



3rd-4th Grade Soccer Rules(U10)

Program Overview:

Fountain Recreation Youth Soccer Program (FRYSP) is a soccer league feeder program to Fountain Fort Carson Middle School. Our first **PRIORITY IS FUN!** While paving the road to success for future Trojans.

FRYSP will be instructional in nature, and is intended to introduce boys and girls to the rules and fundamentals of soccer.

FRYSP will follow all current US Youth Soccer ***SMALL SIDED GAME*** (usyouthsoccer.org) rules, except where modified by grade division.

Players will be chosen for teams through a random process or carpool necessity. Every player in FRYSP is guaranteed a roster spot if entered prior to the league registration deadline. Teams will not be altered following the coaches meeting without Recreation Department approval. An individual may **NOT** participate in FRYSP practices or games unless registration is completed and a parent or guardian has signed an agreement waiver on his/ her behalf. All games will be played with players from the original team roster unless coaches and officials agree otherwise.

Every player is guaranteed a minimum of one (1) full half of playing time in each game, with the exception of injury, or arrival of a player after the start of the 2nd half (refer to "Playing Time Rules" for further details). Every team will have a minimum of an eight (8) game schedule. However, makeup games are not guaranteed. Games canceled due to unforeseen circumstances, i.e. inclement weather; games will be rescheduled if possible.

Fountain Recreation has a ***ZERO TOLERANCE*** policy toward fighting, flagrant, or intentionally violent penalties, abusive or obscene language and any other inappropriate behavior by players, coaches, parents or spectators. The Head Sports Official reserves the right to ask any player, coach, parent, or spectator to leave the premises and cancel the game, the Recreation Coordinator has the authority to suspend any player, coach, parent or spectator for any number of games or indefinitely from participating in any recreation program.

1. **Player Eligibility:**

- a. We will follow Colorado School guidelines
- b. Children will be registered based on the Grade level as of December 31, 2018
- c. A child may move up one Grade Level only if the parent signs a waiver acknowledging that they are aware their child will be playing with children up to three years older
- d. If a child is held back a grade or placed ahead a grade letter from the school will need to be provided during registration

2. **Playing Time Rules and Substitutions:**

- a. WITHOUT EXCEPTION (barring injury, or arrival of player after start of the 2nd half) – Every player MUST play one (1) full half in the game
- b. **6-MINUTE RULE:** Playing time differential between the individual playing the most in a 50-minute contest, and the individual playing the least is not to exceed 6 minutes
- c. **Late arriving team members shall be substituted as follows:**
 1. If the team member arrives during the first half, the team member must play a minimum of 25 minutes
 2. If the team member arrives during the second half the team member must play the remainder of the game
- d. **Time of Matches:**
 1. Two halves (25 minutes) running clock (*clock **WILL NOT** stop for substitutions*)
 2. Teams will be allowed **ONE**, one (1) minute time out per half (Time outs **DO NOT** carry over)
 3. Half time will be **Seven to Ten** minutes
 4. Player Safety is our #1 priority. Water breaks and equipment repair are allowed at the referee's discretion
- e. **Substitutions:**
 1. If a player is injured, the coach may provide a substitute for the player, and can substitute the injured player back in on any dead ball at any time
 2. All players must receive a signal from the referee in order to enter the match
 3. Substitutions are unlimited and can occur at any stoppage

**** **Please Note:** OFFICIALS ARE NOT RESPONSIBLE FOR MONITORING PLAYING TIME. It is the responsibility of coaches to follow and enforce playing time rules. Coaches should monitor the playing time of opposing players and if a coach is not adhering to the playing time rules, officials should be notified immediately. The official will then ask the coach in question to correct the problem. ****

3. The Field:

- a. Length: 55 yards
- b. Width: 35 yards
- c. Center Circle Radius: 6 yards
- d. Goal Area: 4 yards by 8 yards
- e. Penalty Area: 12 yards by 24 yards
- f. Goal Line to Penalty Spot: None
- g. **Build out line:** Equal distant between the goal area and the mid-field line
- h. Goal Size: 6 feet by 18 feet
- i. Parents and Spectators will sit 5 YARDS off the field opposite side as players
- j. **NO COACHES ALLOWED ON THE FIELD**

4. Equipment:

- a. Ball size: 4
- b. Each team will have their own team color t-shirt provided by the recreation department with city logo if player's shirt is not available they can wear a shirt of the same color; on cold days players should try and wear team-shirt on top of other clothing
- c. Athletic footwear with or without cleats are allowed **WITH** referee's approval **(NO BASEBALL OR FOOTBALL CLEATS)**
- d. Players may or may not wear shin guards, however it is highly encouraged that all players where them
- e. Players with cast shall not be allowed to play due to the increased chance of injury to themselves and other players
- f. Players will only be allowed to wear approved medical bracelets and studded earrings
- g. All incidents, injuries or property damage at any Park and Recreation game will be reported to the Head Sports Officials

5. Start of the Game:

- a. The referees will meet with the teams and coaches at the start of the game to go over rules and answer questions
- b. A coin toss or Rock; Paper; Scissors will determine first possession or attacking goal, teams will trade possession at half, teams **WILL** switch sides after the half
- c. A goal **CAN NOT** be scored on the kick off

6. General Rules:

- a. Maximum of 7 vs 7 (goalkeepers) minimum 5 vs 5 (goalkeepers)
- b. Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- c. Punts are allowed by the goalkeeper
- d. If used, all free kicks are indirect (you cannot score a goal on an indirect kick)
- e. Opponents should be 10 feet away from the ball on all restarts
- f. Offside: The two types of off sides are Offside Position and Offside Penalty. The referee will only stop play for Offside Penalty not Offside position. Offensive players cannot be offside if they are between the Build out Line and Mid-field
- g. Heading the Ball: If a player bends at the waist to head a ball an indirect kick will be awarded to the opposing team (Safety)
- h. If the referee stops the game he will use either an indirect kick or drop ball to restart the game
- i. No score will be kept
- j. Players can always protect themselves by placing their hands and forearms over their face or turning away from the ball; any contact between the fingertips and shoulder will be considered accidental as long as the player does not move the arms towards the ball

7. Fouls:

- a. Major Fouls will be awarded a direct kick (can score): handball, kicking striking, tripping, holding, pushing, charging, attaching from behind and slide tackling
- b. Minor Fouls will be awarded an indirect kick (cannot score): dangerous play (kicking from the ground, bending down to head a ball), high kicking, goal keeper delay of game, obstruction

8. Good Sportsmanship Examples:

- a. End of game cheer for opposing team
- a. Shaking of hands at the end of the game with opposing players and coaches
- b. Insuring that comments from parents, players and coaches are all positive in nature
- d. Runaway games: In keeping with the idea of **GOOD SPORTSMANSHIP** and learning the aspect of small-sided games, anytime one team starts to dominate the game (ahead by 4 goals) the coach should institute a training mode during the game. Such as encouraging passing, (team must have so many passes before shooting on goal), or every player on the team must touch the ball before a shoot on goal can be taken.
- e. Coaches and parents need to remember that we are here for the good of the game and the good of the players, be positive at all times.