



BALLISTIC UNITED SOCCER CLUB

COACH'S TEAM MANUAL 2009



BALLISTIC UNITED SOCCER CLUB
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2009 COACH'S TEAM MANUAL

Welcome to the world of coaching and thank you in advance for helping our youth. The purpose of this manual is to let you know some things of interest to you during your coaching season.

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BUSC LEAGUE OVERVIEW

BUSC CONSTITUTION, BYLAWS, GENERAL PROCEDURES AND PIMS - BUSC is governed by a Constitution, Bylaws, General Procedures, Policy Interpretation Memoranda ("PIM") and this Team Manual. Because every coach is an extension of BUSC, they are, likewise, governed by these documents. It is important that you become familiar with these documents. Please contact the club for a copy of these documents if you do not have them or have not familiarized yourself with them lately. A list of the Ballistic United Soccer Club officers can be found on the BUSC website, as well as a copy of the Constitution.

LEVELS OF PLAY –There are three levels or divisions of league play: Division 1, 3 and 4 (Recreational). In Division 1, competitive teams selected through the placement process, play in CYSA State Playing League, the Golden State Soccer League, the District's Al Caffodio League or in leagues organized by U.S. Club Soccer such as the current NorCal District 3/4 league. In Division 3, teams are selected through placements and play in the Al Caffodio league or in the Bronze sub-division of the GSSL League (both currently run by CYSA). All other teams are Division 4 (called Recreational) teams and play in a BUSC recreational league.

PLACEMENTS – Formal player evaluations are conducted for Division 1 and Division 3 only.

AGE GROUP DIVISIONS - Each age group may be divided into sub-divisions. The number of sub-divisions for each age group depends upon the number of registered players within that age group.

PLAYER REGISTRATION - Only the Registrar and designated staff of Age Group Coordinators can register and assign boys to teams. **No coach shall permit a boy to practice or play with the team until he has been properly registered.** An unregistered player has no CYSA insurance coverage and you, as a coach, will forfeit the CYSA liability coverage if an unregistered player participates in your practice or game. If an unregistered boy wishes to participate, please have him contact the Age Group Coordinator. Do not indicate to the boy that he can play for you or your team.

PLAYER PASSES AND CYSA TEAM ROSTERS – Division 4 teams usually do not receive player passes unless they are needed for tournament play.

DIVISION 4 ORGANIZATION

BUSC COACHES MEETING – The pre-season All Coaches meeting is **mandatory**. At this meeting you will be given your team roster, practice assignments (day, field, and time), instructions regarding the upcoming season, medical release and emergency contact forms, and equipment.

TEAM ASSIGNMENTS –Team assignments are made by the Age Group Coordinator (AGC) based on the player's skill ability and the needs of other teams in the age group. Player assignments are based upon (1) neighborhood, (2) school, and (3) prior year's evaluation (if available). Player evaluations are critical in older age groups (U9+) to creating competitive teams and ensuring even distribution of players and teams with similar skill levels. As a policy, BUSC does not assign by coach or player preference in order to ensure fair distribution of players and skills across teams. **No player even if properly registered, should play for your team in a league or tournament game unless he has been assigned to your team and so registered**

with CYSA. To do so will cause forfeiture of the game and can result in possible sanctions by the Club and/or CYSA. Duly registered players may fill-in your team for practice games, but only upon the express approval of his assigned coach.

Generally, no player may request assignment to a specific coach or team. No coach may request a specific player, except for his/her son. **No player may be transferred** to another team without AGC or Registrar approval.

AGE GROUP COORDINATOR – For recreational teams, each age group is assigned a person who is called the Age Group Coordinator (AGC). The AGC works with the Registrar, the Director of Division 4 Play and the Division 4 Technical Director. The AGC formulates teams of the age group, handles late registrations, assigns new players to teams during the season, notifies you of any changes that occur during the season, such as change of practice field/time and passes out league information and forms for your team. The Age Group Coordinator is your first contact regarding player problems or questions. Their names and phone numbers are available on the BUSC website at www.BUSC.org.

