



## **CHILLIWACK FORD SPRING SOCCER LEAGUE**

Hello Coaches.

Welcome to the **Chilliwack Ford Spring Soccer League**. This guide is designed to provide you with some important information as to the [rules](#), [guidelines](#) and [philosophy](#) of this league in addition to [expectations of our volunteer coaches](#). I would recommend keeping this guide on hand at all times when coaching to refer to when needed.

Before we start, I would like to thank you for your willingness to step forward and offer to take a leadership role in our club as Team Coach. Without volunteers such as yourselves we would struggle to implement many of our programs. Our goal is to make sure you are able to take the field with a full knowledge of the important aspects of this program.

Firstly, I would like to outline the [philosophy](#) of this program. This is a recreational program that is often the first exposure to team soccer for our young players. They enter the program with limited knowledge of the team game and our goal is to provide them with a positive first experience of soccer and of our club. Having enthusiastic, positive, encouraging coaches can go along way to making sure we meet this goal. The focus in each game is to provide equal playing time for all. After all, success at games for the coach is not a win, but a team of players who have enjoyed themselves and eagerly await the next game. A successful Spring season for a coach is the enthusiasm among his/her players to return and play soccer in our club the next season.

We will now address *Chilliwack Ford Spring Soccer League* **guidelines**. These are broken down by age groups for our **U7/8 – U15/16 age groups**...

	U7/U8	U9/U10	U11/U12	U13/U14	U15/16 COED
<b>FIELD DIMENSION</b>	25 x 35 YDS	35 x 55 YDS	45 X 65 YDS	45 X 65 YDS	45 X 65 YDS
<b>GOAL DIMENSION</b>	4 x 6 FT	6 x 12 FT	6.5 x 18 FT	8 X 24 FT	8 x 24 FT
<b>PLAYERS ON FIELD</b>	5 (INC GK)	7 (INC GK)	8 (INC GK)	8 (INC GK)	8 (INC GK)
<b>GAME DURATION</b>	2 x 25 MIN	2 x 30 MIN	2 x 30 MIN	2 X 30 MIN	2 X 30 MIN
<b>REFEREE</b>	YES	YES	YES	YES	YES
<b>GOALKEEPER</b>	YES	YES	YES	YES	YES
<b>RETREAT LINE</b>	HALF LINE	20 YDS	20 YDS	NONE	NONE
<b>THROW IN'S</b>	YES	YES	YES	YES	YES
<b>COACH ON FIELD</b>	NO	NO	NO	NO	NO
<b>OFFSIDES</b>	NONE	RETREAT LINE	RETREAT LINE	HALF LINE	HALF LINE

Our **U5 & U6 program** takes on a different format that allows for an enjoyable, inclusive introduction to the game. These age groups will gather as one group and be split into small groups to rotate through stations involving different activities that address development of key soccer fundamentals as well as balance, coordination, motor skills. After rotating through the stations, they will then participate in games. The stations and games will be run by CFC staff with help from volunteer parents. Here are the guidelines for the U5 and U6 games.

	U5/U6
<b>FIELD DIMENSION</b>	20 X 25 YDS
<b>GOAL DIMENSION</b>	POP UP
<b>PLAYERS ON FIELD</b>	4
<b>GAME DURATION</b>	2 x 15 MIN
<b>REFEREE</b>	NO
<b>GOALKEEPER</b>	NO
<b>RETREAT LINE</b>	HALF LINE
<b>THROW IN'S</b>	NO
<b>COACH ON FIELD</b>	YES
<b>OFFSIDES</b>	NO

Here are some of the key **rules** that apply to all age groups U7/8 – U15/16.....

## **GOALKEEPING:**

When in possession of the ball, the GK may drop kick it. This is with the exception of the U13/14 boys age group (see below) GK's may also distribute the ball by throwing it or even dropping it to the ground and passing the ball into play. If the GK drops the ball to pass it into play the opposing team must clear the penalty area and not attempt to win the ball until it leaves the area.

