



Lan-Oak Park District

Youth Soccer (U10) 2011

Objective: The objectives of the Youth Soccer program are to refine basic skills, to learn more complex skills, to progress in team play, to provide a recreational environment free from a competitive atmosphere, to provide a program that benefits the vast majority of participants, and to always have **fun!**

Achieving the objective: Competitive aspects are minimal; players are able to achieve practice and comfort in game playing with the first two weeks of the program offering only scrimmage games; scores and standings are not recorded until the third week of the program. Young players are taught, not with trimmed-down versions of adult methods, but with methods and rules specially designed for their age group. Equipment, playing field, rules, number of players, are all reduced to keep the game simple, but progressive and enjoyable for young players. Participants with different degrees of soccer talent, soccer experience, soccer interest, and motivation will be able to find their own level and own satisfaction in the program.

Age Classification: The U10 age level is considered 7 to 9 years - exceptions to this age guideline are considered and decided by the park district only. The intent of establishing age classifications is to make game playing as even as possible. Because of the young age of the players:

- Stress is NOT placed on winning but in skill development and sportsmanlike team play.

In the event of an age challenge, player will be asked to provide proof of age privately to the district representative and the determination of the district will be final.

Program/League: Programs with a small number of players or teams may not provide an interesting playing/program season. If the district cannot place four or more teams (due to low enrollment) the program will be cancelled.

Coaches: A maximum of two coaches (one head coach and one assistant coach) will be recorded for each formed team. It is strongly advised that both be present at all meetings, practices, games and functions of the team. Coaches are required to use only positive reinforcement and encouragement at all times with all players, and to refrain from negative remarks and behavior at any time that they may be interacting with the team. All coaches are required to provide the district with any and all information required to complete a criminal background check

PRIOR TO THE FIRST DAY OF THE PROGRAM - defined as the first organized meeting of the team whether in practice or in a game. Failure to do so will result in the coach being removed from the team for the duration of the season.

Team Size/Make-Up: For the younger players it is advisable to field a smaller number of players so that each child has more opportunity to play the ball, will develop skills at a faster rate, and will enjoy greater interest and participation. U10 teams will roster up to 12 players - will game play a minimum of 7, a maximum of 9. A player lost to the team for the remainder of the season may be replaced for the remainder of the season by a player approved by the district. The child(ren) of the head coach and assistant coach are the only children placed by request (while team/coach requests will be attempted, they are not guaranteed to be granted).

Participation: It is the intent of the program to provide all players equal playing time in order to practice and master skills, build comfort and confidence in playing and to have fun with teammates. Every player will be allowed to play at least the equivalent of one-half of every game (regardless of playing skill). Every player present at the start of the game will play at least the equivalent of one-half of the game; any player arriving late to the game will play at least the equivalent of one-half of the game or the remainder of the game if less than one-half remains.

Organizational Rules: Where the rules mandate a particular procedure by use of words such as "will", "must", or "shall", no variations will be permitted. Where rules are presented as guidelines by the use of words such as "may", modification or variation is allowed as long as the modification does not violate the spirit of the programs objective.

Tournaments: The U10 program does not include a tournament, but may end the season with a fun special event if agreed upon by the district and coaches.

Officiating: It is within the discretion of the district to determine the form of officiating to be used. One official will be assigned in scrimmage games. The primary responsibility of the official is to instruct the players and enforce the basic rules of play.

A one official system will be employed in games and the official assigned to games will have authority and responsibility for the calling of fouls and violations by the use of the whistle. Officials will assure that youth games are played with as little interference as possible by limited whistling. The authority of the official commences as soon as he/she enters the field and continues even when the ball is out of play or play has been suspended. Officials may refuse to start a game or stop a game in progress in the event of threatening weather or unsafe ground condition. Officials have the authority to suspend or end play in the event of

serious player injury, and to enforce the district's Code of Conduct with suspension or ejection. Decisions of the official will be final.

Field of Play: The Youth field will measure 80 yards X 50 yards and will be marked with distinctive lines. Longer field lines will be called touch lines, shorter field lines will be called goal lines. Flags will be placed at all four corners of the field, a half-way line will be marked joining the midpoint of each touch line, and at the mid-point of the halfway line a circle of 8-yard radius will be marked. The goal box will measure 6 yards X 19 yards and the goals are placed at the midpoint of each goal line. The penalty area will be 14 yards out from the goal line into the field X 35 yards. The penalty mark is 10 yards out into the field from the goal line; the penalty arc is 8 yards from the penalty mark. A quarter circle of 1-yard radius shall be drawn inside each of the four corners of the field as corner arcs. All markings are part of the area they enclose.

The Ball: The ball used shall be size 4. The ball shall not be changed during play except with approval of the official.

Players, Substitutions, Goalkeeper Change: Only players rostered for a specific team will play for that specific team. **In the event of a team playing "short" the opposing team will play with the same number of players to insure an equal playing field.** When substituting players, all players must enter from the centerline of the field, must only enter during dead balls, and must make the official aware of the substitution. Goalkeepers may only change with the approval of the official. No player will play more than one-half in the goal.

Players Equipment: The official may deny play to any player whose equipment does not conform to the requirements of the program. The basic required equipment for each player will be shirt, shorts, socks, shoes and shin guards. A player will not wear anything that is dangerous to another player or to himself/herself. Each team will wear district-provided pinnies of matching color and of color different from the opposing team. **The goalkeeper must wear a pinnie different from both teams and different from the official.** Numbers on pinnies are required and must be different for each player on the team. Shin guards must be entirely covered by socks, shall be made of a safe and suitable material, and shall provide a reasonable degree of protection for the player. Shoes may be gym shoes or soccer footwear. Jewelry is not allowed.

