



**ISC Gunners FC Fall Recreation U5 - U8**  
**2018 Handbook**

**[www.iscgunners.org](http://www.iscgunners.org)**

***TABLE OF CONTENTS***

**Section**

Cover Page	1
Table of Contents	2
Purpose of this Handbook	3
Sportsmanship and Soccer Customs	4
The Laws of the Game	5 - 6
Substitution Rules	6
Offside	6
No Jewelry, Cast or Splints Allowed	6
No Heading Rule	7
Modifications for Small-Sided Play (U5 & U6)	8
Modifications for Small-Sided Play (U7 & U8)	9 - 10
Administrative Information and Contacts	11

## **Purpose of This Handbook**

More than 2,500 kids play through Issaquah Soccer Club. We offer all levels of play, from U4 MICRO's to U18 Premier, to a Women's Premier Soccer Team (semi-professional team). At ISC, we promote fair, fun and safe play throughout every practice and every game.

Issaquah Soccer Club has prepared this handbook to help coaches, referees and parents to better understand the philosophy of soccer at every level of play that we offer, and to make sure that we all know the rules for each level of play. Issaquah Soccer Club also happens to offer several other coaching resources on our [iscgunners.org](http://iscgunners.org) website, along with several coaching clinics throughout each year to better prepare our coaches for each season.

If you would like to volunteer, or if you have any questions or concerns, feel free to contact any of our staff. Specific contacts are listed on the Administrative page of this handbook.

## Sportsmanship and Soccer Customs

Some informal customs have developed in the world of soccer. These are courtesies and not specific rules that can be enforced, however they demonstrate the spirit of fair play.

1. When a player is injured, he or she stays down, at least on one knee, to indicate that the injury is severe enough that play should stop and they should leave the field.
2. If other players recognize the injury and the referee has not stopped the game, the players may stop play by kicking the ball out of bounds. When the injured player has left the field, the team that is awarded the throw-in is expected to throw the ball back to a player on the team that kicked the ball out. The throw in should be in neutral parts of the field.
3. Players do not expect opponents or referees to stop clear goal scoring opportunities unless the injury appears to be very serious in nature and is likely to require immediate attention.

## The Laws of the Game

All laws of the game come directly from FIFA, and the US Soccer Federation makes the international laws for the USA. PSPL, and Issaquah Soccer Club modify the laws when modifications are feasible. All coaches, referees and parents are highly encouraged to learn the Laws of the Game. The below list provides the Laws of the Game, but it is not entirely inclusive.

### **LAW I THE FIELD OF PLAY**

### **LAW II THE BALL**

### **LAW III THE NUMBER OF PLAYERS**

- Above laws vary per age group (modifications further on in this handbook).

### **LAW IV THE PLAYERS' EQUIPMENT**

- Players' equipment cannot be dangerous to themselves, or others. Shin guards, safe footwear, uniforms and socks are mandatory. There is NO jewelry allowed during any practice or any game. This law is described in more detail further on in this Handbook.

### **LAW VII DURATION OF GAME**

- Varies per age group.

### **LAW XI OFFSIDE**

- **Offside law does not apply to U8 and below age groups.**

### **LAW XIII FREE KICKS**

- No direct free kicks are given for U10 and below (all are indirect).

### **LAW XIV PENALTY KICK**

- No penalty kicks are given for U10 and below. Direct free kicks take the place of a penalty kick.

### **LAW XV THROW-INS**

- Improper throw-ins may be retaken for U10 and below age groups.

**LAW XVI GOAL KICK**  
**LAW XVII THE CORNER KICK**

## **Substitution Rules**

1. Substitutions by either team can be made at any stoppage, with the permission of the referee, for all ages.
2. There is no limit on the number of substitutions made, for any age group.
3. After a yellow card is given, substitution is NOT required; the coach is expected to sub the cautioned player within ample time of the caution.
4. A red-carded player is ejected from the match, and cannot re-enter.
5. The referee is able to limit substitutions at their own discretion to ensure game flow.

## **LAW XI - Offside Rule**

Offside will not be enforced at our U5 & U6 age groups.

## **Jewelry, Casts and Splints**

**\*\*\*\* There is absolutely NO jewelry allowed during any game.**

**\*\*\*\* A player may NOT tape, or Band-Aid over any jewelry. The jewelry must be removed.**

Plastic hair clips, rings, necklaces, facial jewelry, wrist watches, wristbands, bracelets, and any other form of jewelry are NOT allowed and must be taken off before the match. Freshly pierced earrings can be removed for the short duration of the match.

Any disputes can be directed to the Issaquah Soccer Club Recreational Coordinators. On game day, the referee has full control and what the referee says, goes.

