

# **CHAMP SPORTS COACH'S HANDBOOK**



## **SOCCER Spring 2022**

[www.champsportsinfo.com](http://www.champsportsinfo.com)

CHAMP Office – 704.341.5387  
Weather Hotline – 704.341.5473

# CHAMP Mission

The mission of CHAMP Sports Outreach is to use sports as an avenue to proclaim the life-changing message of Jesus Christ!

## Our Purpose:

1. To **REACH** our community with the love of Jesus Christ.
2. To **DEVELOP** Christ-like character within each player on and off the field.
3. To **TRAIN** coaches to be outstanding examples of Christ.
4. To **ELEVATE** the skill and knowledge of each player.
5. To **PRESENT** a fun and safe playing environment.

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## Game Plan for CHAMP Coaches

*"Be imitators of me, as I am of Christ." 1 Corinthians 11:1*

**G**OAL - Imitate Christ to your team! **(1 Corinthians 11:1)**

**A**IM - Coach your team to play with excellence! **(1 Corinthians 9:24)**

**P**URPOSE - Partner in sharing the gospel to your team! **(Philippians 1:5)**

**CHAMP trains up coaches to be a Christian role model first and an excellent coach second. The goal of a CHAMP coach is to teach the players to play for the glory of God!**

*This booklet is intended for CHAMP Sports coaches and leadership staff only and should not be distributed to those outside of CHAMP Sports.*

## Qualifications of a CHAMP Head Coach

1. Must have a personal relationship with Jesus Christ according to the Word of God (**John 1:12; Romans 10:9,10; Ephesians 2:8,9**)
2. Maintain a healthy relationship with Christ
3. Must be an active participant in a local church
3. Continue to grow in the grace and knowledge of God (both in and out of church)
4. Must agree with and follow the overall mission and vision of Calvary CHAMP Sports Outreach
5. Represent a healthy family situation
6. Desire to impact children and families through leading and teaching Bible Huddle Times
7. Basic knowledge of the sport and/or willing to learn
8. Must be 21+ to Head Coach, 18+ to Assistant Coach. If younger than 18, you may be an Assistant Coach. However, you will be prohibited to hold practice or coach games alone and will be placed with an experienced coach.

## Expectations of a CHAMP Head Coach

1. Walk in Christ (Colossians 2:6)
2. Be Faithful, Available, Coachable, and Enthusiastic
3. Encourage and build up your players (1 Thessalonians 5:11)
4. Build relationships with players, parents & other coaches
5. Focus on caring relationships and Christian principles before winning
6. Lead Bible Huddle Time (prayer & devotional)
7. Organize & plan fun practices
8. Help players develop & improve athletic skills
9. Train assistant coaches and encourage parent participation
10. Arrive early to games and practices
11. Check email regularly and respond promptly when asked
12. Communicate with parents & players both on and off the field
13. Understand & adhere to the rule booklets
14. Attend required discussions & training workshops
15. Do not place any individual in authority without approval by the CHAMP office
16. Promote and participate in all CHAMP events
17. Honor the CHAMP Coach Code of Conduct Agreement

## CHAMP Coach Code of Conduct

The mission of CHAMP Sports Outreach is to make authentic followers of Jesus Christ by proclaiming and displaying Jesus Christ through our sports programs. As we strive to reach our community with the Gospel of Jesus Christ, our coaches are expected to be outstanding examples of Christ by displaying Christ-like character on and off the field. We praise God that the vast majority of our coaches are outstanding examples of Christian sportsmanship. Accordingly, all CHAMP coaches are to observe and follow the principles contained within the CHAMP Coaches Code of Conduct.

1. Coaches will ensure that all games and practices are conducted for the glory of God and for the furtherance of His Kingdom. Therefore, coaches are to be prepared for team devotions at each practice. All games are to be opened in prayer, and devotions are to be closed in prayer.
2. As witnesses for Christ and as examples to youth, coaches are to exhibit conduct that provides a model of excellence. All coaches are to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited to: 1) showing respect for players, opponents, and officials, 2) accepting both victory and defeat with grace and dignity, 3) refraining from heckling, jeering, or using profane language, 4) being positive in words and actions. Furthermore, coaches should never place the value of winning above the value of displaying the highest Christian character.
3. Fighting will not be tolerated. If a coach is dismissed for fighting, he or she will not be allowed to return as coach. The assistant coach will assume the coaching position for the remainder of the season. Fighting is cause for immediate and permanent dismissal.
4. Coaches will uphold the authority and decisions of the referees assigned to the game. Challenging the decisions of referees will not be tolerated and may be cause for probation, suspension, or ultimately dismissal if actions persist.
5. Coaches will help provide an atmosphere of excellence and integrity by encouraging every player, including those with lesser skill. Games and practices will be conducted so that all players have an opportunity to improve their skill level through active participation. Therefore, all players should be given equal playing time.
6. Coaches will protect the safety of the players at all times and provide appropriate supervision of players during practices and games.
7. Coaches are required to communicate weekly with team parents via email regarding expectations, schedules, devotions, etc.

8. Coaches should respect the investment of the CHAMP families and therefore be on time for games and practices.
9. Coaches are not to advocate or promote personal, financial, social, organizational, or political interests other than the cause of Christ. As CHAMP Sports is a ministry of Calvary Church, only Calvary ministries and events are to be promoted.
10. Coaches will cooperate with CHAMP Sports in the enforcement of all rules and regulations. CHAMP leadership reserves the authority and discretion to penalize any offender according to the infraction up to and including removal from the game and/or the CHAMP ministry.

### **Disciplinary Actions**

Any issue(s) calling for the discipline of a coach will be handled on a case-by-case basis. Disciplinary actions include but are not limited to the following:

#### **Penalties:**

- 1) **Warning**  
A warning is a notification to the coach that a violation has occurred and that future violations will lead to more severe penalties for any subsequent offense(s).
- 2) **Probation**  
Probation serves as an indicator that a violation has occurred which requires corrective measures to be taken by CHAMP leadership. Coaches must also follow a prescribed plan of action to correct that infraction and will be placed on probation for the remainder of the season. Failure to agree to the plan is cause for permanent dismissal. Further violation(s) while on probation may lead to suspension for the remainder of the season or exclusion from CHAMP programs.
- 3) **Suspension**  
Suspension is the result of serious infraction. Suspended coaches shall be excluded from participating in any leadership role during the period of suspension. Any coach receiving a temporary suspension should show a willingness to submit to the suspension. Further violation(s) while on suspension or probation may lead to exclusion from all CHAMP programs.
- 4) **Dismissal**  
A permanent dismissal may occur if a serious infraction has occurred or if the coach has been previously warned or temporarily suspended and given the opportunity to correct the concern that led to the warning or suspension. Coaches who have been dismissed may be banned from CHAMP programs and other Calvary ministries.

# A Look Ahead

## Season Schedule

**Practices Begin:** Week of March 14

**Uniform Distribution:** Week of March 14

**Game Schedules:** Week of March 21

**Opening Day:** Saturday, March 26

\*4 coed instructional soccer begins today –  
uniforms will be passed out as well

**Spring Break:** April 11 – 18 (No practices or games)

**Practices Resume:** April 19

**End-of-Season Celebration:** Saturday, May 21

**Season Ends:** Saturday, May 21

For any questions or concerns,  
contact the CHAMP office, **704.341.5387**  
**champ@calvarychurch.com**

**Director:** Peter Farynyk, 704.341.5340  
**Assistant Director:** Kelly Lamb, 704.887.3689(o)  
704.301.6074(c)

**Weather Hotline:** 704.341.5473  
Updated Mon-Fri. at 3:00PM; Sat. at 7:30AM

Join us weekly for Sunday morning  
worship service at 9:45AM in  
Calvary's sanctuary

# Meet the CHAMP Staff



Peter Farynyk

Peter serves as the Director of CHAMP Sports Outreach. He has experience playing organized football, soccer, baseball, and basketball. Peter graduated from Thomas Edison State College in 2008 with a B.S. in Business Administration degree, from Louisiana Baptist Theological Seminary in 2010 with a Master of Divinity degree, and from Gordon-Conwell Theological Seminary in 2015 with a M.A. in Biblical Studies. Peter is married to Mereda Farynyk. Peter has served in Calvary's choir and serves as the coordinator of the Pastor's Prayer Partners.