CYSA COACHES Team Manual - As your team is registered with CYSA, you should review the CYSA team manual from the CYSA web page at <http://www.cysanorth.org>. The packet includes tournament schedules, CYSA constitution and rules, insurance forms, soccer literature, CYSA coaching and soccer clinics, and other information. This can be found at : http://www.cysanorth.org/index.php?option=com_content&task=view&id=103&Itemid=190

DIVISION 4 COACHING BASICS AND TRAINING

COACH TRAINING -- Recognizing that coach volunteers may be new to soccer themselves, the U5-U8 coaches will receive a BUSC coaching curriculum designed specifically for their age group. The curriculum includes weekly training sessions and age appropriate exercises. BUSC encourages all coaches to obtain the CYSA Coaching F-Certification. A deposit of \$30 is required at registration but will be returned to you if you attend. See www.BUSC.org for class and enrollment information.

TEAM TRAINING -- Professional team training is provided to all U6-U14 teams as a means to help coaches learn new drills and skills development ideas. These sessions should be used to augment your coaching, reinforce good soccer skill building drills, and provide you with new training ideas and techniques. Team specific schedules will be provided at the All Coaches Meeting.

PLAYER INFORMATION – All coaches will receive a roster of team players that will include player and parent name, address, phone numbers and email information. In addition, you will receive a copy of the CYSA registration form which contains medical release authorization that must be filled out and signed by the parent. You **MUST** retain a copy of this form and have it available at practices and games should a medical emergency arise.

UNIFORMS - Coaches of Division 4 teams will receive a uniform (a pair of shorts, a shirt, and a pair of socks) for each member of your team.

- For U8 and above, teams will receive two uniform shirts: **BUSC Gold for Home games and white for Away games.**
- Coaches are strongly suggested to encourage players to bring both jersey's to the game
- Team uniforms must be worn during all league games
- Custom shorts or shirts are **not** permitted
- Goalie jerseys are NOT provided by the league. Coaches may use practice jerseys or commercially available goalie jerseys.

EQUIPMENT - At the beginning of the season, coaches will be given soccer balls and some practice equipment. The size of the soccer ball will depend upon the age group you are coaching. Molded soccer cleats are recommended for the players. **Shin guards are mandatory for both practice and games, and must be worn under the socks per CYSA rules.** It is recommended that all coaches bring a basic first aid kit to all practices and games.

PRACTICE FIELD AND TIME ASSIGNMENTS - At the beginning of the season, each team will be assigned a particular day or two for practices on a specifically assigned field and time. If you wish, you may have practices and/or scrimmages (practice games against other teams) on this day. No fields are assigned for these practices or scrimmages; it is conducted on a first-come, first-serve basis. You are not permitted to begin practice prior to the first week of August of the current season. If you have any problems with the days and/or times you are assigned for practice, contact the Field Commissioner--this is the only person who can make any field and/or time changes.

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USE OF CLUB GOALS - Club goals may **not** be used at any time other than regularly scheduled league games or at practice as authorized (and field assigned) by the Match Secretary. If personal practice goals are used, set them away from the marked goal area to minimize field damage.

REFEREES – For ages U12 and up, referees are used and assigned to the fields by the Pleasanton Soccer Referees Association (PSRA).

U9 and U10 teams are required to provide at least 2 parent volunteers that must attend formal Grade 9 referee training. They are responsible for officiating the game. The principal purpose of the referee is to ensure the safety of the game. The home team provides a Center referee and one assistant referee (AR); the visiting team is required to provide one AR. If the home team is unable to provide a center referee, the game shall be forfeited; however, play may still occur if the coaches agree upon and select a Center Referee to ensure safe play.

There is always a great need for people who are interested in refereeing the games. Their training and active participation in the referee program will be administered by PSRA. Where necessary, youth referees are used. Generally, the youth are well trained and certified. Don't forget that the referee is just like you - someone donating their time for the boys. They are human beings, and have feelings, just like you. **BUSC will not tolerate the harassment of or verbal abuse of referees.** Coaches, parents, or players violating this policy may be ejected from the game or suspended from the league. The Referee, at his/her discretion, may elect to abandon the game at any time they feel the players or the sidelines are not in control and showing the proper respect to them or the game. Upon the abandonment, the game shall stop and the game will not be recognized unless rescheduled by the Match Secretary.

