

Prattville Parks and Recreation Department

Soccer Rules & Guidelines

<u>Age Group</u>	<u>Periods</u>	<u>Break Period</u>	<u>Size Ball</u>
U4	(2) 15 min	5 min	3
U6	(2) 15 min	5 min	3
U8	(2) 20 min	5 min	3
U10	(2) 25 min	5-7 min	4
U12	(2) 30 min	5-7 min	5
U14	(2) 35 min	5-7 min	5
U19	(2) 45 min	5 – 7 min	5

1. **U4.** 3v3 Standards of play: There will be one coach per team to help on the field. There will be no goalkeepers and players are required to wear shin guards. Kick offs and free kicks are used to start and restart play. Throw-ins are encouraged to be taught throughout the season. Defensive team should start 10 feet from the ball on all restarts. No penalty kicks or offside. **There are no referees in this division. Coaches are expected to manage the game environment with these standards of play and their best judgement.**

All players should get a minimum of 50% of playing time in each game.

* Together, coaches and parents are expected to create a fun and safe environment for the players.

2. **U6.** 4v4 Standards of play. One coach per team is allowed on the field. Coaches will be responsible for keeping time. Throw-ins will be done and second chances will be given. Corner kicks and goal kicks will also be taken. **No goalies allowed!** Defensive team should start 10 feet from the ball on all restarts. No penalty kicks or offside. **There are no referees in this division. Coaches are expected to manage the game environment with these standards of play and their best judgement.**

All players should get a minimum of 50% of playing time in each game.

* Together, coaches and parents are expected to create a fun and safe environment for the players.

3. **U8.** 7v7 Standards of play: All players should get a minimum of 50% of playing time in each game. Deliberate heading is not allowed. Penalties in the box will result in an indirect free kick. “Penalty kicks” will only be used for end of game tie breakers. **The build out line will be used For this division along with the “two touch rule”.** No punts or drop kicks allowed. Defense can cross the build out line after the second touch has been made (Goalie to

player).An indirect free kick will be awarded to goalies punting or drop kicking the ball. **NO SLIDE TACKLING**

4. **U10.** 7v7 Standards of play: All players should get a minimum of 50% of playing time in each game. Deliberate heading is not allowed. Penalty kicks will be used on end of game tie breakers and penalties in the box during play. **The build out line will be used for this division along with the “two touch rule”.** No punts or drop kicks allowed. Defense can cross the build out line after the second touch has been made (Goalie to player).An indirect free kick will be awarded to goalies punting or drop kicking the ball. **NO SLIDE TACKLING**

5. **U12.** 9v9 Standards of play: All players should get a minimum of 50% of playing time in each game. **Headers are allowed in 12u.** **NO SLIDE TACKLING**

6. **U14/U19** 11v11 National Standards of play. All players should get a minimum of 50% of playing time in each game.

7. General Information

- Tied games will go to PK's starting at 8u.
- All players must wear shin guards.
- Players may not wear jewelry (rings, necklace, earrings, etc.) Medical alert bracelets/medals may be worn though.
- Sweatbands may be worn on the head or wrist if made of soft material and snug to the wrist.
- Hair control devices may be worn if made of soft material and not for adornment purposes.
- Hard casts may be worn **only if** (A) padded with ½ inch minimum thickness foam type material **and** (B) a medical release signed by a licensed doctor is presented to the referee and program supervisor prior to the game.
- A player bleeding, must leave the field and not return until the bleeding has been stopped.

