

Lake Mills Area School Recreation Department
4-5 (U10) Division 6 V 6
Soccer Rules/Regulations

The Youth Soccer League, 4-5 (U10) Division, of the Lake Mills School Recreation Program is offered to provide young participants an opportunity to work extensively on basic soccer skills. The program objectives include participation, learning fundamentals, sportsmanship and most of all having fun rather than winning or losing. Participation in this program will reinforce and promote positive social skills, self-esteem and confidence. Leadership qualities will also be fostered. Players gaining experience at many positions are an important aspect of the program. The safety and enjoyment of the young participants is of the foremost concern.

Coaches, parents and players can help by promoting the following principles through both example and instruction:

1. Show Respect-Everyone is important.
2. Be modest in victory and gracious in defeat.
3. Speak for yourself. Not for anyone else.
4. Avoid put-downs. Who needs them?
5. Take charge of yourself. You are responsible for you.
6. Do not use profanity.
7. Applaud good plays made by both teams.
8. Honesty is still a virtue.
9. If you are unsatisfied with something, work to change it. Criticism seldom fixes anything.
10. Officials are hired to control a game, and to work with the coaches and players on the aspects of competition.
11. After the game, win or lose, always congratulate your opponent. Without him/her there would be no game.

The Youth Soccer Program, 4-5 (U10) Division, believes players; parents and coaches must take responsibility for their actions. To ensure the physical and emotional well being of the participants, consequences are part of a positive approach using the following guidelines.

1. Verbal Warning(s) to the player.
2. Verbal Warning(s) and inform parents
3. Parent attends entire practice/game with child.
4. Dismissal from the program.

SOCCER COMPETITION GUIDELINES

Equipment: All players must wear shin guards. Athletic shoes or soccer cleats must be worn. No football cleats will be allowed.

Object of the Game: A team must move the ball down the field and through the opposing goal using their ball-handling, kicking, and passing skills, without using their hands.

The Field of Play: A small rectangular box marked in front of the goal indicates the goal area. A larger rectangular area marked in front of the goal indicates the penalty area. The side and end lines of the soccer field are a part of the field. A ball is not out of bounds until it has carried completely across the end of sidelines. On the other hand if a ball flies outside the end of sideline and curves back in, it is considered out of bounds.

Prior to the game: Coaches will be asked to place 6 players on the field. Each team will then be asked to have one player report to the center line to represent their team as captain for that match. **The Home team (First number on the schedule will have the kick off)**. You will have 5 players and 1 goalie.

To Begin Play: The official will place the ball on the centerline in the middle of the center circle. The official will then blow the whistle, signaling the beginning of play. At that time the center player that has possession of the ball may then kick the ball to any team mate to move the ball down the field.

Time-outs: Automatic substitution time outs will be called on the first stop of play following the halfway mark of each quarter. At that time all players on the sidelines may be substituted into the game. This needs to be done in a quick and orderly fashion to stay with the schedule of the day. Any time a coach or official deems necessary an injury time-out will be called, which will be an automatic stoppage of play.

Length of Game: Each game will consist of two halves 25 minutes each. Possession will change at the beginning of each half, and teams will switch sides after the completion of the first half.

Method of Scoring: A goal is scored when the ball passes completely over the goal line. A player may score from anywhere on the field, as long as the ball is in bounds at the time the shot is taken. ***Please remember that the officials and the Recreation Department do not keep score in U10 Division, and that win/loss records are also not kept.***

Out of Bounds: The ball is out of bounds when it crosses over the goal line or sideline.

Throw in: When the ball has crossed the sideline, it is put back into play by a throw in from the opposite team that last touched it. The throw in is taken from the point the ball went out of bounds, marked by the official. Please remember it is not the complete responsibility of the official to retrieve a ball that has been kicked out of bounds. A player from either team closest to the ball may retrieve it, and return it to the player throwing it in or the official. The clock will not stop for a throw in, and we ask that coaches assist in making this a swift transition. For the first 2 weeks, throw ins will be redone if not properly done. After that they will lose possession if the throw in is not done properly.

Goal kick: When the ball has crossed the goal line after being last touched by an attacking player, it is put back into play by a kick from the goal area by the defending team. Any member of the defending team may inbound from anywhere within the goal area. Opposing players are asked to be placed outside of the penalty area before the ball may be inbound on a goal kick.

Corner Kick: When the ball has crossed the goal line after last being touched by a defensive player, it is put back into play with a corner kick from the corner closest to the point the ball went out of bounds. The attacking team takes this corner kick. The distance of the opposing player shall be eight yards away.

Fouls:

- Tripping an opponent
- Holding an opponent
- Pushing an opponent
- Illegal use of the hands or hand ball
- Kicking an opponent

Free Kick: All fouls will result in an indirect free kick with the opponents 8 yards away. On an indirect free kick another player must touch the ball before a goal may be allowed.

Penalty Kick: No Penalty kicks are to be taken during the game. Any foul which would have resulted in a penalty kick will be taken as an indirect kick from the spot of the foul.

Offside: There shall be no offside called during these games.

Goalie: There will be a goalie during these games.

Substitutions: Substitutions should be made on the fly.