Kelly Lamb

Kelly serves as the Assistant Director of CHAMP Sports Outreach. Before joining CHAMP staff in 2015, she served as a CHAMP volunteer for 16 years as a Team Parent, Coach, Soccer Commissioner, Basketball Commissioner, and a Referee Coordinator. Kelly is an active member of Calvary Church where she also serves on the Welcome team and regularly volunteers with Children's Ministry. Kelly is married to David, and they have four children and one granddaughter.

# Objectives of CHAMP

## *Love, Coach and Teach*

One of the greatest attitudes for any one of us to have is found in **2 Corinthians 4:5**, *“For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus’ sake.”* It should be your intended purpose as a CHAMP coach to represent Christ, lead children to Him and help them grow in their personal relationship with our Savior.

### **1. LOVE – The Attribute**

Every child born in this world, with no exception, yearns to be loved. In a recent survey done among kids, the Gallup Organization had this to say, *“Though the world is becoming more complex, kids maintain the same basic needs as they have for decades: to be trusted, to be loved, to feel safe and to identify a significant purpose in life.”* Yet, as easy as it is to say we need to love one another, it is so much harder to apply that universal truth. But when it comes to loving children, there is no greater joy. Be considerate and attentive to the needs of children. Remember, all they really need is for an adult to take the time to love them by showing Christ’s unconditional love!

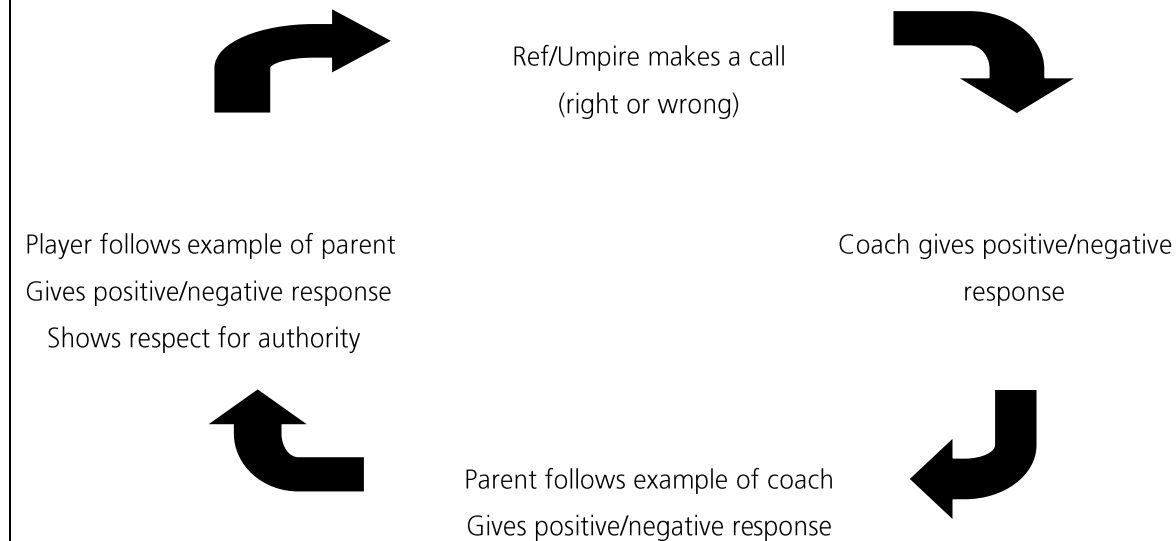
Children have needs that must be met in order for them to grow both personally and spiritually. Many needs are met in the home, but others can be met or reinforced out on the CHAMP field. Here are four major needs that you will encounter with your team:

- the need to feel secure
- the need to belong
- the need to feel self-worth
- the need to grow toward independence

Therefore, know that it matters a great deal as a CHAMP coach that you take to heart that **the players on your team will be heavily influenced by how you coach and by what you teach.** Who you are and what you stand for are the most influential tools that will guarantee success for your team. Therefore, coach your team knowing that God will use you to make a difference in these young lives.



## Circle of Affirmation/Criticism



**THE CIRCLE OF AFFIRMATION CAN QUICKLY BECOME  
THE CIRCLE OF CRITICISM**

**Please capture this point:** Pray for the team God has placed under your care as a coach. Take the time to learn what characteristics they possess as well as how they learn. If you treat these children as your own (each one special and unique) they will never forget you. For that reason, **always remember that your players require special training as well as special care when coaching them!**

**1 Corinthians 16: 14** *"Let all that you do be done in love."*

## 2. COACH – The Intent



Let it be your sole intent when you go out on those fields to be the best coach for your team. The amazing and sacrificial love that Christ demonstrated for you is exactly the measure of love and gratitude you should express as you coach your team in the Spirit of the Lord. It was once said, *"The world measures us based on how many people serve us. But the Lord measures us based on how many people we serve."*

**Make it your aim to be a public encourager and motivator on the field.**

### The FACE of a Coach:

- **Faithful:** A CHAMP coach is committed to the cause of CHAMP (**1 Corinthians 4:1**)
- **Available:** A CHAMP coach is ready to serve (**1 Peter 5:2**)
- **Coachable:** A CHAMP coach is willing to learn and grow (**Proverbs 10:17**)
- **Enthusiastic:** A CHAMP coach exemplifies joy in coaching (**1 Thessalonians 5:16**)

### 1 Corinthians 11:1

- Lead by example
- Children need positive role models
- Are you a leader worth following
- Actions really do speak louder than words
- People are always watching what you do (on & off the field)
- Respect everyone (players, opponents, parents, coaches)

"Follow my example as I follow the example of Christ"

Saint Francis of Assisi said, *"Preach the gospel at all times and if necessary, use words."*  
(Share Jesus without Fear, William Fay)



### 3. TEACH – The Plan

**2 Timothy 3:15**, Paul emphasized this point to Timothy: *"and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus."*

Please prioritize Bible Huddle Time during **practices** and **games**. In preparation for BHT, make sure you are well prepared and prayed up before you attempt to share with your team. Seek the Lord and pray that He gives you a shepherd's heart, one of knowledge and understanding (**Jeremiah 3:15**).

**You will follow a schedule/plan for your Bible Huddle Times.**

# I. TEAM ATMOSPHERE

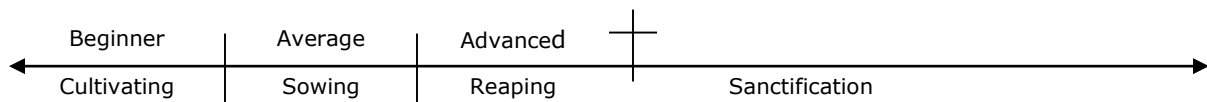
## A. Establish Principles with Your Team

It is vital to explain to the children the rules and expectations that will be enforced while they are under your watch. Therefore, come well prepared; Plan ahead so you know what to do!

1. **Establish** relationships before rules with the players: *“Rules without relationships lead to rebellion. Rules with relationships lead to respect.”* Josh McDowell
2. **Establish** a commitment not to compromise your encouragement or discipline of the players.
3. **Establish** consistent values that you want the players to learn.

