halves separated by a 2-minute halftime period
- Games tied after regulation play shall end on a tie
- Throw-ins shall be thrown into play from the sideline directly overhead with both feet on the ground
- Penalty kicks shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the offense
- Off-side: an attacking player positioned so that fewer than 2 opposing defensive players (including the goal-keeper) are between the player and the goal when the ball is kicked
- Blue Cards : Referees have the right to request a coach to remove a player from the game for continued disobedience or as result of an incident that warrants a time-out for the player.
- **Double Header Game**
  - The coach with the least amount of players present for the game choose if you play 8v8 or 9v9 at the beginning of the game.
  - Game consists of 2x25-minute halves separated by a 5-minute halftime period

### **Suggested Formation:**

2-3-1 – 2 defenders, 3 midfielders, 1 forward

3-2-1 -- 3 defenders, 2 midfielders, 1 forwards