

HCSC Guidelines

Fall 2006 Season

(Rec Teams only)

	Play	Roster Limits*	Ball Size	Game Length	Goal Size	Field Length	Field Width
U 5	3 V 3	9	3	45 minutes	3 ft. high by 5 ft. long	70'	40'
U 6	3 V 3	9	3	45 minutes	4 ft. high by 6 ft. long	20 to 30 yards	15 to 20 yards
U 7	4 V 4	9	3	2 X 25-minute halves	4 ft. high by 6 ft. long	40 to 50 yards	20 to 30 yards
U 8	5 V 5	10	3	2 X 25-minute halves	4 ft. high by 6 ft. long	40 to 50 yards	20 to 30 yards
U 9	7 V 7	13	4	2 X 25-minute halves	6 ft. high by 15 ft. long	50 to 60 yards	40 to 45 yards
U 10	7 V 7	13	4	2 X 25-minute halves	6 ft. high by 18 ft. long	50 to 60 yards	40 to 45 yards
U11	9 V 9	14	4	2 X 30-minute halves	7 ft. high by 21 ft. long	50 to 70 yards	40 to 50 yards
U12 / U13	11 v 11	17	5	2 X 35-minute halves	7 ft. high by 21 ft. long	100 yds	60 yds

* FYSA recommendations

Game Schedule:

Season starts: September 11th thru December 9th
 First game: 9/23/2006

Total of ten games played in the season.

Arrive 15 minutes prior to game time – it is mandatory for games to start on time.

Refereeing:

U5 / U6 / U7 One coach from each team on the field during the game.

U8 Teams take turns having a coach ref one half.

U9 / U10 / U12-13 / Competitive (U9 – U10 – U11 – U14 – U18 – U19) Referees are provided.

Parents:

Parents must stay on the side of the field designated for spectators. Watching from behind the goal or the coach's side is not permitted.

Parents should remain onsite during practices and games unless they have made previous arrangements with the coach. HCSC should not be used as a baby sitting service.

Parents should not argue with the referee, this will not solve anything and could cause problems for the club.
(ie: Ref may refuse to continue game, may not be willing to ref any of our games in the future, file a complaint with FYSA.)

Any problems with other parents during games or practices should be reported to the HCSC Board.

Parents are encouraged to become involved with their child's Soccer experience and provide support.

Smoking should be restricted to an area behind the spectator side, away from the field. This will be considered the designated smoking area.

Spectator Rules:

1. As spectators we will refrain from booing or yelling at officials at any time during a match because we are aware of the following:
 - a. Such behavior on our part sets a poor example of sportsmanship.
 - b. Such behavior reflects negatively on our community, our team, our players and us.
 - c. Most youth soccer officials have had limited experience and formal training and do the best job they can, given these limitations.
 - d. Most soccer officials make correct calls even though we sometimes see the incident otherwise.
 - e. If officials do make incorrect calls during a match, the following circumstances usually apply:
 - i. The number of poor calls usually balances out for both teams.
 - ii. No one is perfect.
 - iii. The officials don't have the same observation point afforded the spectators sitting in the bleachers.
 - iv. An occasional incorrect call seldom affects the outcome of a match.
 - v. There are more effective channels for correcting poor officiating than verbal abuse during the match.
 - vi. We don't really know how difficult it is to officiate a soccer match until we've run on the 'pitch' in the official's 'boots.'
2. During a match we will refrain from yelling at players on either team because we are aware of the following:
 - a. They are young people, not soccer professionals, who, due to limited playing experience and great enthusiasm, may make mistakes.
 - b. Encouragement and praise should be made in public; constructive criticism is best made in private.
 - c. The coach is the best equipped to analyze and correct deficiencies in soccer skills. Our attempts to be helpful in this respect may only confuse the players.
 - d. The golden rule applies. Treat other players with the courtesy, respect and consideration, which we want other supporters to show our own players.
3. At soccer matches we will refrain from being argumentative or using abusive language towards supporters of the players on the opposing team because we are aware of the following:
 - a. Others are judging us on our actions and words. We will always strive to insure that the results of this judgment are a verdict of SPORTSMANSHIP.
 - b. We will conduct ourselves in such a courteous and restrained manner that if called upon to do so, we could line up in front of the bleachers after the match and shake hands with each supporter of the opposing team in the same way players are expected to do after each match.