Referee certification classes are offered periodically (generally spring and summer) to those who are interested in becoming game officials. Its duration is two nights per week, three hours per night, for three weeks. These referee classes are announced on the BUSC and PSRA (Pleasanton Soccer Referee Association) web pages. Each coach is encouraged to recruit at least two parents to attend the certification class to become a USSF referee. Please keep in mind that there is also a need for Referee Field Coordinators. These field coordinators serve as staff for the PSRA. Each field coordinator is assigned to a specific group of fields for which they assign each week's games. Referees are assigned to games by age group based on their experience and certification.

REPORTING GAME SCORES – Scores are not kept nor reported for U5-U9 games. Scores for U10-U19 games are used to determine league standings. Scores are to be reported by the league referees and will be posted to the PSRA website (details not available at publication time and will be promulgated by email). Scores will be considered final and may not be contested as of Tuesday following the weekend game. Contested scores should be brought to the attention of

the AGC not later than Tuesday following the game and the initial protest must be by email.

INSURANCE – You will be provided with a CYSA coach's kit. In this kit is an insurance form that must be filled out when one of your players is injured during practice, scrimmage or game. The completed form must be sent to the Registrar who acts as Insurance Coordinator. Additional forms can also be obtained from the Registrar. Please keep in mind that this is secondary insurance, that the injured party's insurance is primary, and that the insurance provided through CYSA is "in addition to" other coverage that may apply. Also, there is a deductible on the CYSA insurance. The Insurance Coordinator can give you more information about the insurance if you need it. Also, be aware that the CYSA insurance covers coaches and referees for both medical and liability. Coaches and referees must be registered to be afforded insurance protection, so be sure your assistant coaches are included on your computer-printed roster. Notify your Age Group Coordinator of any additions or changes.

PLAYER EVALUATIONS - At the end of the season, you, the coach, **must complete a player evaluation** form. The player evaluation form, which will be sent to you by the Registrar at the end of the season, assists the club in keeping track of the player's development and may assist us in determining where a player should play the following season. This evaluation is very important and should be carefully considered for each player based on the players within the entire age group.

COACHES CODE OF CONDUCT

COACHES MUST:

- Abide by, and develop in players, a respect for the rules of the games, other players, coaches, and referees.
- Put player and team development ahead of winning at all costs.
- Support BUSC policy of playing each boy an average of at least one-half of every game (Division 4).
- Control their temper and demonstrate good sportsmanship towards all.
- Be gracious when their team wins; be graceful when their team loses.
- Respect, support, and assist all league volunteers, coaches, players and referees in creating a positive environment for learning and playing soccer.

COACHES WILL NOT:

- Employ, nor encourage, verbal or physical abuse toward players, other parents, coaches or referees, at any time.
- Ridicule or yell at any player, coach, parent, or referee for mistakes or errors.
- Publicly question the integrity, judgment or authority of coaches or referees.
- Engage in inappropriate behavior during practice, games, team or club sponsored events.

Failure to abide by this code of conduct may result in my dismissal from the game, from the field, or from the league.

ORGANIZING YOUR TEAM

YOUR COACHING STAFF - As the head coach of your team, it is up to you whether or not you want to have an assistant coach or two. Typically an assistant is assigned if a parent expresses interest in that position. Since it is hard to work to conduct practices and coach games alone, and

at times may be difficult for you to make a practice or game, it is advisable to have at least one assistant. If your team will be playing against teams from outside the club, you should note that you and your assistants will have to apply for and receive a CYSA coaching pass to play in any games outside the BUSC league.

TEAM MEETING - For the maximum benefit of your players and their parents, it is best to have a meeting with all the parents and boys on your team at the earliest opportunity and preferably before the first game. In this meeting, you should give your team an opportunity to find out a little about you and your coaching philosophy. It provides a perfect opportunity for you to discuss the various team jobs that you will need help with and enlist those assistant(s) to run those jobs and to find a team parent. You will be surprised how many people will help when asked. Coaches can also outline the upcoming season, practice strategy, and club/team rules regarding playing time, discipline, and sportsmanship.