If the ball crosses the end line and the last touch of the ball at the time was by an attacking player then a Goal Kick is given to restart the game. Goal Kicks may be taken from anywhere within the penalty area and must be kicked from the ground (not drop kicked)

The GK may not handle the ball outside of their own penalty area.

The GK must not pick up the ball when receiving a deliberate pass back.

The GK must distribute the ball back into play within 6 seconds of gaining possession. This rule applies to only U11/12 – U15/16 age groups.

- For U7/8 age groups only, if the GK drops the ball to his feet for the purpose of passing the ball back into play, opposing players must move back to the retreat line and not re enter the attacking zone until a defender has received a pass from the GK.
- For U13/14 GK's they may only distribute the ball by throwing it or dropping it to the ground and passing the ball back into play. If the ball is dropped by the GK opposing players must not attempt to win possession until it leaves the penalty area.

## **FREE KICKS:**

All free kicks, regardless of the infringement, are awarded as in-direct. This means that a player may NOT shoot directly at the goal. The ball must be passed to a team mate before an attempt on goal. The pass may be as minor as moving a few inches before a second player attempts a shot.

Free kicks awarded INSIDE the defending teams penalty area require the ball to be moved BACK to the edge of the penalty area. Defending team may form a wall a minimum 8 yards from the ball.

Free kicks will be awarded in the case of any infringements including those outlined below....



**Dangerous Play.** A high foot or kicking near an opponent's head, even if the player bends over.



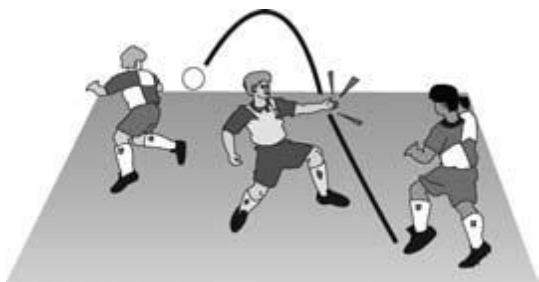
**Obstruction.** A player cannot impede the GK's ability to save a shot on goal.



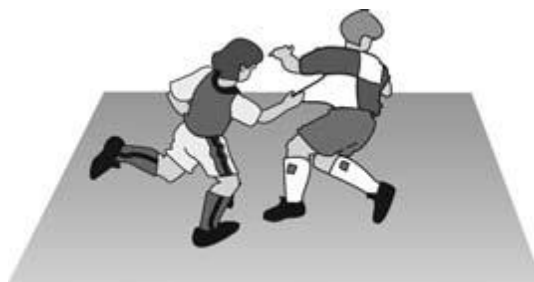
**Obstruction.** Players have freedom of movement on the field.



The GK can not pick up the ball when receiving a pass back from a team mate.



**Intentional hand ball.**



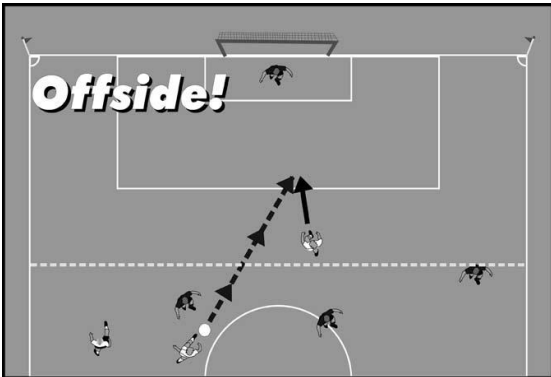
**Holding.**



**Tripping.**



**Pushing.**



**Offside.** An attacking player is deemed offside if, when they are in their opponents half, they are behind the defensive line of their opponent's when a pass is made forward by a team mate.

\*For U9/10 and U11/12 attacking player must be beyond the retreat line to be in an offside position (not opponents half)

### **RETREAT LINE RULE:**

When a goal kick is to be taken, the opposing team must move back behind the assigned retreat line. They may not re enter this zone until a player from the team in possession has received a pass from the GK.