Start of game:

Ensure team benches are at least six feet back from the sideline.

U9 and above only – Referees will ask for team captains to participate in the coin toss. Coaches should ensure that all players have a chance to participate during the season.

U9 and above only – Referees will conduct a roster/player check to make sure each player is ready to play. Players picked out by the referee will need to correct the problem before playing. (ie: jewelry, improper cleats, etc..)

End of Game Events:

Have the kids shake hands.

At the end of each game, invite all the parents to come onto the field to form a tunnel for the kids to run thru.

Snack and drink should be provided for all players. Each team should organize a snack schedule having each family take a turn to provide one. Snack should include a healthy item to eat plus drink.

Cleanup the area before leaving and ensure the area is ready for the next game if there is one. Trash left on the field reflects poorly on the club and could damage our great relationship with HCCA. Please keep the fields clean!

Game Rules:

Visit the FYSA or FIFA website for the Laws of the game. HCSC plays using modified FIFA rules for younger children.

U10 and up – ***Off sides rule enforced***

Slide tackling not permitted. (Competitive U10 teams and above may slide tackle however)

Players may be given chances to redo improper throw ins – At discretion of referee.

Substitutions allowed on any throw in and any goal kick.

U9 and Up – Do all substitutions from the center line and wait for players to come off the field before sending new ones out.

U5 thru U8 – Dead zones. When the ball enters the dead zone, players should not follow it. If the ball stops in the zone then it will be the responsibility of the ref to retrieve the ball and have either a goal kick or corner kick occur. When a player becomes injured, game play stops and all players on the field should drop to one knee. The referee will call for a coach from the sideline if needed. Parents should refrain from coming out onto the field unless the coach signals that they should.

U5 thru U8 – **No goalkeeping.** Do not have a player act as a goalkeeper. All players should be actively involved in trying to score a goal. When ball possession changes, the players may start playing defensively.

Players:

Players **must** wear shin guards to practice and game play on Saturday. Shin guards are to be worn under the socks. Players should not wear jewelry or any item which may snag onto another player or cause an injury if it were to hit another player.
Uniforms required for Saturday game play, correct color must be worn. (White or Green)
Uniforms should be only worn on game day, not at practice.
Bring a drink to each practice and game, you will need it....
Please make it to both your teams practice and game. Attending games only is unsatisfactory, and unfair to the team.
Please let your coach know if you plan to return next season.
Uniforms are ordered/purchased per player, returns are not possible. If you feel you have received the wrong size, please inform your coach and they will let HCSC know.

Injuries:

Please let the HCSC BOD know immediately when a player becomes seriously injured at practice or a game.

When a child becomes seriously injured, find/contact the parents immediately and take appropriate steps to protect the child's health. (ie: Call 911, provide First Aid, etc.)

Injured players may not participate at practice or in a game without a signed Doctors permission slip stating they may return.

Players who have broken an arm/leg and have been placed in a hard cast may not play at all. The only exception to this is for an arm in a soft cast with an accompanying note from the Doctor permitting the child's return to play.

Injured players are encouraged to still show up for game days and be with their team.

Coaches:

During the season, coaches are asked to pick up and distribute to their teams the following:

Uniforms, Photo Packets, Photos & Trophies

At the end of the season, please let HCSC know if you plan to return as a coach for next season.

If you plan on returning for the next season, you may keep the Coaches equipment, otherwise the equipment must be turned back in.

All players should play an equal amount of time (50% of game) – remember this is a recreational soccer club. Coaches however have the final say as to if a player should play. Issues involving not being at practice or misconduct may be factors that reduce a child's play time. The Coach may reduce a child's on the field play time as a disciplinary tool.

Remind parents of the Clubs conduct policy and ask them to behave accordingly during Saturday games.