No splinted or casted player can participate in any practice or game, unless the cast or splint is bubble wrapped and the referee approves participation. NO EXCEPTIONS. Hard-billed hats are NOT allowed. Cloth wraps and soft headbands are allowed.

**\*\*\*IMPORTANT\*\*\***

## **NO HEADING RULE: U12 and below age groups**

USSF and US Soccer have enforced a new rule that NO heading of the ball is permitted in practices or games for the U12 and below age groups. Please click the link below for more extensive details.

<http://www.iscgunners.org/home.php?layout=1108603>

**Brief Overview of No Heading Rule:** There will be no heading allowed for the U12 and below age groups. If the ball is headed intentionally in a game, an indirect free kick will be awarded to the opposing team. If the foul is committed inside the penalty area, the indirect free kick will be taken at the nearest parallel line to where the foul was committed.

## Modifications for Small-Sided Play for U5 & U6

**\*\*\*Note: All Laws of the Game not outlined below stand for the U5 & U6 age groups.**

### The Field

- a.) Field Size: 20 yards wide and 30 yards long (recommended)
- b.) Fields will be coned
- c.) Corner flags, center circle, and penalty mark is not needed
- d.) Goals will be Pugg Goals that are 4' wide and 2.5' tall. Pugg Goals will be set up at each field at the start of each game day.

### The Ball

**U5** use a size #3 ball.

**U6** use a size #3 ball.

### The Number of Players (*Maximum roster size is 8*)

**U5:** Each team is to have 4 players on the field. There are NOT GOALKEEPERS.

**U6:** Each team is to have 4 players on the field. There are NOT GOALKEEPERS.

**Playing Time:** Each player shall play at least half of every game. Exceptions are failure to attend practices and games, inappropriate behavior, etc.

### Duration of Game

**Arrival:** Teams should arrive each Friday night by 5:15pm to get to their assigned fields and get situated. There will be 2 teams assigned to a field (each team will be on their own half) as you're sharing the field with the team you will be scrimmaging against for that evening.

**Coach Demo Exercise - Blow #1:** Perform the coach demo video exercise with your teams from 5:30pm - 5:45pm.



**Blow #2:** Games begin!

**End of Session - Blow #3 & #4:** Blow #3 & #4 (two blows) signal the end of the session. Time to pack up and go home!

## Modifications for Small-Sided Play for U7 & U8

**\*\*\*Note:** All Laws of the Game not outlined below stand for the U7 & U8 age groups.

### The Field

- a.) Field Size: 25 yards wide and 35 yards long (recommended)
- b.) Fields will be coned
- c.) Corner flags, center circle, and penalty mark is not needed
- d.) Goals will be Bow Nets that are 6' wide and 4' tall. Pugg Goals will be set up at each field at the start of each game day.

### The Ball

**U7** use a size #3 ball.

**U8** use a size #3 ball.

### The Number of Players (*Maximum roster size is 10*)

**U7:** Each team is to have 5 players on the field. There are NOT GOALKEEPERS.

**U8:** Each team is to have 5 players on the field. There are NOT GOALKEEPERS.

**Playing Time:** Each player shall play at least half of every game. Exceptions are failure to attend practices and games, inappropriate behavior, etc.

### Duration of Game

**Arrival/Blow #1:** Teams should arrive each Saturday morning by their designated start time to get to their assigned fields and get situated. We will blow the horn to signal the start of warm up at the top of the hour. There will be 2 teams assigned to

a field (each team will be on their own half) as you're sharing the field with the team you will be scrimmaging against for that evening.

**Blow #2:** Once you hear the blow horn at 10 minutes past the hour, the scrimmages will begin. Volunteer coaches will work as referees and will coach players throughout the scrimmage. Water breaks can be given when needed, but please try and stick to 4 x 12 minute quarters.

**Blow #3 & #4:** Blow #3 & #4 (two blows) will signal the end of the session. Time to pack up and go home!

## Players Equipment

All players are **REQUIRED** to wear the ISC Gunners Dr-Fit shirt provided.

All players are recommended to wear black shorts, and black socks.

All players are **REQUIRED** to wear shin guards, and cleats.

## **Administrative Contacts**

### **ISC Gunners FC Recreation Program Coordinators**

**LaChere Anglin**

Email: [chere@iscgunners.org](mailto:chere@iscgunners.org)

**Melanie Thomas**

Email: [melanie.thomas@iscgunners.org](mailto:melanie.thomas@iscgunners.org)

### **ISC Gunners FC Field Contract Manager**

**Alan Rodger**

Email: [alan.rodger@iscgunners.org](mailto:alan.rodger@iscgunners.org)