

Sayreville Soccer Club

Rules and Guidelines for Recreational Coaches

Requirements

Completed Kid Safe form
Concussion training certificate (***must be maintained with you during practice and games***)
Background check form
Preferred “F” Coaching License.

Team Roles

1 Assistant coach
1 Team parent

Code of Conduct

No foul language in front of the kids
No smoking at the fields (parking lot only)
No drinking of alcohol before or during practice or games
Treat referees, other coaches, players, and parents with respect.

Practices/ Training sessions

Coaches are expected to hold at least one (but no more than three) practice per week.
Practices should not run more than 90 minutes.
Coaches should attend and participate in the professional training sessions. This provides assistance for the trainers and you in the skills learned that week, to be reinforced during practice.

Game Play

The Rec program is designed to teach children the game of soccer. **It’s about learning not winning.**
All players have to be allowed to play at least one half of the game regardless of how many practices they have attended or if they came to the game late.
No players should play the whole game while other players sit on the bench. Use a clipboard to keep track of your substitutions. Remember this is a team sport.

Cellular phone use by coaches during games is prohibited. Please you are there to coach the kids.

Players Conduct

Players are expected to play fair and treat each other, opposing players, refs, and coaches with respect.

Taunting and trash talking WILL NOT be tolerated.

If a player is playing too aggressive (intentionally or unintentionally) they should be removed from the field and the coach should explain to the player what adjustments need to be made.

If a player continues aggressive play, they should be removed from the game. **Any player, who is violent in a game or during practice, should immediately be removed from the field and the Director of Recreation has to be notified.**

Parents and visitors

The same rules of conduct that apply to a coach, apply to the parents.

The head coach should have a meeting with all of the parents before the start of the season to discuss the rules of conduct.

Parents and spectators sit on the opposite side of the field from the coaches and players.

Parents should cheer for all of the kids on the field, not just their own.

Parents are not allowed to sit near the corners, the goal line, or the goal.

Parents should be encouraged to speak with the coach regarding issues with playing time, positioning, etc. before or after practice or via email or phone.

Any conduct violations should be reported to the club immediately.

Guest players

Players from other rec teams can only be used when absolutely necessary.

Only players in the same division or younger can be used.

Travel players, kids not registered with the league, and players from older divisions cannot be used.

If a team is short players, the opposing team should “lend” a player/players so the game can be played and the maximum amount of kids are on the field. A player should only play a maximum of one half on an opposing team and then a different player should be selected.

Red/Yellow Cards

As a general rule, don't argue with the refs.

If you feel that physical play is getting out of control, speak with the referee during a break or at half time.

If a coach is yellow carded, the incident will be reviewed by the Director of Recreation to determine if any action is necessary.

If a coach is red carded or receives multiple yellow cards throughout the season, he/she will have to meet with league representatives and will face a two game suspension.

For serious offenses, the coach will be brought before the disciplinary committee and might be removed from a head coaching position and also banned from the league.

Score Differentials

The differential is 6 goals, except on 4v4 games.

Coaches must make adjustments not to go over the scoring differential.

If a team/coach goes over the scoring differential on a repeated basis they will be subject to disciplinary action

Slide Tackling

Slide tackling is not permitted at any age level. If contact occurs during a slide tackle, a direct kick/penalty kick will be awarded to the other team. If contact does not occur, an indirect kick will be awarded to the other team.

Division - Birth Year
(U6/U7/U8 – 2011/2010/2009)

Standards of Play – SMALL SIDED

Game length – 40 minutes (4 x 10 minute periods); 5 minute breaks between periods

Players on the field – 4 vs 4 (No Goalies)

Game Ball - Size 3

Coaches – Must stay on the sideline in their technical area and not cross the half line or enter the field of play.