Duration of Game: **The Youth game will consist of two 25-minute halves with a running clock, and one 4-minute halftime.** The official is the timekeeper of the game. The "home" team will begin the game with the kick-off, the "away" team will

kick-off the second half. Play ends exactly at the instant that time runs out, regardless of the position or motion of the ball at that time.

Rules of Play: The scrimmage/game rules have been simplified in order to allow younger players to easily learn and progress with game play:

- The offside rule will apply.
- Restarts - For a ball over the touch line, the ball will be thrown in at the point it crossed the touch line. The player throwing the ball may not step over the touch line into the field of play. For a ball crossing the goal line (not scoring) and last touched by a defending player, the ball will be a corner kick from the corner of the field closest to where the ball crossed the goal line. For a ball crossing the goal line (not scoring) and last touched by an attacking player, a goal kick is called and the goalkeeper will kick the ball anywhere along the top of the goal box.
- Throw-ins - The official will correct a player that throws-in incorrectly. If the second throw-in is incorrect, the opposing team takes possession of the ball. The correct form for throw-ins will be both feet planted prior to release of the ball, the ball must be held with both hands, the ball will be delivered forward from behind or over the throwers head.
- Fouls and Misconduct - In scrimmage games all fouls should result in indirect free kicks, after the nature of the foul has been explained to the player. There will be no cautions, ejections, or penalty kicks in scrimmage games.

In game play:

- Free Kicks - All free kicks will be indirect from the point of the foul. If the foul occurs in the goal box, the free kick is taken outside the goal box.
- Direct Free Kicks will be awarded if a player commits any of the following six offenses in a manner considered by the official to be careless, reckless, or involving disproportionate force:
 1. Kicks or attempts to kick an opponent, or the ball in possession of the goalkeeper
 2. Trips or attempts to trip an opponent
 3. Jumps at an opponent
 4. Charges at an opponent
 5. Strikes or attempts to strike an opponent; included here is a goalie throwing the ball vigorously at an opponent, or pushing an opponent with the ball while still holding it
 6. Pushes an opponent
- Direct Free Kicks will be awarded if a player commits any of the four offenses:
 1. Tackling

- 2. Holds an opponent
 - 3. Spits at an opponent
 - 4. Handles the ball deliberately
- Penalty kicks will be awarded should a player commit one of the above offenses within their own penalty area.
- Indirect free kicks will be awarded at the point of the foul. If the foul occurs in the goal box, the free kick is taken outside the goal box. Indirect free kicks will be awarded should a player commit any of the following:
 - 1. Dangerous play
 - 2. Kicking the ball above an opponents waist
 - 3. Slide tackling without contact
 - 4. Charging fairly (not playing the ball)
 - 5. Obstruction when not playing the ball
 - 6. Charging a goalkeeper
 - 7. Goalkeeper does not release the ball within 6 seconds of possession
- Cautionable Offenses (yellow card)
 - 1. Unsportsmanlike behavior
 - 2. Arges with the decision of the referee
 - 3. Persistently violates the rules of the game
 - 4. Delays the restart of the game
 - 5. Fails to respect distance regulations when play is restarted
 - 6. Enters, re-enters or leaves the field of play without the referee's permission

**The player who receives the yellow card must leave the game and remain off the field for a minimum of 10 minutes. When a player receives a yellow card, the playing time rule no longer applies to that player. An automatic substitution is required; the team is not required to play "short".
- Sending-off Offenses (red card)
 - 1. Serious foul play
 - 2. Violent conduct
 - 3. Spitting
 - 4. Denies the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball
 - 5. Denies an obvious goalscoring opportunity by committing a foul on the player moving toward the goal
 - 6. Uses offensive/abusive/insulting language and/or gestures
 - 7. Fighting (the equivalent of to red cards)
 - 8. Receives a second caution (yellow card) in the same match

**The player who receives a red card is immediately ejected from the game. No substitution is allowed; the team is required to play "short" for the remainder of the game. The red card will result in the player being

suspended from the next scheduled game. A player receiving a second red card will be suspended from the next two scheduled games; a third red card will result in ejection from the league for the remainder of the season.

- A player ejected from a game is prohibited from any further contact, direct or indirect, with the team during the remainder of the game.
- A team has 10 minutes from the designated game start time before a forfeit is called. The time will be kept by the official.
- **A slaughter rule is in effect for all games - if at any time one team has five goals more than the opposing team the game is called as final. The remainder of the game may be played as a scrimmage game.**

Other Regulations: The following are rules and regulations governing the Youth program that may not pertain to one of the above designations.

- All Lan-Oak Park District soccer leagues/programs will follow rules as established by FIFA, unless when exceptions are listed in the rules specifically designated by the district.
- Standards will be determined by use of a point system. Wins will award (2) points, ties will award (1) point and losses will award (0) points. In the case of a tie, the team with more goals scored throughout the season will be ranked higher. If a tie still exists, the team with fewer goals allowed will be ranked higher.
- Practice time and space is assigned equally to all teams, and is based on availability of parks and coaches.
- **Shin guards are also mandatory for practices and games.** If a child wears glasses it is required that the child wear "flex" frame or protective glasses during practices and games.
- All players and coaches will stay on their designated half of the field for the duration of game play and will not step onto the opposing team's field half, except for player injury.
- Parents/spectators will sit on the west side of the playing field; players and coaches will sit on the east side of the field during game play. Coaches allowing parents access to the east side of the field during game play will be subject to disciplinary action by the district (suspension or ejection from the league).
- The Lan-Oak Park District Code of Conduct is in effect for parents/spectators, coaches and players, and will be strictly enforced, from the first practice to the conclusion of the league.



The Lan-Oak Park District hopes you have a great season!!!