TEAM VOLUNTEER JOBS - Coaches may ask the parents of their team to help with other non-coaching functions. Common jobs that a coach will need help with include:

- **Team Parent:** This person supervises the non-coaching functions of the team. He or she makes arrangements for phone tree calling assignments and is the initial contact from the coach for information distribution. This parent is responsible for distributing and collecting completed emergency contact and treatment forms, makes the snack/ice assignments, collects any money required for the jerseys, banner and/or awards.
- **Jersey Names:** This parent picks up the new jerseys for the team at the parents meeting and has the boys' names placed on the back of the jerseys before the start of the season. Name placement is optional.
- **Coupon Books (Fund Raiser):** This parent picks up the coupon book information, shows the prizes, distributes the coupon books, collects the money, and picks up and hands out the prizes.
- **Pictures:** This parent picks up the picture information packages, notifies the team of picture date, time and location, collects all of the team's envelopes and turns in all information and envelopes to the photographers on picture day.
- **Banner/Flag:** With the help of others on the team, this parent will take responsibility for the design and construction of a flag or banner for the team. They will also transport and sets up the banner at each game.
- **Trophy Awards:** This parent contacts a designated supplier and organizes the purchase of team awards if the team decides to present them.
- **End-of-the-Year Party:** This parent will select a location and will set up the end of the year party and award ceremony.
- **Publicity:** This parent enters information on the club web page for publicity information to be transmitted to the local newspapers.

PARENTS – You are responsible for the behavior of the parents on your sideline during the game. **Make sure no one ever harasses the referee, and that no one ever walks onto the field during a game.** All spectators should remain on the sidelines (about 5 feet back) between the two penalty lines. Spectators are not allowed to sit or stand behind the goal line or nets. Remind your parents that everyone is there for the kids! When the parents put pressure on the player and/or referees, it takes the all fun out of the game. Good sportsmanship is expected at all times and must be encouraged by you. Serious violations of these guidelines may result in disciplinary action.

BANNER - In Pleasanton, it is the customary for each team to make a team banner or flag. There is no regulation as to the size of the banner or what to put on the banner except that it must be in good taste, contain no advertising, and be non-political. You should keep in mind that the season generally starts with a special event such as a parade, and the boys are the ones who are expected to carry the banner. Therefore, it should not be too large for them to handle. Generally,

the banner or flag includes your team name, your age group, and a design, which corresponds with the team name. Some teams also include each player's name in their design. During the season, the banners are brought to each game, so it's good to keep in mind that you need some way for the banner to be displayed. Banners are not kept by BUSC and may be disposed of in a proper manner at the end of the season.

SEASON KICK OFF EVENT -- Every soccer season starts with an event to signify the start of the playing season. **All U6 through U12 teams are expected to participate.** You will be advised as to where and when to show up with your team. In the past, this has been a parade that begins in downtown Pleasanton and ends at the Amphitheater at the Fairgrounds. This year, we may elect to do something different. Regardless of what is done to kick off the soccer season, there will be a short ceremony at the event, which will include the introduction of the Club's officers and staff, and other people associated with soccer. Trophies will be awarded to teams whose banners and event manner are judged the best or most creative.

END OF SEASON PARTY – Typically, teams like to get together at the end of the season for something like a pizza party. This is a very good time to thank all your parents (especially your assistants and your Team Parent) and your team for their support during the season. In the U5 through U9 age groups, each player receives a participation trophy or ribbon. Awards are also presented to each player on the championship team in each division of all the recreational age groups above U9, as well as on Division 1 and 3 teams. These awards are made available on the last day of the season.

PUBLICITY – Ballistic United Soccer Club has a web Page (www.busc.org). It contains information you will need throughout the season. The web page will have such information as the identification and contact information for the Age Group Coordinators, our schedule of events and other announcements. Coaches are responsible for the game publicity information, which this year, will be submitted only via the web page at <http://www.busc.org/team-publicity.htm> . There will be no game boxes or publicity sheets available at the fields. **The information must be filled out on the web (go to the BUSC home page and click on the Publicity button) by 7:00 PM each Sunday. (We do, however, recommend you get a parent or assistant coach to do this each week.)** The teams playing, the score, the players scoring, the outstanding offensive and defensive players (limited to three each per game), the goalie saves, and your team's current standings should be recorded. The information will be given to the local newspapers, (the TRI-Valley Herald, the Valley Times and the Pleasanton Weekly). Each week during the soccer season, you will find a section regarding the results of the games played that preceding Saturday, and the outstanding players, both offensive and defensive. Try to give recognition to each of your players at least two or three times during the season. **Note: In the U5 through U9 developmental leagues, standings are not kept.** Do not report scores for U5-U9 games.