## D. Establish a Relational Outreach with Your Team (Mark 4:1-20)

- Take the initiative to care about people – can’t control results, can control what we do
- People are all in different places along the line – We can’t fail if we take the initiative to do something caring for people.
- Look at the entire line, not just the left side (before the cross) – people on the right side who know the Lord are an important part of the ministry too.
- Relational Outreach is a lifestyle, not just at CHAMP Sports – it should be something you are involved in on a daily basis.



- **Athletic Goal** – Take the initiative to help players improve skills one step at a time regardless of where they are at in their development process.
- **Spiritual Goal** – Take the initiative to help people move one step closer to Christ regardless of where they are at in their journey.

As mentioned above, it is paramount as a CHAMP coach that you live what you believe. You, the coach, represent Jesus to your team (**1 Corinthians 11:1**). Realize how important your example is to kids, and be sensitive to God's plan for their lives.

**The best thing that you can do to show your team how important they are to you is by remaining committed to them.** As a word of encouragement, CHAMP receives countless children from broken homes. You have the opportunity to be a godly role model to these children who don't have a mom or dad.

- **Notice what your committed response should be in coaching in CHAMP Sports:**
  1. Commit yourself to **ENCOURAGE** your team (**1 Peter 3:8–12**)
  2. Commit yourself to **LOVE** your team (**John 15:12**)
  3. Commit yourself to **WALK** in the Spirit (**Galatians 5:16–25**)



## II. Communication

As a coach, it is important to have good communication not only with each player, but with parents as well. One of the most efficient means of communication with parents is the use of e-mail. Sending an email after each practice and game conveys to the parent that you care about their child and you want to keep them informed throughout the season. Below is a list of topics to cover as you create e-mails after practices and games.

### **After Each Practice:**

- Inform what skill was worked on in practice
- Remind about game time, field location and jersey color to be worn
- Review week's Scripture learning verse and Devotion topic

*Good morning everyone,*

*I just wanted to take a couple of minutes today to say that it was very enjoyable meeting all our players and parents yesterday at our first practice. Most of the time was spent with me asking the players to demonstrate fundamental soccer skills so I could evaluate their abilities and determine where I need to concentrate on helping them grow in their knowledge and enjoyment of the sport. As I was getting to know the team, the mid-practice devotional was intended to have the boys see who they are in God's eyes. The two Scripture verses were Gen 1:1 and Psalm 139:13-14 and my focus was that the same God that created all the magnificent heavens and wonders here on earth, he created each one of them, special and gifted with talents and abilities unique to them alone.*

*On the soccer development side, it is my intention that at our next practice I will assign the boys into three groups so they can begin to develop the trust and confidence of playing as a team, passing and working with each other for the common cause of a balanced and focused team effort. During the regular season games which are scheduled to begin next week, there will be six players on the field at a time. The design of our team will be two players positioned up on the front line, left and right and then three mid-fielders with the goal-keeper in the net. As parents, please keep re-enforcing the important point that soccer is a team sport and as they get better and have fun, they should be encouraged to help their playing partners so the whole team can have fun and improve. Also parents quiz your child on this week's Scripture Memory Verse which is Jeremiah 29:11 (ESV); "For I know the plans I have for you, declares the Lord, plans for welfare and not evil, to give you a future and a hope."*

*As a reminder, as our season moves forward, if you have any questions or concerns, please don't hesitate to contact me.*

Coach

**After Each Game:**

- Reinforce positive aspects from the game
- Point out specific skills to improve upon from the game that will be emphasized at the upcoming practice
- Encourage parents to work on this skill at home

*Good morning team,*

*The Lord blessed us with another beautiful day for our second game yesterday and the players that attended were energized, positive and definitely came ready to play. Speaking of next week's practice, we will continue to work on passing and playing our positions – the first game was for my evaluation of skill levels and yesterday we made a lot of progress with formations and team drills but we still have room for continued growth. Parents, this week spend some time passing the ball with your child and get them to diagram the positions of the soccer field. Also parents quiz your child on this week's scripture memory verse which is Jeremiah 29:11 (ESV); "For I know the plans I have for you, declares the Lord, plans for welfare and not evil, to give you a future and a hope." I hope everyone has a safe and enjoyable week and I'll look forward to seeing you next week at practice.*

*Regards,*

*Coach*

**Sample Email to Parents:**

*Hi Everyone,*

*Hope you are having a blessed week. Tuesday's practice was fun, as we scrimmaged the whole time. I have repeatedly said the hardest team they will play is themselves.*

*I gave them a speech on playing safe and being mindful of injury, especially after scoring a goal when they celebrate almost too robustly. Their enthusiasm is profound.*

*Half the team took one or more "hits" during our scrimmage, but their resilience is incredible. Keep praying for safety from injury.*

*All our girls are really good athletes and have the ability to play well into the future.*

*In Huddletime, we talked about Jesus, the Lamb that was slain before the foundation of the world. God knew what He was going to do, before He even made the world.*

*All religions talk about being good enough to ultimately achieve acceptability before God. If God is perfect, how can He allow just one sin into heaven. Satan was kicked out along with his demons. No sin, no dirt can enter a perfect heaven. There are no scales that will measure His acceptance of us. I hesitate to use the word Christianity, because it is diluted to a social condition of attending church once and a while, and being basically good. Only a follower of Christ is saved. The bible tells us how desperately lost we are ... not how good we are. And then heaven opens and God sends us His Son, who alone is worthy. And gives Him to us to die on our behalf, catapulting us to the status of His children, and joint heirs with Christ. An absolute gift through His Grace. Only receive ! And we become the righteousness of God through Christ Jesus ! Forgiven ! That's why the Gospel is Good News !*

Thank you for snacks last week Jae. This week is Claire's and Natalie's turn. We wear **WHITE WHITE WHITE !!!** Rebekah and I will be there by **10:30 am** for warm up, as our game is at 11:00 am on field 9.

*God bless us all ..... Coach*

*Note: Keep in mind that you can incorporate all of the above topics into one standard e-mail that is sent to all parents on Wednesday or Thursday through the CHAMP website. It is not necessary to send individual e-mails to parents separately.*



# I. Policies within CHAMP

## A. Coach Position: Order

All coaches need to serve one another in the unity of the Spirit. You are to lead, teach and coach your team in the authority that has been given to you by Christ. When it comes to making decisions that may fall under church leadership, please allow the church leadership to make those calls.

**NOTE:** We want you to know that we are always available to talk with you.

### 1. Conflict Management

- Diffuse situation quickly (get help from CHAMP Commissioner, Kelly Lamb, when necessary)
- Calvary Commissioner will follow up with serious problems ASAP
- Incident Reports need to be emailed to CHAMP within 24 hrs of situation and Pastors will follow-up as needed

### 2. Handling Parents

- Make expectations known immediately (simple & clear)
- Repeat expectations often
- Listen and be patient
- Put yourself in their shoes (what if it was your child?)
- Try not to become defensive (be ready to explain why)
- Build and maintain open communication lines
- If the parents are happy, the players are happy
- Always remember that the CHAMP motto is “Be imitators of me, as I am of Christ.” **(1 Corinthians 11:1)**

### 3. Handling Players

- Encourage & praise at every possible moment – can’t do it too much
- Care about your players – really care (pray for them and with them often)
- Establish simple “rules” immediately and stick to them



- Treat each player individually; they are very different from your children
- Learn names quickly and then call players by their name often
- Not all participate for the same reason – be sensitive to different needs
- Don't ever "embarrass" a player in front of the team, parents or anyone
- Be consistent & confident
- If the players are happy, the parents are happy
- Inform parents of their child's behavior; ask for guidance and/or support
- NEVER GRAB A CHILD; DIRECT A CHILD

#### 4. Handling Coaches

- You are an example; people are always watching (**1 Corinthians 11:1**)
- Other coaches are your teammates, **not opponents** (part of CHAMP philosophy)
- Always discuss the situation privately – do not include players or parents
- Never argue on the field where spectators can hear and observe
- Be willing to compromise
- Listen and be patient; never raise your voice
- Speak the truth in love- (**Ephesians 4:15**)
- If two coaches are unable to resolve the situation, they both **MUST** agree to end their discussion and seek the nearest available counsel (CHAMP Commissioner, Kelly Lamb.)