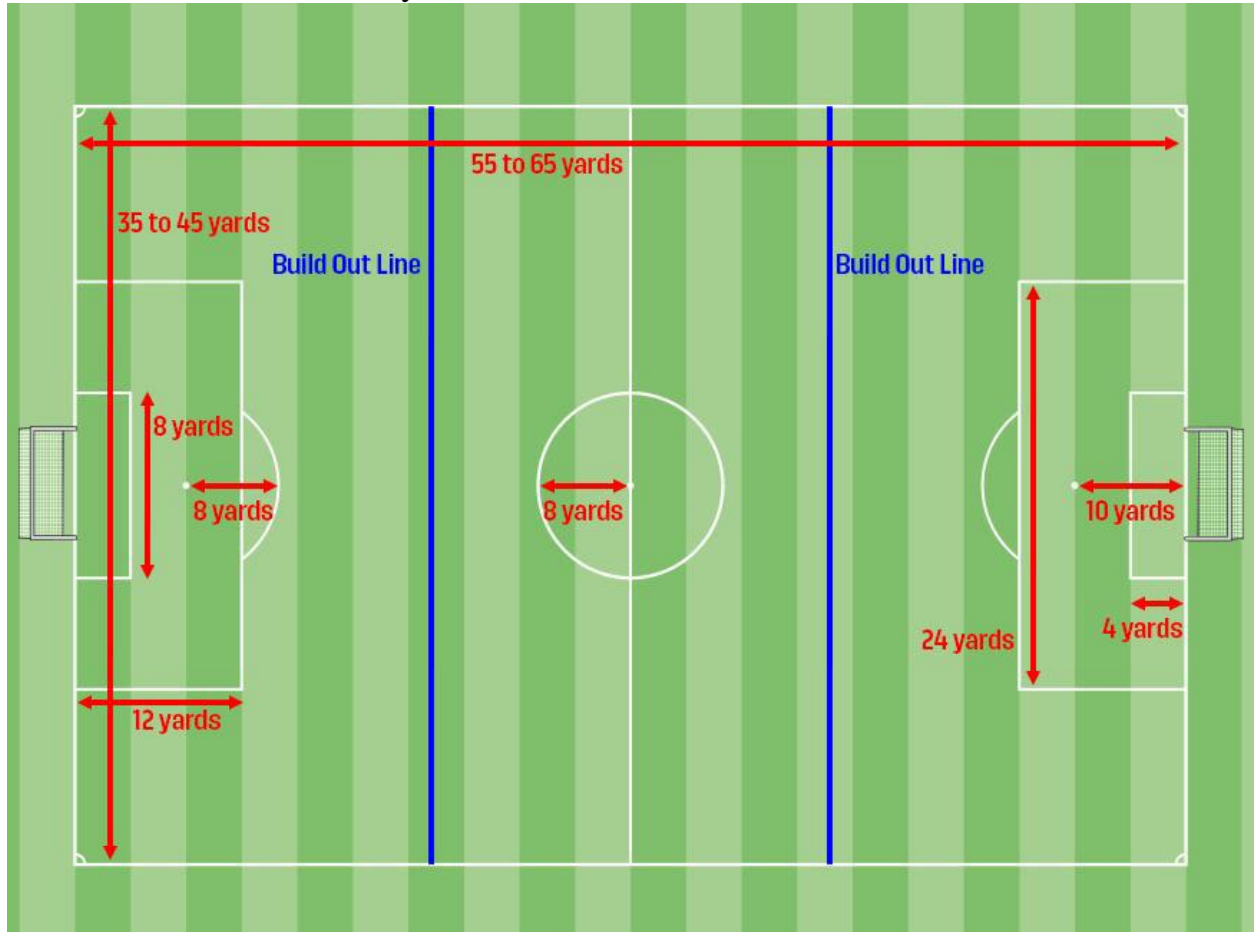
8. Goals / Objectives

- To provide a league where youth can learn, improve their skills and have fun.
- Provide a fun, safe atmosphere for participating in soccer.

- Provide volunteer coaches with equipment, information and answering questions to the best of our abilities.

9. Sportsmanship (Players & Coaches)

- Players receiving a red card will not play (as a minimum) the next game.
- Coaches should actively promote good sportsmanship / not tolerate poor sportsmanship with players and parents.
- Coaches, should not allow your players or parents to argue with the referee.
- Build out line 8u / 10u only



10. Expectations of Coaches

- Coaches, first and for most, **LET THE KIDS HAVE FUN!**
- You are responsible for providing an atmosphere where the kids can learn and improve their skills. Any unsportsmanlike activities reported could result in suspension or expulsion.
- Coaches, you are responsible for any/all equipment that is provided to you by PARD.

- You are also responsible for notifying your players/parents of any information that has been passed onto you by the PARD.
- Officials are the managers of each and every game. If an official asks you to do something (within reason) you must listen and adhere to their request. Any negative reports from an official about a coach could result in suspension.
- As mentioned before, by no means are your players/parents allowed to argue with the referees. If you have a question about a call, etc. They will be glad to speak with you during the next break. You may not stop a game to question a referee. *Referees are not expected to tolerate any abusive behavior from players/parents/coaches. As per Alabama State Law.
- Referees are human and will make mistakes. We will not overturn any judgment call made. However, if you believe that a clear rules violation has been made, and wish to make a protest, the program supervisor must be notified before the game has ended. Otherwise the protest will not be heard.
- Coaches, please make an effort to pick up your trash after each game (bottles, peels, wrappers, etc.). We will provide at least one trash can for each field.
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- Lastly, remember that the goal of our league is not winning. It is teaching, learning and having fun.

* Listed below are some sites I found for coaching tips and soccer drills (there were several more). I simply did a search for “soccer tips and drills.” Also listed is the FIFA website. YouTube is also a good source for information!

Contacts

David Morgan 334-296-7999
David.morgan@prattvilleal.gov

Kellie Cook 334-850-1056
Kellie.cook@prattvilleal.gov

City of Prattville Website:
www.prattvilleal.gov