Fields are permitted by the Club for our use. If someone else is on your designated field, at your scheduled practice time, ask them to leave. If they refuse or create a scene, please call (407) 240-1200 or (407) 240-6000 ext 123, and report the problem. HCCA will send an off-duty deputy if needed.

HCCA now requires that HCSC teams have a copy of the practice permit with them while on the field practicing. Failure to have the permit may result in you having to leave the field.

Please do not change your practice date/time without prior approval of HCSC. Unused time-slots may have been used by HCCA.

If you have problems with players coming to practice or the games, contact them and see if there is a problem. If you continue to have poor attendance, please contact HCSC.

Coaches are the members' primary source of contact with HCSC. Members should be encouraged to contact their coach with questions or problems.

At the beginning of the season, the practice fields may not be lined yet. Please share the fields with our other teams by dividing up the practice areas fairly. (ie: Eagle park, divide into three equal areas until lines are place down, U6 – Osprey Park divide into four equal parts until lines are placed down- etc...)

Keep players who are not in the game on the bench and away from the sideline.

Some Reminders:

- *Never leave young children unsupervised, even in a “safe” place.*
- *Never leave a child alone awaiting transportation after a practice or game. Be sure that they depart with their parents or designated individual.*
- *Never allow a child to go unescorted to the public restroom.*
- *Approach strange adults who appear to be observing children at play or practice.*
- *Avoid being left alone with players who are not your children.*

Equipment:

Do not allow the players to hang from the soccer goals. This is a very unsafe thing to do. Goals should always be securely anchored in the ground.

Report any damaged or unsafe club equipment immediately to the HCSC Board.

FYSA Revised Water Break Policy

Revision to 402.4

In any FYSA sanctioned match a break will be given at the midpoint of each half of regulation time and at the end of each overtime period (if played) for player hydration. This break will be given at a normal stoppage of play and it is mandatory.

- a. This policy is mandatory for all matches U-12 and below
- b. This policy is mandatory for all matches U-13 and above subject to the following conditions.
 1. The heat index is above 85 degrees at game time.
 2. If requested by either coach prior to the match. (This should be determined during a pre-match conference with the referee)
 3. The referee at any time may declare a break for the safety and welfare of the players without conference or agreement of the coaches.

Violation may result in charges under FYSA's Code of Ethics

Suggestion for implementation

1. For ages U-12 and below the game to be played in quarters with a short break between the 1st and 3rd quarter with a longer half time. This quarter's break should be 2-3 minutes at most for players to hydrate.
2. For matches U-13 and above, the decision in regards to a water break should be made before the match
 - a. The stoppage should be at a normal stoppage as close to the midpoint as possible.
 - b. Players should remain on the field, bench players and/or coaches should be able to provide fluids to the field players
 - c. This is not a coaching opportunity. Coaches may be warned if observed coaching.
 - d. Normal substitution, based on the reason for the stoppage will apply
 - e. The referee should treat this stoppage just like any other normal stoppage of play as it relates to game time and extend time for the stoppage.
 - f. This stoppage should be no longer than a 2-3 minute interruption of play.

This policy and procedures for implementation have been reviewed by
FSYA Director of coaching based on research and information provided
by USSF and other.

Weather:

In the event of bad weather, games may be canceled. To determine if games will be held, please call the Club number (407-858-5384) to check for a message. If games have been canceled, it is the coaches responsibility to contact the players and inform them. You may also check the Website, notification may be posted there as well.

If bad weather approaches and includes lightning, activities should immediately be suspended and rescheduled.

Game missed may be rescheduled if the remaining time in the season permits it. This will be at the discretion of the HCSC BOD.

It is up to the referee to decide when a game will be halted due to weather.

End of Season:

HCSC provides each child with a Trophy. Coaches are responsible for distribution.

When possible, the club will hold a one day tournament for U9/U11 teams during the Spring seasons. This might also be developed into an activity for all club members.

HCSC encourages teams to end the season with a party/event for the players.

Practice Locations:

Due to increasing demands for practice locations, the club has expanded into using the following areas:

HCCA softball field

Possible use of field at Peace Methodist Church

Open area behind West Creek Elementary