DIVISION 4 LEAGUE GAME RULES

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LENGTH OF GAMES - The length of the game will differ, depending on the age group of the players:

- U17-19 45 min. halves, with 5 min. between
- U15,16 40 min. halves, with 5 min. between
- U13,14 35 min. halves, with 5 min. between
- U11,12 30 min. halves, with 5 min. between
- U9,10 25 min. halves, with 5 min. between
- U7/U-8 4-12 min. quarters
- U5/U6 4-10 min. quarters

PLAYING TIME - Every coach within Ballistic United Soccer Club is **required to play each boy an average of at least one-half of every game.** This includes all league, practice, and

tournament games. The only exception is in the case of a discipline action, which needs the approval of the Divisional Director Play and notification of the parents by the coach. The Division 4 Technical Director should also be notified in writing of such disciplinary action.

RAINOUTS - If, during the season, there is a question as to whether or not the games will be played because of wet weather or if practices have been canceled, there is a rainout website provided by the city. This information can be found real-time at:

<http://www.ci.pleasanton.ca.us/services/recreation/sports-and-sport-fields.html>

Alternatively, by dialing 931-5360 you will hear the most current recording provided by the Park and Recreation Department, which will tell you whether or not the games scheduled for that weekend will be played. Do not call the Referee or Age Group Coordinators. Please be sure to keep in mind that this phone number is for the coaches only and is not to be given to your team players or parents. Over 200 teams need to be able to obtain the 30 to 90 second recorded information; extra callers will only overload the system and prevent other coaches from getting needed information. The Park and Recreation Department of the City of Pleasanton maintains the weather/field condition phone. You may also call 931-5360 for daily practice restrictions. Rainouts may necessitate rescheduling games to Sunday. Some Saturdays may be available for rainout make-ups, but the season will not be extended beyond the weekend before Christmas. Only the Match Secretary will schedule make-up games. Standings will be determined by the last full round of league games played, and ties will be determined by tie-breaking criteria established by the Board. You should advise your players and parents of this possibility.

RESCHEDULING OF GAMES - The only person in the league authorized to reschedule a league game is the Match Secretary. One example of a need for rescheduling would be if your team is scheduled to play in an out-of-town tournament on the day of a regularly scheduled league game. It is your responsibility to contact the Match Secretary several weeks in advance to alert him or her to the conflict and get the league game rescheduled. The usual result in that example would be to have your game rescheduled to the Sunday prior to the tournament date or on a date specified by the Match Secretary. While we try to accommodate the needs and desires of both teams, but can make no promises in that regard. Again, in the example provided, the game must be made up within two weeks of the tournament weekend. The Match Secretary has final responsibility for ensuring that the game is rescheduled. Other examples of a need to reschedule a game would include games that are rained-out, postponed, protested, or otherwise canceled. If coaches know they can't field a team or must otherwise cancel and forfeit a game, they should contact both the Match Secretary and the Referee Coordinator to alert them of same.

LEAGUE STANDINGS-- Standings are only used for U10-19 age groups. It will be based on a point system, with three points awarded for a win, one point for a tie and no points for a loss. **The Mercy Rule will be used for score positing (the maximum score is 6-0 in the event of a shut-out).** In case of a tie in the league standings for position round play during the league season, or for determination of which teams advance to TOC/Crossroads, the tie breaking criteria will be, in order:

- 1) Head to head competition (i.e. results against team in prior outings)
- 2) Most wins
- 3) Least goals allowed
- 4) Most goals scored (NOTE: maximum goals allowed for ANY victory is 5 goals per game).
- 5) Flip of a coin.

