



Latham Circle Soccer Club

Fall Recreation and Skills Program

Coach's and Referee's Guide

(Players in Grades 3 and up)

Player equipment

1. All players are expected to bring their own soccer ball with them to practices. Players should put their name on the ball in waterproof marker.
2. All players must wear shin guards under the socks, in order to play. Referees or Coaches should not allow any player on the field without them. We recommend that you purchase the type that has an elastic band under the foot. The type that is held in place by only the sock tends to migrate.
3. All players should wear appropriate soccer shoes (cleats). Cleats may not be metal. Referees will inspect cleats prior to games. Sneakers may be worn for practices but keep in mind that the children may open themselves for injury under slippery or rainy conditions.
4. Bring a water bottle.

Divisions

SA = South American = Grades 3&4 = U10

Euro = European = Grades 5&6 = U12

World = Grades 7&8 = U14

Attire

A game uniform consisting of a t-shirt is supplied for the USA Division. The parent must provide the cleats, shin guards and socks big enough to cover the shin guards. Full uniforms are provided for the North American, South American, European, and World Divisions. In case of cooler weather, the players may wear sweatshirts or sweat pants. The T-shirt (or jersey) must be worn over the sweatshirt. Safety rules that are strictly enforced during games include:

- no rings, earrings or barrettes (use soft hair holders)
- no watches
- no chains
- medical information medals must be taped

There are no restrictions on practice attire. Layers recommended. Be comfortable.

Games

There are 8 weeks of games for all divisions except for the USA division, which has 6 weeks of play and the World division, which has 7 weeks of play. There is a round robin tournament (level of competitiveness will be determined by the Rec committee) scheduled for the last weekend of play for SA and Euro divisions. Regular season games will not count for position in the end-of-the-season tournament. They are intended for you and the athletes to learn soccer and have fun.

Player/Game rules

Remember that our intention is for both the player and coach to learn "on the job" during this 6 to 8 week game schedule.

- 1) **Each athlete must play for at least a half of each game.** This will be monitored by LCSC.

2) Each athlete should play different positions during the season. This will give our players the opportunity to experience all soccer positions. Our intention is to move an offensive player to a defensive position, when possible. For example, a striker could move to midfield, fullback or goal.

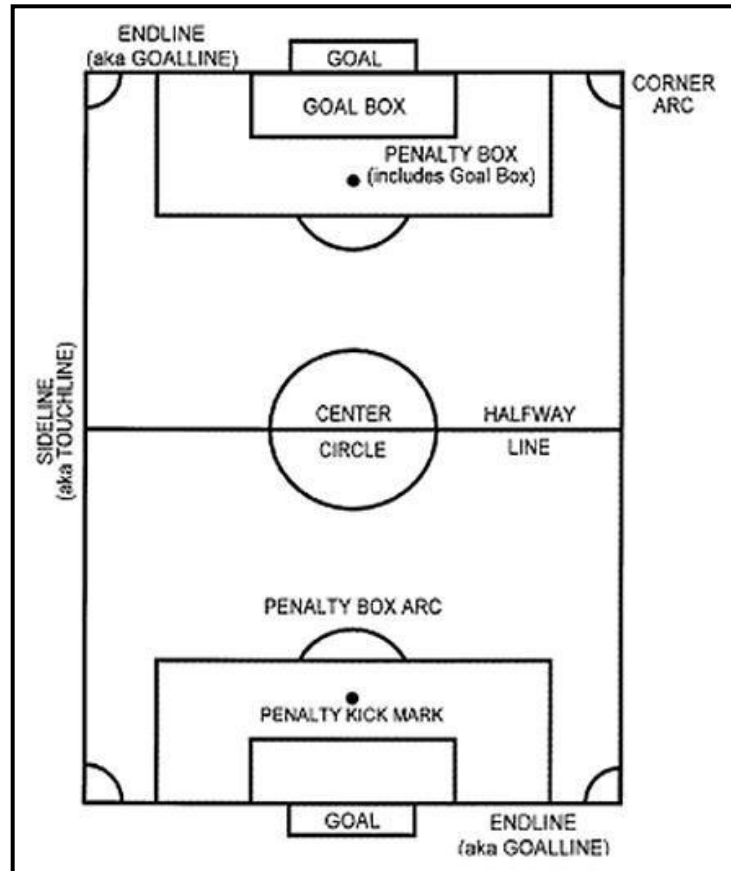
3) "HAT-TRICK" RULE: If a player scores **three times** in a game, the coach must move him/her to a defensive position, i.e. fullback or goalie for the remainder of the game. This rule is meant to improve fairness and keep one player from completely dominating the game. The referees will enforce this rule.