GAMES – Kick offs, free kicks, pass-ins, goal kicks and corner kicks are used to start or restart play. ***Kick-ins will replace a throw-in. A player must pass the ball on a kick-in and cannot touch it twice. One re-do will be allowed.*** If lines are not painted on the field, goal kicks and corner kicks should be taken in the GENERAL VICINITY of the respective goal or corner. Opposing players are to be at least 4 yards or 12 feet from the ball until is kicked.

NO PENALTY KICKS, NO OFFSIDES; NO HEADING ALLOWED! Intentional heading will result in an indirect kick for the opposing team.

Substitutions – are unlimited and can occur at any stoppage with permission of the referee.

Score differential - NONE

Division - Birth Year (U9 & U10 – 2008 & 2007)

Standards of Play – SMALL SIDED

Game length – 50 minutes (2 x 25 minute halves); 10 minute halftime break

Players on the field – 7 vs 7 (6 field players + 1 goalkeeper)

Game Ball - Size 4

Coaches – Must stay on the sideline in their technical area and not cross the half line or enter the field of play.

GAMES – Kick offs, free kicks, throw-ins (1 re-do allowed), goal kicks and corner kicks are used to start or restart play. If lines are not painted on the field, goal kicks and corner kicks should be taken in the GENERAL VICINITY of the respective goal or corner.

Build out Line – 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 the opponent) or from a goal kick, the **opposing team must** move behind the build out line until the ball crosses the penalty area. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (**PUNTING IS NOT ALLOWED.**) After the ball is put into play by the goalkeeper and leaves the penalty area, the opposing team can cross the build out line and play resumes as normal. If the goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken outside the goal area line. Offside can only be called once the player is inside the build out line and goal line.

NO HEADING ALLOWED! Intentional heading will result in an indirect kick for the opposing team.

Substitutions – are unlimited and can occur at any stoppage with permission of the referee.

Score differential – 6 Goals

Division - Birth Year (U11 – 2006)

Standards of Play – SMALL SIDED

Game length – 60 minutes (2 x 30 minute halves); 10 minute halftime break.

Players on the field – 9 vs 9 (8 field players + 1 goalkeeper)

Game Ball - Size 4

Coaches – Must stay on the sideline in their technical area and not cross the half line or enter the field of play.

GAMES – Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play. If lines are not painted on the field, goal kicks and corner kicks should be taken in the GENERAL VICINITY of the respective goal or corner. Regular offside.

NO HEADING ALLOWED! Intentional heading will result in an indirect kick for the opposing team.

Substitutions – are unlimited and can occur at any stoppage with permission of the referee.

Score differential – 6 goals

Division - Birth Year (U12 – 2005)

Standards of Play – SMALL SIDED

Game length – 60 minutes (2 x 30 minute halves); 10 minute halftime break.

Players on the field – 9 vs 9 (8 field players + 1 goalkeeper)

Game Ball - Size 4

Coaches – Must stay on the sideline in their technical area and not cross the half line or enter the field of play.

GAMES – Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play. If lines are not painted on the field, goal kicks and corner kicks should be taken in the GENERAL VICINITY of the respective goal or corner. Regular offside.

HEADING IS ALLOWED

Substitutions – are unlimited and can occur at any stoppage with permission of the referee.

Score differential – 6 goals

**Division - Birth Year
(U13 - U16 – 2004-2001)**

Standards of Play - FULL SIDED

Game length – 70 Minutes (2 x 35 minute halves); 10 minute halftime break.

Players on the field – 11 vs. 11 (10 field players + 1 goalkeeper).

9 vs 9 will use U-12 rules (if enrollment is low and proper small sided rules apply)

Game Ball - Size 5

Coaches – Must stay on the sideline in their technical area and not cross the half line or enter the field of play.

GAMES – Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play. If lines are not painted on the field, goal kicks and corner kicks should be taken in the GENERAL VICINITY of the respective goal or corner. No re-dos allowed on throw in and regular offside.

HEADING IS ALLOWED!

Substitutions – are unlimited and can occur at any stoppage with permission of the referee.

Score differential – 6 goals