**2 Timothy 2:24**, *"And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil."*



# II. Procedures within CHAMP

## B. Coach Position: Procedure

### 1. Equipment Procedures for Practices

- All soccer and flag football equipment will be in the white shed (with stairs) and all T-ball equipment will be in the shed behind home plate. Coach Pitch equipment will be on Rea road side in shed.
- Soccer, flag football and baseball equipment will be evenly distributed among coaches.
- Make sure you bring your training manual, devotionals, a whistle (optional), and stop watch (optional) to every practice.
- When you hand out your team uniforms on the first/second week of practice, once every player has received their uniform; please return any extra uniforms that you don't need to the white shed and put on the middle table.

### 2. Equipment Procedures on Game Days

- All equipment will be placed on each field before you arrive to play
- Make sure you bring your training manual, devotionals, a whistle (optional) and stop watch (optional) to every game.
- All equipment should be accounted for at the end of the season. If your game is the last of the day, please bring all equipment back to the equipment shed.

### 3. Parents Meeting During First Week of Practice

- Delegate some responsibilities (ask for help)
- Share your coaching philosophy
- Share CHAMP Sports philosophy
- Player/parent expectations
- Cancellation policy
- Share briefly about yourself and your faith

### 4. End of the Season Team Parties

- Teams might be able to hold individual parties on the CHAMP fields after their last game.

## **C. Coach Position: Consistency**

Do your absolute best to be at games and practices at least fifteen (15) minutes early. Please contact Kelly Lamb immediately if a situation arises where you can't make it or will be late. However, if you know of the dates in which you will miss, please provide enough notice to your assistant coach, if they cannot fill in, we will provide a fill-in for you.

### **1. Practice Guidelines**

- Keep it simple
- Detailed practice plan – don't try to "wing" it
- Develop a routine (repetition is good)
- Don't stay on one activity too long (short attention spans)
- Fun practices – lots of games
- Play with the kids (get parents to participate)
- Find a team to scrimmage against (if applicable)
- Face the sun while giving instructions (so players aren't)
- Bring extra water

### **2. Game Guidelines**

- Talk with opposing coach before game to get to know him/her and discuss ways to help each other have a great game
- Open game with prayer at center of field with both teams – let players pray
- Designate a "bench coach"
- Teams should shake hands at the conclusion of every game

### **3. Preparation**

- Learn names of players & parents quickly
- Make sure players learn the names on their team
- The BHT lesson should really be the highlight of the week; not always scoring and "beating" the other team

### **4. Communication**

- Call players immediately once you have your live roster
- Get to know the families
- Communicate weekly (phone calls, emails) and listen to parents/players

# III. Purpose of CHAMP

## 1. Running Programs vs. Reaching People

- People are more important than \_\_\_\_\_ (put anything in the blank)

| Running Programs           | Reaching People         |
|----------------------------|-------------------------|
| Adding/Subtracting         | Multiplying/Dividing    |
| Efficient & Effective      | Intentional & Strategic |
| Measurable Success         | Mysterious Success      |
| Developing Athletic Skills | Developing People       |
| Focus on Winning           | Focus on Competing      |

- It is Calvary's underlying purpose to be a support ministry for our community. "The church is *crucial*, but, the family is *central*." Make it a priority (if you have not already) to get to know the parents. However, there are many families that don't know Christ, so please be sensitive to how you can reach out to them.
- Finally, another great idea is to share with the parents how their child is improving in the game. Even if their child is getting in trouble often, or not improving at all, be there as an encouragement for the parents.

## 2. Getting to Know Parents

- Where are you from originally?
- How did you get involved with CHAMP Sports?
- What interested you about CHAMP Sports?
- Is there anything you want me to know about your child?
- Would you like to help out in any way this season?

### 3. Perspective: The Truth of the Matter

- Be realistic – not going to produce next superstar
- The game & children are the real teachers, not you (e.g. sandlot baseball)

### 4. What is Important to Players?

- Snack after the game (#1 priority)
- Participation award
- Parent tunnel (please explain to new parents what to do) is for 4-6 year olds
- Running around
- Being outside with other kids
- Kicking the soccer ball, throwing the football, or playing tball with their family
- It is important that drinks are kept cool

### 5. What is Important to Parents?

- Enjoying recreational time with family and friends
- Development of their child's skills
- Location
- Social interaction
- Exercise for their children
- Positive/encouraging atmosphere
- Facility (we have great fields!)
- Good role model





**CHAMP SOCCER RULES**

**Ages 4-18**

# Ages 4-6

## Soccer Rules

### DIVISION BREAKDOWN:

**4 Coed Instructional:** 4 v 4, no goalkeeper— 8 players to a team

**5 & 6 Coed:** 4 v 4, no goalkeeper— 8 players to a team

**Dimensions:** 60 FT x 90 FT

**The Ball:** Size three (3)

### Player Equipment:

-Shin-guards are **MANDATORY** for all players. Players without shin-guards will not be able to play. Standard soccer shoes or athletic shoes are allowed. Cleats shall be soft molded. Hard casts are not allowed, even if they are padded.

-Jewelry, watches, and other dangerous equipment are **not** to be worn during games. If a player recently got her ear pierced please put a band-AID over ears for protection.

-Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Official Game Timers:** An assistant coach or reliable spectator should be designated as the official game timer before the start of each game. Coaches should review the *Game Duration*, *Running Clock*, and *Ending Games On Time* rules with the Official Game Timer to ensure periods do not run long thus allowing the game to run more smoothly.

**Game Time (4 yrs.): 9:00-9:20 AM** - Practice; **9:20-9:25 AM** - Devotions; **9:30-10:00 AM** - Game Time (*with 5-minute rotations or after goal is scored*).

**Game Time (5-6 yrs.):** All games will consist of three, six (6) minute periods per half for a total of six, six (6) minute periods (total playing time = 36 minutes). There will be a five-minute halftime break after the third period. There will be one minute allowed between periods. For teams in the **5 coed and 6 coed with nine players**, you may substitute a player at the three-minute mark if needed to ensure equal playing time, as the clock will not stop.

**Referee Coaches:** All games will be refereed by two (2) on-the-field coaches (one from each team), who should position themselves according to the illustration on the next page (to avoid being an obstacle for the players). A large portion of the game is played inside the "*Main Playing Area*". **All other coaches from both teams must remain off the field at all times.** If infringement is called, referee coaches should explain to the players what happened and how to avoid making the same mistake in the future **before** restarting the game. Assistant coaches are encouraged to assist in refereeing duties. Head and assistant coaches are expected to encourage, teach & assist **all players**, not just their own.

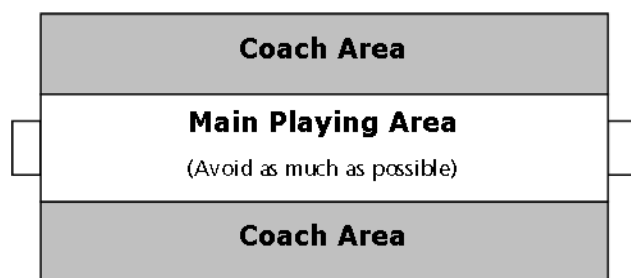
**Opening Kick-Off:** Coaches should flip a coin to determine which team will have possession of the ball to begin the game. All games will begin with a center kick-off.