4) Players are not allowed to use their hands unless they are playing goalie. Goalie may only use hands when inside the penalty box/area (see diagram).

5) No tripping, pushing, holding, jumping at another player or anything else that is dangerous. **NO INTENTIONAL SLIDING** anywhere on the field. DIRECT free kick awarded to other team for any foul. After all direct free kicks, ball is in play once touched by a player.

6) DIRECT FREE KICK: for serious fouls, i.e. intentionally handling ball, tripping, holding, pushing or kicking opponent. Opponent can score on a direct free kick. It is taken where foul occurred. Kicker may touch ball only once. All other players must be at least 10 yards from ball. Other players may make a "wall" if desired.

7) PENALTY KICK (PK): for serious fouls committed inside the penalty area by the defensive player. Kick is a direct shot against the goalie from the 12-yard penalty spot (9-yard position on smaller fields). Opponent can score on a penalty kick. No players except the goalkeeper may be in penalty area. All other players must be at least 10 yards from ball and outside the penalty area. Goalie must remain at goal line and cannot move off of the goal line until ball is kicked.



8) INDIRECT FREE KICK: for less serious or non-intentional fouls, off-sides violations, dangerous play, charging player without ball or goalkeeper. Opponent CANNOT score directly on an indirect free kick. A second player must touch the ball before a goal can be scored. Two players touching ball do not have to be on the same team. Taken where foul occurred. Kicker may touch ball only once.

9) OUT OF BOUNDS OVER END LINE by attacking team = GOAL KICK: Taken by defense (usually goalie) from inside goal area. Ball cannot be touched by any other player until outside of the penalty area or kick is replayed. Offensive players must be out of penalty area. Ball is out of bounds when entirely over the line.

10) OUT OF BOUNDS OVER END LINE by defending team = CORNER KICK: Taken by attacking team from corner of field closest to where ball went out of bounds. Opposition must remain at least 10 yards away. Ball is out of bounds when entirely over the line.

11) OUT OF BOUNDS OVER SIDE LINE = THROW IN: Ball is out of bounds when entirely over the line. Throw taken by team opposite to that which last touched ball prior to going out of bounds. Player throwing in must keep both feet on the ground, put both hands on the ball, draw the ball behind the head and throw overhead. **If first attempt is incorrect, let the player throwing in repeat the throw and give him/her appropriate coaching (all divisions). After a second consecutive bad throw, award the throw to the opposing team.**

12) **SUBSTITUTIONS:** Allowed for **both teams** during all stoppages of play due to the ball played out of bounds including a goal kick, corner kick, any throw in, and after a goal has been scored. The only exception is to substitute an injured player. For games with referees, coaches should request permission for substitutes from the referee.

13) **OFFSIDE VIOLATION:** Committed by attacking team member without the ball when there is not at least two defenders between them and the goal at the time of the pass. This prevents attacking team members from waiting next to the goal to receive a pass. There is no offside violation on throw-ins.

14) **SCORING:** Can be done in the air or on the ground. Ball must be entirely over the line in order to score.

15) **"4-GOAL RULE":** If a team goes ahead by 4 goals, the opposing team can add a player to the field. For SA and Euro, when playing 8v8, the team ahead can alternately choose to play one player down (8v7). 7v7 games should always add a player to initiate the advantage (7v8). With 8v8, you can choose either option, since these fields can support 9v8 as well (this would be the better option if both teams already have a lot of bench players). **Number of players and the option on how to apply advantage (add or remove player), if necessary, must be agreed upon before the start of the game by both teams and the referees**, otherwise the advantage will be applied by adding a player to the team that is behind by 4 goals. Sides return to equal strength once/if score levels. This rule has been effective at evening out the remainder of a match. The referees will enforce this rule. Rule is not to be applied until the 4-goal differential is reached.

16) **GOALIE PUNT:** Goalkeepers can opt to punt the ball if they collect it legally within the Penalty Box (they are also allowed to roll, throw, and kick the ball forward as well). Punts must occur entirely within the Penalty Box. Opposing players must provide space for goalie to punt – no attempting to block a punt is allowed (Referee will award possession back to goalie).