(Note: Determination of advancement to TOC/Crossroads will be made based on the standings at the time of the deadline for entries, even though this may be different from final league standings.) In the event of a tie in points in the league standings at the end of the league season, a play-off game or games will be required to determine the league champion. The

Match Secretary will set these play-off games and coaches will have no input regarding when they will be played. Failure to show up for a play-off game will result in a forfeit. Under no circumstances will a duplicate set of trophies be awarded. Any questions about these specific rules should be referred to the Match Secretary.

FIELD RIGHTS POLICY (If a conflict occurs)

Field Rights will be determined in the following order:

1. Scheduled League Game - hosting a team out of town.
2. Scheduled League Game.
3. Classifications - highest Division takes precedence.
4. The Oldest Age Group.
5. Coin Flip - One team plays right after the other team.
6. Coin Flip - One team plays - the other team reschedules the game with the Match Secretary.
7. Scheduled Practice Games

UNDER 5-8 AGE GROUP SPECIFIC PROGRAMS AND RULES

In an effort to improve and unify the training of younger players in BUSC, we have instituted a training program for younger players. You will be provided with a training curriculum that will outline the entire season's training program for you. Training sessions will focus on the development of basic skills with all players receiving a full soccer curriculum appropriate to their age. Play will focus on small-sided games, offering the opportunity for more "touches" on the ball and greater skill development.

You will find that training and games will focus on small-sided games as opposed to full 11 v 11 play. The benefits of small-sided games are as follows:

- Allows players to frequently touch the ball
- Presents many goal scoring opportunities
- Maximizes active participation and minimizes inactivity and boredom
- Reflects BUSC's philosophy of player development
- Reflects the appropriate role of the coach as a facilitator
- Makes the game more "beginning coach" friendly because the game is simpler
- Encourages regaining possession of the ball (defending) as a fun, rewarding part of the game
- Allows the game to be the teacher
- Eliminates complicated rules such as "offside"

The field of play for these age groups will be reduced, but proportional to a regulation field. Size three balls will be used for all under 5 through under 8 players. All players must play at least two quarters.

RULES OF PLAY

Modified Playing Rules for the U5/6 Age Group

- **Number of Players** -- The maximum number of players for U5 is three per team (3 v 3). The maximum number of players for U6 is four per team (4 v 4).

- **Field Dimensions** -- The field of play will be rectangular, with specific dimensions 30 yards in length x 20 yards in width with a midfield (half field) stripe.
- **Goals** -- Goal size will be blue Pop-Up Goals measuring 6 feet in length x 4 feet in height.
- **Ball size** -- The official ball is a size 3.
- **Duration of Play** -- Matches will consist of 4 10-minute periods (quarters). A five-minute break will follow each period.
- **The Referee** - There is no assigned referee. Each team will provide ONE facilitator, per match. The facilitators are the only adults allowed on the field during play. The primary concerns of the facilitator are the safety and enjoyment of the players.
- **Start of Play** -- The kick-off can be played either forwards or backward from the center spot. Following a goal or at the beginning of each quarter.
- **Corner Kicks** -- There are no corner kicks.
- **Goal Kicks** -- When a ball crosses the goal line, regardless of who touched it last any field player on the defending team may restart the game by dribbling or passing the ball from the goal line.
- **Scoring** -- A goal is scored when the ball passes over the painted white/red line attached to goal and under the red crossbar line. The team that was scored upon will take the subsequent kick-off.
- **Throw-Ins** -- The game will be restarted by any player on the team that did not touch the ball last prior to going over the touchline. The player may dribble or pass the ball from the spot where it left the field of play. NO THROW-INS WITH THE HANDS
- **Penalty Kicks** -- None
- **Misconduct** -- A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coach and facilitator.
- **Safety Rule** -- If a player on either team is on the ground near the ball, play is to stop immediately allowing the player to get back to his feet. The game will restart with a pass from the team that was in possession when play was stopped.
- **Sliding and Slide Tackling** -- No slide tackling is allowed at the U6 level, but players can legally slide to play the ball if there is no danger of injury to an opponent.

Modified Playing Rules for the U7/8 Age Group

- **Number of Players** -- The maximum number of players is six per team (6 v 6). Five field players and one goalkeeper.
- **Field Dimensions** --The field of play will be rectangular, with specific dimensions 50 yards in length x 30 yards in width with a midfield (half field) stripe. A goalkeeper's area will be marked ten yards from each goal and extending from sideline to sideline
- **Goals** -- Goal size will vary depending on the field that the match is scheduled.