**Keeping the Ball in Play:** Due to the small field size and nature of the game, the ball may go out of play frequently. Coaches should encourage spectators of the 4 & 5 Coed divisions to participate as “ball walls” by **occasionally** blocking the ball from going out-of-bounds or lightly kicking it back into play. This will help the flow and the enjoyment of the game. In the 6 coed division when the ball goes out of play the game will be restarted in one of the following ways. (Please look below.) Restart rule will apply to 5 coed division half-way through the season at week 5 (April 30).

**Restarts:** All restarts are considered free kicks, except goal and center kicks. Coaches should allow players from both teams to get set. When the play stops or the ball goes out of bounds, the game is re-started in one of the following ways:

1. Over the Sidelines --- with a throw-in (if necessary, 4 coed may use a kick-in)
2. Over the Goal Line --- with a goal kick if attacking team last touched the ball (from designated area marked on field); with a corner kick if defending team last touched the ball
3. After a Goal is Scored --- with a center kick-off
4. Beginning of New Period --- with a center kick-off; teams should alternate possession (like the possession arrow in basketball).

**Indirect Kick Rule:** All infringements result in an indirect free kick (*i.e. ball must touch another player*). There are to be NO penalty kicks called during these games.



**Scoring Goals:** Goals can be scored from anywhere on the playing field. Goals cannot be scored directly from a goal kick, throw-in, or center kick-off. If a defending player uses his/her hands in front of the goal, a goal is awarded **only if** the referee coaches feel the defending player prevented the ball from going into the net. Otherwise, an indirect free kick is awarded.

**The overall score should not be kept publically, audibly or on record. However, coaches can keep track of which players have scored in attempt to get all players to score a goal.**

**Crease:**



There will be a blue crease in front of each goal. Players cannot stand stationary on or behind the crease to guard the goal. Players can run behind the crease to kick the ball away.

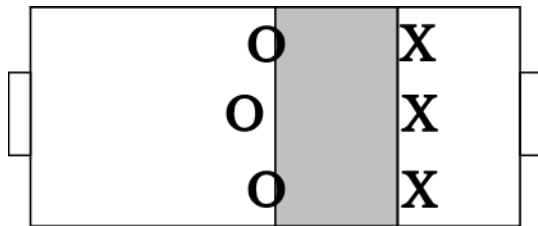
### Defensive Rules:

Defending teams must:

1. Be at least three (3) yards away from the ball on all re-starts
2. Be actively involved in **both** offense and defense at appropriate times
3. Avoid "camping out" a player in front of the goal, but should teach players to defend their goal at the proper times.

### Center Kick-Off Positioning:

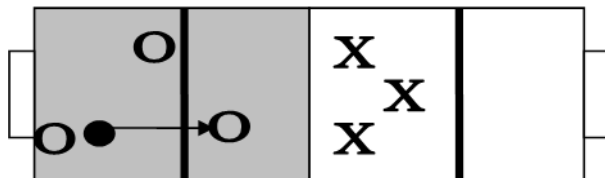
An offensive player must pass the ball forward to a teammate. Defensive players must stay on or behind the **ORANGE** line until the offensive team advances the ball forward towards the **ORANGE** line.



**Shaded Area:**  
Off-Limits for  
Defensive Players (X)

**Goal Kick Positioning:** Defensive players must stay behind the MIDFIELD line until one of the following occurs:

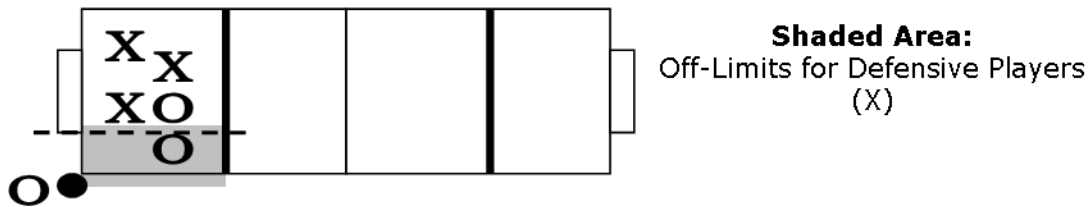
1. An offensive player, other than the person executing the goal kick, touches the ball: the ball crosses the MIDFIELD line



**Shaded Area:**  
Off-Limits for  
Defensive Players (X)

**Corner Kick Positioning:** Defensive players must stay behind the **IMAGINARY GOAL POST LINE** (line extending from the goal post closest to the corner of the kick) until one of the below occurs:

1. An offensive player – other than the person executing the corner kick – touches the ball  
- the ball crosses the IMAGINARY GOAL POST line



**Switching Goals:** The **4 coed and 5 coed divisions will not** switch goals. The **6 coed division will** switch goals at halftime throughout the whole season.

**Offside:** Offsides will not be called.

**Penalty Kicks:** There will be NO penalty kicks in these divisions due to no goalkeepers.

**Yellow/Red Cards:** In CHAMP Sports, cards will not be utilized during any situation, but referee coaches can verbally send any player that commits a “dangerous” foul off the field. There will be no slide tackling allowed.

**Running Clock:** The clock will run continuously at all times (except between periods). However, the clock may be stopped for an injury or any other extreme circumstance that may take more than a few seconds to resolve.

**Overtime:** There will be NO extra time added to the game.

**League Standings:** There will be no record of league standings.

**Substitutions:** Due to the fast paced end-to-end nature of this type of game, frequent substitutions will be made. In order to ensure all players receive an equal amount of playing time, players must be “rotated” properly and equally.



**Playing Time:** Every player should be included in the rhythm of the game. Due to the nature of the CHAMP program, we aim to develop the skill level of each player. Therefore, during any given game, players should be given relatively equal playing time. Each player shall play a minimum of 50% of the total playing time.

To the extent possible (without setting kids up for failure), coaches should make an effort to rotate the players throughout various positions.

Coaches that do not follow the playing requirements will be asked by CHAMP Commissioner, Kelly Lamb, to make the needed changes.

# Ages 7-8

## Soccer Rules

**Division Breakdown:**

**7-8 boys and girls**— 6 v 6, goalkeeper— 10 players to a team

**Field Dimensions:** 90 FT X 150 FT

**The Ball:** Size four (4)

**Player Equipment:**

-Shin-guards are **MANDATORY** for all players. Players without shin-guards will not be able to play. Standard soccer shoes or athletic shoes are allowed. Cleats shall be soft molded.

Hard casts are not allowed, even if they are padded.

-Jewelry, watches, and other dangerous equipment are **not** to be worn during games. If a player recently got her ear pierced please put band-AID over ears for protection.

-Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Playing Time:** Every player should be included in the rhythm of the game. Due to the nature of the CHAMP program, we aim to develop the skill level of each player. Therefore, during any given game, players should be given relatively equal playing time. Each player shall play a minimum of 50% of the total playing time.

To the extent possible (without setting kids up for failure), coaches should make an effort to rotate the players throughout various positions.

Coaches that do not follow the playing requirements will be asked by CHAMP Commissioner, Kelly Lamb, to make the needed changes.

**Number of Players on the Field:** There will be six (6) players on the field for each team including the goalkeeper. If fewer than five (5) players are present, you may borrow from the other team if the coach allows. **You must have approval from Kelly Lamb, CHAMP Commissioner/Referee Coordinator, if this situation arises.**

**Game Duration:** All games will consist of four, five (5) minute periods per half for a total of eight, five (5) minute periods (total playing time = 40 minutes). There will be a five-minute halftime break after the fourth period. There will be one minute allowed between periods.

**Running Clock:** The clock will run continuously at all times (except between periods). However, the clock may be stopped for an injury or any other extreme circumstance that may take more than a few seconds to resolve.