17) If a team member intentionally passes back the ball to their goalkeeper with their feet, or performs a throw-in to their goalie, the goalie is not allowed to pick up that ball. Referees will remind goalkeepers of this rule on first violations. Afterward, a violation can result in a penalty kick.

18) **Bench Sportsmanship:** Coaches should actively discourage taunting, name-calling, and other acts of poor sportsmanship from players at all times, including while off the field and before/after the game. Signs or gestures of poor sportsmanship will not be tolerated, and may result in suspension from future game play.

19) **MOST IMPORTANTLY: The referee has the final word on all calls.** Respect their judgment. No arguments or foul language will be tolerated by children or parents. Anyone violating this rule can be subject to ejection from the match and potentially removed from the league. Referees should report such activity to the Age division coordinator or the Program Director immediately!!

20) All divisions are played at the Boght Road Complex.

21) The referee schedule will be made available on a weekly basis to the referees that are to be assigned for that week. In the event a referee cannot fulfill his/her assignment for that week, he/she is to contact the LCSC Referee Coordinator IMMEDIATELY. The Referee Coordinator will be responsible for reassigning the time slots in question. The referees ARE NOT RESPONSIBLE to find a replacement.

22) Each referee will receive one whistle. It will be your responsibility to bring it to each game.

23) All Referees should bring their own stopwatches to the game. If you don't have a stopwatch, a wristwatch or a cell phone with a time-keeping feature/display is suitable.

24) No slide tackling or any intentional sliding whatsoever in any division.

25) Two (2) referee system for SA and Euro; Three (3) referee system for World.

26) There will be NO stoppage time. Running time only.

27) Games will be played rain or shine unless it is deemed to be dangerous by the division coordinators or the program director. In the case of lightning, the game shall be stopped. It will be up to the division coordinators or the program director weather or not to continue play once the threat has passed.

28) **FIELD BOXES** containing ice packs, extra whistles, pinnies, and game balls will be placed on each field between the player benches. The first referee of the day should bring the field box and corner flags to

their assigned field. After each game, the ref should put the game ball back into the box and leave it at the field for the next game. After the last game, the referee should bring the box (with the ball and all the other items) and corner flags back to the coach's room (room next to the pavilion garage). If there are items missing, or boxes need to be restocked with supplies, referees should notify the LCSC Manager on Duty.

For World Division: In addition to the established rules for soccer (including those listed above) there will also be a few extra guidelines and rules for the Co-ed Grade 7&8 Division (World Division).

A) You must have at least 2 (preferably more) female players on the field at all times.

B) Coaches, as the adults on the field, are responsible for correcting excessive physical play (pushing from behind, high elbows, etc.) by their players. Do not wait for the referees. Please substitute these players and discuss the correct behavior. Players consistently warned for excessive physical play may be removed from the league.

Miscellaneous

1) TEAM SIZES for each division are as follows:

- World: 11 players (10 field players + goalie)
- European: 7-8 players (6-7 field players + goalie)
- South American: 7-8 players (6-7 field players + goalie)

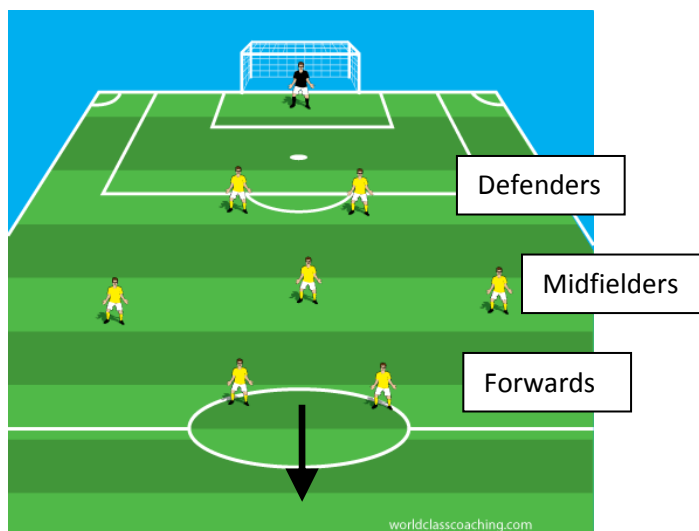
If the opposing team has less than the required number of players, your team must play with the same number of players. Coaches should agree on fielded team size prior to start of game.