- **Ball** -- The official ball is a size 3.
- **Duration of Play** -- Matches will consist of 4 12-minute periods (quarters). A five-minute break will follow each period.
- **The Referee** -- There is no assigned referee. Each team will provide ONE facilitator, per match. The facilitators are the only adults allowed on the field during play. The primary concerns of the facilitator are the safety and enjoyment of the players.
- **Start of Play** -- The kick-off can be played either forwards or backward from the center spot. Kick off occurs after a goal and at the beginning of each quarter.
- **Corner Kicks** -- Corner kicks are allowed, and will be taken when a defending player touches the ball last prior to it going over the endline. The ball should be placed in the corner and passed back into the field of play.
- **Goal Kicks** -- Goal kicks are allowed, and will be taken when an attacking player touches the ball last prior to it going over the endline. The ball can be kicked, dribbled or thrown into play, but cannot be punted.
- **Scoring** -- A goal is scored when the ball passes over the painted white/red line attached to goal and under the red crossbar line. The team that was scored upon will take the subsequent kick-off.
- **Throw-Ins** -- The game will be restarted by any player on the team that did not touch the ball last prior to going over the touchline. Proper throw-ins will be taken.
- **Penalty Kicks** -- None.
- **Misconduct** -- A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coach and facilitator.
- **Safety Rule** -- If a player on either team is on the ground near the ball, play is to stop immediately allowing the player to get back to his feet. The game will restart with a pass from the team that was in possession when play was stopped.
- **Pass Back Rule** -- The pass back rule is not in effect for these players and the goalkeeper is allowed to pick up the ball when last played by a teammate. When the ball is played to the goalkeeper and not picked up, the goalkeeper is considered a field player.
- **Sliding and Slide Tackling** -- No slide tackling is allowed at this level, but players can legally slide to play the ball if there is no danger of injury to an opponent.
- **Goalkeepers** -- Goalkeepers can use their hands within the goal box. Goalkeepers can distribute the ball by punting, drop kick, throwing, dribbling or kicking the ball.

UNDER 9-10 AGE GROUP SPECIFIC PROGRAMS AND RULES

Modified Playing Rules for the U9/10 Age Group

All play and rules will be in accordance with United States Soccer Federation and CYSA regulations.

Rule exceptions:

- **Field Dimensions:** 90x 60 yards
- **Game time:** 2-25 minute halves
- **Size of ball:** #4 soccer ball
- **Players on field:** 7 players per team
- **Referee** – Play will be parent refereed by a trained parent referee. Please refer to the U-9/U-10 Referee Program at the BUSC website.

Modified Playing Rules for the U11/12 Age Group

Goal at these age groups: To further develop the basic skills attitude, teamwork, and good sportsmanship toward other players and understand the laws of the game. All play and rules will be in accordance with United States Soccer Federation and CYSA regulations, except:

- **Field Dimensions:** 90x 60 yards
- **Game time:** 2-30 minute halves
- **Size of ball:** #4 soccer ball
- **Players on field:** 8 players per team
- **Referee** – A referee will be assigned to each game.

Playing Rules for the U13/14 Age Group

Goal for these age groups: To further develop the skills, teamwork, game attitude, tactics, strategy, concentration and good sportsmanship. All play and rules will be in accordance with United States Soccer Federation and CYSA regulations, except:

- **Game time:** 2-35 minute halves
- **Size of ball:** #5 soccer ball

Modified Playing Rules for the U15/16 Age Group

Goal for these age groups: To further develop and polish their skills, game attitude, strategy and the spirit of the game.

- **Game time:** 2-40 minute halves
- **Size of ball:** #5 soccer ball

Modified Playing Rules for the U17-19 Age Group

Goal for these age groups: To further develop and polish their skills, game attitude, tactics, strategy and the spirit of the game. The Traveling House players may stay on the same team as their buddies during the three years in this age group, unless they are selected to play for a competitive team and choose to play there.

- **Game time:** 2-45 minute halves