**Overtime:** There will be NO extra time added to the game.

**League Standings:** There will be record of league standings due to Challenge Day.

**Substitutions:** After each five (5) minute period.

Due to the fast-paced, end-to-end nature of this type of game, frequent substitutions will be made. In order to ensure all players receive an equal amount of playing time, players must be "rotated" properly at each period break.

**Only Exception: In the event of an injury, injured player may be substituted.**

**Official Game Timers:** CHAMP referee will be game timer.

**Ending Games on Time:** All games will be given a one (1) hour time slot. If necessary, it is the responsibility of the Official Game Timer to end the game when the one (1) hour time slot has expired regardless of how many periods have been played or how many minutes may be remaining in the final period.

**Referee:** CHAMP will **provide referees** for all 7/8 games. Please abide by all calls referees make. **Do not dispute on the field.** If there is a continued issue, please contact Kelly Lamb, the Referee Coordinator/CHAMP Commissioner immediately.

**Opening Kick Off:** Referee will conduct coin toss. Ball will start at middle of field of winning team.

**Re-Starts:** All re-starts involving a kick are to be considered direct free kicks. The ball may be restarted as soon as the referee blows the whistle or gives the start play signal. When play stops or the ball goes out of bounds, the game is re-started in one of the following ways.

1. Over the Sidelines --- with a throw-in
2. Over the Goal Line --- with a goal kick if attacking team last touched the ball (from designated area marked on field); with a corner kick if defending team last touched the ball
3. After a Goal is Scored --- with a center kick-off
4. Beginning of New Period --- with a center kick-off; teams should alternate possession (like the possession arrow in basketball.)

**Indirect Free Kick Rule:** All infringements result in an indirect free kick (*i.e. the ball must touch another player*). All opponents must be at least eight (8) yards from the ball.

**Scoring Goals:** Goals can be scored from anywhere on the playing field. Goals cannot be scored directly from a goal kick, throw-in, or a center kick-off. If a defending player uses his/her hands in front of the goal, a goal is awarded **only if** the referee feels the defending player prevented the ball from going into the net. Otherwise, an indirect free

kick is awarded.

**Coaches can keep track of which players have scored, in an attempt to get all players to score a goal.**

**Defending Teams Must:**

1. be at least five (5) yards away from the ball on all re-starts
2. Avoid “camping out” a player in front of the goal, but should teach players to “defend their goal” at the proper times.
3. Play offense and defense at appropriate times.

**Center Kick-Off Positioning:**

An offensive player must pass the ball forward to a teammate. Defenders must stay outside the center circle line until the offensive team advances the ball forward.

**Please Note:** *Teams may advance as soon as ball is advanced. They do not have to wait.*

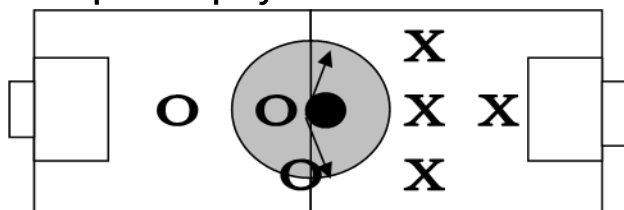
**Scoring:**

1. The score will be kept during each game
2. Win or lose, coaches are to teach their respective team to play for the glory of God.
3. Win or lose, coaches are to affirm the value and worth of each player **based not on their performance, but their identity in Christ.**

**Goal Kick Positioning:** On the forward line of the goalie box. The ball is kicked from any point within the goal area by a player of the defending team. Opposing players must be in their own half of the field until the ball is in play. Goal kick **CAN** be kicked before the opposing team reaches their own half of the field, play resumes immediately.

**Goal Keeper Rules:** Hands may only be used inside goalie box. Goal keeper may advance out of box, but may not use hands. Goal keeper must use colored shirt, provided by the CHAMP referee, to distinguish him/herself from team. Goal keeper should be rotated each period. (**Note:** *Every player that wants to play goal keeper should be given the opportunity to play the position at least once in the first two games.*)

**-Goal keeper can play no more than half of the game.**



**Shaded Area:**  
Off-Limits for  
Defensive Players (X)

**-Teams will switch goals (direction) at halftime.**

**Offsides:** Offsides will not be called. A player will not be allowed to “camp out” behind the last defender. However, a player in motion with the play will be allowed to continue (**Note: this will be called as a good conduct rule only**).

**Penalty Kicks:** There will be no penalty kicks. If a foul occurs in the goalie box, it will be an indirect free kick from the spot of the foul.

**Yellow/Red Cards:** In CHAMP Sports, cards will not be utilized during any situation. If a player commits a “dangerous” foul, the following will occur:

1<sup>st</sup> time= warning

2<sup>nd</sup> time= player will sit out five minutes

3<sup>rd</sup> time= player will sit out the rest of the game and will need to see the CHAMP Commissioner, Kelly Lamb

**Slide Tackling:** Slide tackling is not allowed.

**There is No Coaching Behind the End Lines.**

**No Heading the Ball:** If a player heads the ball intentionally, the following will occur:

1<sup>st</sup> time=warning

2<sup>nd</sup> time= player will sit out five minutes

3<sup>rd</sup> time= player will sit out the rest of the game and will need to see the CHAMP Commissioner, Kelly Lamb



**Blowout Rule:** If at any time during the game a team achieves a 5-goal advantage, the opposing team will be permitted to add an additional player. Once the margin is reduced below 5 goals, the additional player should leave the field. For example:

Score 4 – 0 = 6 v 6    Score 5 – 0 = 6 v 7

# 7-8 Challenge Day

## May 21

**We will create competitive games based off the standings from the past seven (7) weeks of games.**

**Standings:** Will be determined on Monday, May 16. This is based on seven (7) weeks of games if applicable.



# Ages 9-10

## Soccer Rules

### Division Breakdown:

**9-10 boys and girls**— 6 v 6, goalkeeper— 10 players to a team

**Field Dimensions:** 90 FT X 150 FT

**The Ball:** Size four (4)

### Player Equipment:

-Shin-guards are **MANDATORY** for all players. Players without shin-guards will not be able to play. Standard soccer shoes or athletic shoes are allowed. Cleats shall be soft molded. Hard casts are not allowed, even if they are padded.

-Jewelry, watches, and other dangerous equipment are **not** to be worn during games. If a player recently got her ear pierced please put band-AID over ears for protection.

-Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Playing Time:** Every player should be included in the rhythm of the game. Due to the nature of the CHAMP program, we aim to develop the skill level of each player. Therefore, during any given game, players should be given relatively equal playing time.

To the extent possible (without setting kids up for failure), coaches should make an effort to rotate the players throughout various positions.

Coaches that do not follow the playing requirement will be asked by CHAMP Commissioner, Kelly Lamb, to make the needed changes.

**Number of Players on the Field:** There will be six (6) players on the field for each team including the goalkeeper. If fewer than five (5) players are present, you may borrow from the other team if the coach allows. **You must have approval from Kelly Lamb, CHAMP Referee Coordinator/CHAMP Commissioner if this situation arises.**

**Substitutions:** At any stoppage and unlimited. Please inform ref when substituting and have player(s) at mid-field.

Due to the fast paced end-to-end nature of this type of game, frequent substitutions will be made. In order to ensure all players receive an equal amount of playing time, players must be "rotated" properly. No substitutions allowed on corner kick.

**Only exception: In the event of an injury, the injured player may be substituted.**

**Game Duration:** The game will be divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.



**Running Clock:** The clock will run continuously at all times (except between periods). However, the clock may be stopped for an injury or any other extreme circumstance that may take more than a few seconds to resolve.