### **PLAYER EJECTIONS:**

If in the view of the referee a player is being unduly aggressive toward players on the opposing team or even their own team the referee may ask them to leave the field for a 5 minute cooling down period. The coach may replace this player with a substitute.

## **SLIDE TACKLES:**

Slide tackles are not permitted in this league at any age group. If a player uses a slide tackle in an attempt to win the ball a free kick will be awarded against them. Leniency will be offered to GK's who slide in at the feet of an opponent, but the challenge must not be feet first. Proper GK technique should be used. Feet first attempts will be deemed as a foul and a free kick awarded against them.

## **SUBSTITUTIONS:**

Substitutions must be made during a stoppage in play and only when acknowledged by the referee. Substitutions are unlimited.

## **CORNER KICKS:**

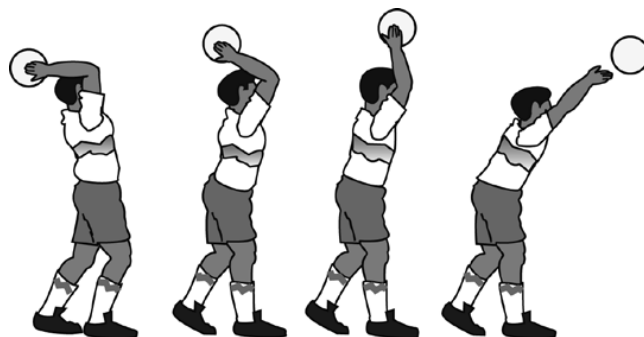
If a ball fully crosses the end line and the final touch of the ball at the time is by a player on the defending team, a corner kick is given to the opposing (attacking) team. The referee will indicate which side of the field the corner kick will be taken from.

## **COED RULE FOR U15/16 AGE GROUP:**

A minimum of 3 female players must be on the field at all times.

## **THROW INS:**

If the ball fully crosses the sidelines during the game it is out of bounds. The last player to touch the ball before it crosses the line concedes a throw in to the opposing team. Here are images of how the throw in must be taken. Both of the thrower's feet **MUST** be behind the line and **ON** the ground when the throw in is taken.



## **GAME BALL:**

The HOME team (listed first on the schedule) must provide the game ball. Game balls are provided by Chilliwack FC.

## **PLAYER EQUIPMENT:**

Players must wear shin pads and proper soccer footwear to be permitted to play.

The following are some [key expectations of our volunteer team coaches...](#)

## **GAME/PLAYER MANAGEMENT:**

- Coaches are asked to position goalposts in place on each end line prior to the kick off for each game. Upon completion of the final games of the evening coaches are asked to move the goalposts back to their storage area at the side of the field.
- Coaches are asked to ensure that all players are given fair playing time. All players must play at least 50% of the game.
- The objective is always to encourage an enjoyable game for both teams. To achieve this, coaches are asked to cooperate with each other to try to make sure that both teams can be competitive. If a team finds themselves ahead by more than 4 goals, the opposing coach may request that the referee allow them to add a player to the field to help balance the game. The referee will acknowledge this with the other coach before allowing this. If the addition of a player is not successful in evening the game the coach of the winning team may be asked to withdraw a player from the field to allow the struggling team a two player advantage.
- Coaches are asked to maintain a positive, enthusiastic and encouraging demeanour throughout the game to promote an enjoyable environment. Take the opportunity in your leadership role to teach the players such life skills as sportsmanship, respect to authority figures and fair play.
- Ensure the safety and well being of their players while on the field or sidelines

## **CONDUCT TOWARD GAME REFEREE'S:**

- Coaches are required to accept all referee decisions without exception. Please remember that the referee can only call the game as he or she sees it. The referee sees the game from one angle, while the coaches see the game from different angle!
- As coach if you have a concern with a referee decision talk to them politely at half time or at the end of the game. The referee is there because they love the game and enjoy refereeing. They want to see everyone do well and are not out to get anyone, even if I do make mistakes.
- Coaches are also responsible for ensuring that the parents of their team also act in a respectful manner toward the referee. If the referee has a concern about a parents conduct toward them they will approach you to ask you to confront the parent to address conduct towards referees.