2) POSSIBLE FORMATIONS for 11 & 8 player-per-side games are as follows (arrow = direction of attack):

11 v 11 (World Division)



8 v 8 (Euro/South American Division)



See last page for images of formations, and other suggestions for 11v11, 8v8, and 7v7.

Basic Soccer Position Terms

Goalkeeper (Goalie, Keeper) – The player positioned directly in front of the goal who tries to prevent shots from crossing the goalline; the only player allowed to use their hands and arms, though only within the 18-yard penalty area (larger box), and not when ball is passed back to them by a teammate.

Defender – A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition’s attackers from scoring. Also called “Backs”; rearmost defenders are “Fullbacks”

Midfielder – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

Forward – A player who is responsible for most of a team's scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.

Striker – Generally the same as a forward, though it sometimes refers to a forward that is his/her team’s primary scoring threat.

- See more at: <http://www.soccer-for-parents.com/soccer-positions.html>

3) TIME SLOTS and game lengths are as follows:

<u>Division</u>	<u>time slot</u>	<u>practice</u>	<u>game length</u>	<u>Half Time</u>
USA	1 hour	½ hour	½ hour	
N.A.	65 mins	10 mins	12 min quarters	5 min
S.A.	75 mins	10 mins	30 min halves	5 min
EURO/World	~80 mins	10 mins	33 min halves	5 min

Note: No more than a 5 min half time is allowed in any division.

4) BALL SIZES are as follows:

<u>Division</u>	<u>ball size</u>
S.A.	4
EURO	4
World	5

Other popular 11v11 formations (for World Division):

4-3-3 (counting from in front of the goalie)

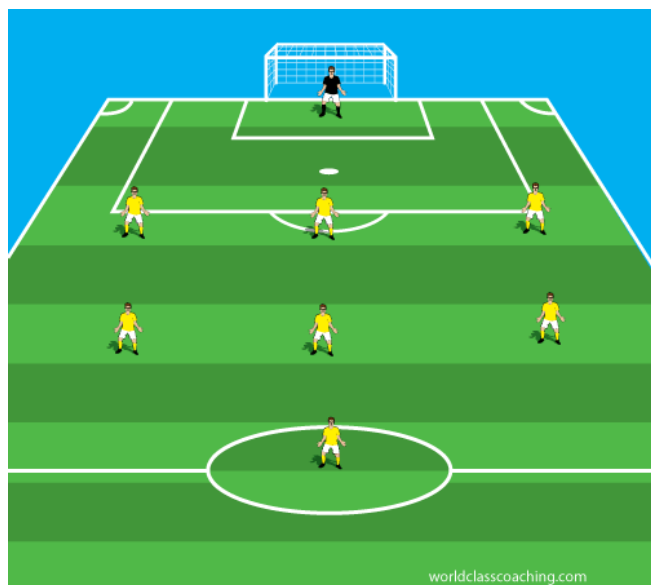


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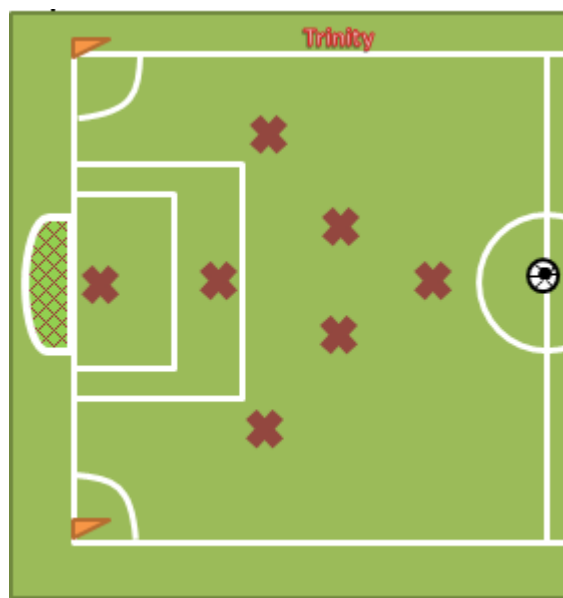


Other popular formations (for SA and Euro Divisions):

8v8 formation: 3-3-1



7v7 formation: 3-2-1



For more on 7v7 and 8v8 formations, watch this video on YouTube:

<https://www.youtube.com/watch?v=kDfiobyfbEQ>

(you can just search kDfiobyfbEQ in YouTube's search box)

Additional coaching help can be found on: <http://www.soccer-training-guide.com/>