**Overtime:** There will be NO extra time added to the game.

**League Standings:** There will be record of league standings due to Challenge Day.

**Official Game Timers:** CHAMP referee will be game timer.

**Ending Games on Time:** All games will be given a one (1) hour time slot. If necessary, it is the responsibility of the Official Game Timer to end the game when the one (1) hour time slot has expired regardless of how many halves have been played or how many minutes may be remaining in the final halve.

**Referee:** CHAMP will **provide referees** for all 9/10 games. Please abide by all calls referees make. **Do not dispute on the field.** If there is a continued issue, please contact Kelly Lamb, the Referee Coordinator/CHAMP Commissioner immediately.

**Opening Kick Off:** Referee will conduct coin toss. Ball will start at middle of field of winning team.

**Re-Starts:** All re-starts involving a kick are to be considered direct free kicks. The ball may be restarted as soon as the referee blows the whistle or gives the start play signal. When play stops or the ball goes out of bounds, the game is re-started in one of the following ways.

1. Over the Sidelines --- with a throw-in
2. Over the Goal Line --- with a goal kick if attacking team last touched the ball (from designated area marked on field); with a corner kick if defending team last touched the ball
3. After a Goal is Scored --- with a center kick-off
4. Beginning of New Period --- with a center kick-off; teams should alternate possession (like the possession arrow in basketball)

**Direct Free Kick Rule:** All infringements result in a direct free kick (*i.e. kicks can be shot directly into goal*). All opponents must be at least eight (8) yards from the ball.

**Scoring Goals:** Goals can be scored from anywhere on the playing field. Goals cannot be scored directly from a goal kick, throw-in, or a center kick-off. If a defending player uses his/her hands in front of the goal, a goal is awarded **only if** the referee feels the defending player prevented the ball from going into the net. Otherwise, a direct free kick is awarded.

**Coaches can keep track of which players have scored, in an attempt to get all players to score a goal.**

### **Defending Teams Must:**

1. Be at least five (5) yards away from the ball on all re-starts
2. Avoid “camping out” a player in front of the goal, but should teach players to “defend their goal” at the proper times.
3. Play offense and defense at appropriate times.

### **Center Kick-Off Positioning:**

An offensive player must pass the ball forward to a teammate. Defenders must stay outside the center circle line until the offensive team advances the ball forward.

**Please Note:** *Teams may advance as soon as ball is advanced. They do not have to wait.*

### **Scoring:**

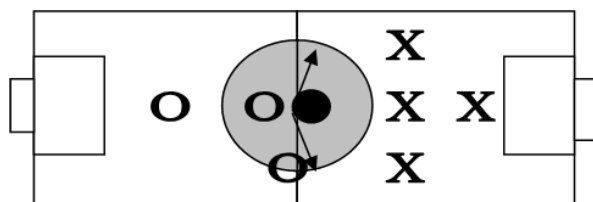
1. The score will be kept during each game.
2. Win or lose, coaches are to teach their respective team to play for the glory of God.
3. Win or lose, coaches are to affirm the value and worth of each player **based not on their performance, but their identity in Christ.**

**Goal Kick Positioning:** On the forward line of the goalie box. The ball is kicked from any point within the goal area by a player of the defending team. Opposing players must be in their own half of the field until the ball is in play. Goal kick **CAN** be kicked before the opposing team reaches their own half of the field, play resumes immediately.

**Goal Keeper Rules:** Hands may only be used inside goalie box. Goal keeper may advance out of box, but may not use hands. Goal keeper must use colored shirt, provided by the CHAMP referee, to distinguish him/herself from team. Goal keeper should be rotated each half. (**Note:** *Every player that wants to play goal keeper should be given the opportunity to play the position at least once in the first two games.*)

An intentional pass back to the goalie which is picked up by the goalie is a handball and results in an indirect kick, not a penalty kick. The defending team must be eight full steps away from the spot of the kick.

- **Goal keeper can play no more than half of the game.**
- **Teams will switch goals (direction) at halftime.**



**Shaded Area:**  
Off-Limits for  
Defensive Players (X)

**Offsides:** Offsides will not be called.

A player will not be allowed to “camp out” behind the last defender. However, a player in motion with the play will be allowed to continue (**Note: this will be called as a good conduct rule only**).

**Penalty Kicks:** Referees will call it. All will be direct kicks. The penalty mark is made eight (8) yards from the midpoint between goalposts and equidistant to them.

**Yellow/Red Cards:** In CHAMP Sports, cards will not be utilized during any situation. If a player commits a “dangerous” foul, the following will occur:

1<sup>st</sup> time= warning

2<sup>nd</sup> time= player will sit out five minutes

3<sup>rd</sup> time= player will sit out the rest of the game and will need to see the CHAMP Commissioner, Kelly Lamb

**Slide Tackling:** Slide tackling is not allowed.

**There is No Coaching Behind the End Lines**

**No Heading the Ball:** If a player intentionally heads the ball, the following will occur:

1<sup>st</sup> time= warning

2<sup>nd</sup> time= player sits out five minutes

3<sup>rd</sup> time= player sits out the rest of the game and will need to see the CHAMP Commissioner, Kelly Lamb

**Blow Out Rule:** If at any time during the game a team achieves a 5-goal advantage, the opposing team will be permitted to add an additional player. Once the margin is reduced below 5 goals, the additional player should leave the field. For example:

Score 4 – 0 = 6 v 6    Score 5 – 0 = 6 v 7

## 9-10 Challenge Day

### May 21

**We will create competitive games based off the standings from the past seven (7) weeks of games.**

**Standings:** Will be determined on Monday, May 16. This is based on seven (7) weeks of games if applicable.

# Soccer Rules

## U12

### U12 play with CSA (Charlotte Soccer Academy) Recreational Program

**CSA Weather Line:** 704-708-4033 (updated by 8:00am)

#### Division Breakdown:

**U12 boys** - 9 v 9, goalkeeper - 13 players to a team

**U12 girls** - 9 v 9, goalkeeper - 13 players to a team

**Field Dimensions:** 140 FT X 200 FT

**The Ball:** Size four (4)

**Player Equipment:** Shin guards are **MANDATORY** for all players. Players without shin guards will not be able to play. Standard soccer cleats are allowed. Cleats shall be soft molded.

**Playing Time:** Each player SHALL play a minimum of 50% of the total playing time.

**Number of Players on the Field:** There will be nine (9) players on the field for each team, including the goalie.

#### Substitutions:

1. Unlimited Number
2. Sub on any throw-in, any goal kick, after any goal, corner kick, start of half.

**Game Duration:** The game will be divided into two (2) equal halves of thirty (30) minutes each. There will be a half-time interval of five (5) minutes maximum.

**Blow Out Rule:** If at any time during the game a team achieves a 4- goal margin, the opposing team will be permitted to add an additional player. They will also be able to add an additional player for each additional increase in the margin over 4 goals. Once the margin is reduced below 4 goals, all additional players should leave the field. For example:

Score 3 – 0 = 9 v 9    Score 4 – 0 = 9 v 10    Score 6 – 1 = 9 v 11    Score 6 – 3 = 9 v 9

If a team invokes the blow out rule at any time during the contest, the game will be scored as a 0 – 4 loss against the team that adds the extra player.

**Law 11: Offside with Modifications:** A player will be deemed offside if such player is clearly positioned behind the opponent's last defender (less goalie) in opposing teams defensive side of field (completely past mid line) while a pass is made toward such player by a teammate. An indirect free kick will be awarded to the opposing team at the spot of the infraction.

**Law 12: Goalkeeper** is to throw ball in on goalkeeper distribution, no punting, or drop kicks. Upon goalkeeper distribution, ball DOES NOT need to clear the penalty box before any player can play the ball. Opposing players must be in their own half of the field until the ball is in play. GK can put ball in play BEFORE opposition retreats.

**Law 13: Free Kicks:** All fouls will be indirect unless inside the box. If it is inside the box, it will be a penalty kick.

**Law 16: Goal Kicks:** The ball is kicked from any point within the goal area by a player of the team in possession. The ball can be touched by any player prior to it leaving the penalty box. Opposing players must be in their own half of the field until the ball is played. Goal kick **CAN** be kicked before the opposing team reaches their own half of the field, play resumes immediately.

**Conduct:** Good sportsmanship will be exhibited by all players, coaches, officials and spectators. Players ejected and/or coaches removed from a game need to be out of sight and sound of the field and will be automatically banned from their team's next game. Coaches are responsible for the behavior of their spectators and may be cautioned for dissent. Players ejected and/or coaches/spectators removed for fighting and/or dangerous play will not be allowed to return to the game. Any player receiving a red card must be cleared to come back to practice and games by the CHAMP Commissioner, Kelly Lamb.

**Coaching from End Lines:** Coaches must stay on their half of sideline during play. No one including parents may be on the end lines. All personnel acting as a coach or an assistant coach must be properly registered for safety risk assessment.

**No Heading the Ball:** A player who heads the ball intentionally will also receive a warning. If a second intentional header occurs from the same player, they will not be allowed to play for the remainder of that game.



# Soccer Rules

## U15 & U19

**U15 & U19 play in the MARS (Mecklenburg Ares Recreational Soccer) League**

**Division Breakdown:**

**U15 & U19 girls** — 11 v 11, goalkeeper— 15 players to a team

**U15 & U19 boys** — 11 v 11, goalkeeper— 15 players to a team

**Field Dimensions:** 70 YDS X 110 YDS

**Goal Size:** 8 FT X 24 FT

**The Ball:** Size five (5)

**Player Equipment:** Shin guards are **MANDATORY** for all players. Players without shin guards will not be able to play. Standard soccer cleats are allowed. Cleats shall be soft molded.

**Playing Time:** Each player SHALL play a minimum of 50% of the total playing time.

**Number of Players on the Field:** There will be eleven (11) players on the field for each team, including the goalie.

**MARS observes FIFA rules. There are a few modifications, which are as follows:**

**Teams, with the Same Color Jerseys:** If both teams have the same uniform color, it is the home team's responsibility to wear pinneys that game. Both teams should make sure to always have pinneys with them.

**Adult Coaches:** A team MUST have an adult coach (at least 21 years old), officially recognized by their Club, on the sidelines for the entire duration of the game. Failure to observe this rule will result in the offending team being issued a forfeit and the game will be recorded as a 0 - 3 loss by the offending team.

**Substitutions:**

1. Teams are permitted an unlimited number of substitutions.
2. A team can substitute their own players on their own throw-in or their own goal kick.
3. Both teams can substitute after any goal or at the start of the half.
4. Allow both teams to sub if the team subs on its allowed substitution (i.e. their own throw-ins).

**Blow Out Rule:** If at any time during the game a team achieves a 5 goal margin, the leading team must remove one player. They must also remove a player for each additional

goal scored that increases the margin. Once the margin is reduced, one player at a time may re-enter the field. If the margin falls below 5 goals, all players can re-enter the field. For example:

**Score 5 - 0 = 10 v 11   Score 6 - 0 = 9 v 11   Score 6 - 1 = 10 v 11   Score 6 - 2 = 11 v 11**

\*Failure to observe this rule will result in the offending team being issued a forfeit and the game will be recorded as a 0 - 3 loss by the offending team.

**Yellow Card Rule:** If a player receives a yellow card during the course of the game, the player will be sent off the field. The (yellow) carded player (or another player) will be allowed to re-enter the field by the next possible substitution opportunity as described in the sub-on-rule. Please note: All yellow cards need to be reported to Kelly Lamb.

**Red Card Rule:** If a player or coach receives a red card during the course of the game, that coach or player must leave the field and the vicinity immediately. That team will not be permitted to replace that player for the remainder of the game. Please note: Any player or coach that receives a red card must be cleared to come back to practice and games by Kelly Lamb.

Additional consideration for that (red) carded player or coach:

1. First **RED** card of the season: One game suspension,
2. Second **RED** card of the season: Suspension for rest of the season.

**Game Times:** The High school Divisions (U19) play two 40 minute halves. The U15 Divisions play two 35 minute halves. A 10- minute halftime is observed for each age group. During the regular season, games that end in a tie are recorded as a tie.

**Water Breaks:** If one team has less than 14 players, there will be a mandatory 2-minute water break at the 19-minute mark for High School (U19) and the 17-minute mark for U15 unless the coach with the fewer players declines the break. Clock continues to run. Coaches still have the option of taking a water break (even if plenty of subs) if both coaches agree.

**Weather Related Delay - Lightning Seen:** If lightning is seen in the area or thunder heard, play should stop immediately. From the time of that strike or sound of thunder, a minimum of **thirty minutes** must pass before play should resume. Each strike or thunder restarts the 30-minute countdown.

**Limited Number of Players Available for a Game-During the Regular Season:** If one team has less than eleven players, opponent **MUST** reduce to no more than +1 of his opponent. Hopefully, the team with more players will match that of their opponent. For example, if one team can only put nine players on the field, opponent must put no more than ten players on the field.

\*Failure to observe this rule will result in the offending team being issued a forfeit and the game will be recorded as a 0 - 3 loss by the offending team.

\* During the tournament, this rule will not be in force. Teams will be permitted to play eleven on the field even if their opponent is able to put only seven on the field. We do

hope that coaches and teams will consider the example they are setting and play accordingly

**If a Team Shows Up for a Game with Less Than Ten Players:** And their opponent has an abundance of players (more subs than the opponent has players on the field), MARS encourages the coach who has an abundance of players to ask for volunteers to play for the opponent – to enable the opponent to put eleven players on the field. Volunteers can rotate if needed. This allows more players to get more playing time.

**If a team shows up with Nine or fewer players for a game Two times during the regular season, that team will be prohibited from participating in the tournament.**

MARS has tools (i.e. guest players) in place to help enable teams to have enough players each week to put eleven on the field. Each coach will be responsible for taking advantage of this option. Please note: If your team is short players please inform Kelly Lamb. Coaches should also use this as an opportunity to teach their players the responsibility they have to their team and their teammates.

If the coach does not feel he/she will have enough players for an upcoming game, the coach must alert Kelly Lamb. I will alert the opposing Coach, the Club Commissioner and the MARS Coordinator. This confirmed communication must occur at least Four days in advance of the game. For example: if you have a Saturday game, the communication must occur no later than the Tuesday prior. Our Soccer Commissioner, Kelly Lamb, will work with the opposing coach and their respective Club Commissioner to try to arrange a re-schedule.

**Players and Fan Location:** Both teams will be on the same side of the field. Fans will be on the opposite side of the field from the teams.

**Coaches: Coaches are responsible for being familiar with ALL information on the MARS website: ([www.marsoccer.org](http://www.marsoccer.org)). Periodically, updates are shared with Club Commissioners and Coaches. Coaches are responsible for being familiar with this information as well.**

Sideline coaches will be limited to Three per team. This is not to say that more than three coaches will be on the sidelines. However, if this becomes a problem (i.e. coaches interfering with play, too many questioning the referee, etc.), coaches are welcome to bring the three coach limit to the attention of their opponent and the referee, if needed.

Coaching should be done ONLY by the coaches. Please ensure only one coach addresses the players on the field at any given time during the game. More than one coach from a team talking at the same time presents the opposing team's coach from effectively communicating with their players.

**Disputing calls by the referees is unacceptable behavior for coaches, players, and fans.** Occasionally asking for clarification by Head Coaches and Team Captains is understood but should be kept to a minimum.