



**ISC Gunners FC Fall Recreation U9, U10, U11 &
U12 2018 Handbook**

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 - 8
Substitution Rules	6
Offside	6
Fouls and Misconduct	7
No Jewelry, Cast or Splints Allowed	8
No Poaching Rule	8
No Heading Rule	
9	
Referees	9
Modifications for Small-Sided Play (U9 & U10)	10 - 11
Small-Sided Field Dimensions (U9 & U10)	12
Modifications for Small-Sided Play (U11 & U12)	13 - 14
Administrative Information and Contacts	14
Referee Coordinator Contacts	14

Purpose of This Handbook

More than 2,500 kids play through Issaquah Soccer Club. We offer all levels of play, from U5 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 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 V THE REFEREE

- The referee holds all authority of the match.

LAW VI ASSISTANT REFEREES

LAW VII DURATION OF GAME

- Varies per age group.

LAW XI OFFSIDE

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

LAW XII FOULS AND MISCONDUCT

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 - Offsides Rule

The offside rule does NOT apply to the U9 and U10 age groups, but the intent of the rule will be followed. If a player is repeatedly in an offside position nearer the opposing teams goal, the referee may call offside and award the opposing team with an indirect free kick.

The following components must happen in order for a player to be “offside”:

1. The player must be in the opposite half (attacking half) of the field.
2. The player must be closer to the opposing goal line, than the ball.
3. Less than two opponents must be in-between the player, and the opposing goal line.
4. At the time the ball is last touched by a teammate, all of the above components must be present.
5. The player must be; gaining an advantage by being in the offside position, or directly interfere with the play.
6. There is no offside directly from a throw-in, goal kick or corner kick.

In short, in order for a player to be offside, they must be in an offside position when the ball is last touched by their teammate, and directly interfere with the play, or have gained an advantage in positioning. If the pass is deflected by a defender, and goes to the player in the offside position, they are NOT considered offside. The ball must directly come from the teammate.

LAW XII - Fouls and Misconduct

A **direct free kick** is awarded when a player recklessly, carelessly or with excessive force commits the following:

1. Trips or attempts to trip the opposition;
2. Kicks or attempts to kick the opposition;
3. Jumps at an opponent;
4. Charges an opponent;
5. Pushes an opponent;
6. Hits or attempts to hit an opponent;
7. If the player makes contact with the opponent before the ball, when attempting to tackle;
8. Holds an opponent;
9. Spits at or on an opponent;
10. Handles the ball in a deliberate manner; accidental handling of the ball will NOT count as a hand ball;

An indirect free kick is awarded if any of the above fouls are committed inside the penalty area for the U10 and below age groups in place of a penalty kick.

An **indirect free kick** is awarded when a player commits the following:

1. Dangerous play;
2. Obstruction;
3. Interrupting the punt, or release of the ball from the goalkeeper;
4. Any other offense not previously mentioned which play is stopped to dismiss or caution a player;
5. A player heads the ball (see no heading rule on page 8);

If the opposing goalkeeper commits any of the following while inside his/her own penalty area, an indirect free kick is awarded.

1. Touches the ball for a second time after it has been released from his/her possession and has not yet been touched by any other player;
2. Takes more than 6 seconds to release the ball from his/her possession;
3. Touches the ball with his/her hands when it was intentionally passed to him/her by a teammate, or collects a throw-in with his/her hands that was directly thrown from a teammate

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, wristwatches, 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.

No Poaching Rule (applies to the U9 and U10 age groups ONLY; the no poaching rule does NOT apply to the U11 and U12 age groups)

The “No Poaching Rule” was created in order to increase the develop of players by getting more touches on the ball, and limit goals scored from goal kicks.

On goal kicks throughout the match, the opposing teams’ players must be behind the “build out line”, until the ball has been passed AND received by a member of the kicking team.

- If the opposing team crosses the build out line before the ball is touched by the kicking teams’ receiving player, the goal kick will be retaken.
- If the ball does not exit the penalty area before the ball is touched by the kicking teams’ receiving player, the goal kick will be retaken.

*****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.

Referees

Trained referees will be used. In the event that a referee is deemed a “no-show”, a parent/coach can act as the referee. The acting referee should remain bias to the match, and act as a neutral party. Each team should have the opportunity to provide a referee for half the match.

The referee’s decisions are FINAL.

Any verbal abuse to a referee will be reported to the referee organization, and Issaquah Soccer Club. Further action will be taken with the abuser.

Any physical abuse to a referee will be taken to local authorities immediately.

Coaches should remind the referee of the “No Poaching Rule” before every match.

Spectators and Coaches should treat the referees with respect. In general, referees do not show cards to unruly spectators or coaches. Referees are trained to give a private warning. Coaches are responsible for the spectators on their team. The coach is advised that the behavior must stop or the person(s) will be asked to leave the field of play. If the public warning is ignored, then the referee can ask the coach to leave or have the coach advise the spectator to leave the field. In the event that the coach or spectator does not leave the field, the coach will be advised that the referee may call the game and award the win to the other team by default. Any misconduct that required a warning to by the referee must be reported to Issaquah Soccer Club Rec. Coordinators and Board, and disciplinary action may be taken.

Modifications for Small-Sided Play for U9 & U10

*****Note: All Laws of the Game not outlined below stand for the U9 and U10 age groups.**

The Field

- a.) Field Size: 30 yards wide and 47 yards long (recommended)
- b.) Fields will be paint lined
- c.) Corner flags, center circle, and penalty mark is not needed
- d.) Goals will be BOWNETS that are 12” wide and 6” tall. BOWNETS will be set up at each field at the start of each game day for the coach to put in place when they arrive on their prospective field number/letter (i.e. Field 6A, 6B etc.) if they are not in place already
- e.) Goal area: (4) yards into the field of play (tall), and (10) yards across the field (wide).
- f.) Penalty area: (10) yards into the field of play (tall), and 20 yards across the field (wide).
- g.) Teams are to be on opposite sidelines. Coaches and spectators may NOT enter the field of play without the referee’s permission.

The Ball

U9 use a size #4 ball.

U10 use a size #4 ball.

The Number of Players (*Maximum roster size is 12*)

U9: Each team is to have 7 players on the field INCLUDING the goalkeeper (6 field players and 1 goalkeeper).

U10: Each team is to have 7 players on the field INCLUDING the goalkeeper (6 field players and 1 goalkeeper).

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

U9 and U10 will play (2) 25-minute halves, with a ten-minute halftime break. Teams will change ends at half time. Possession at kickoff changes at halftime.

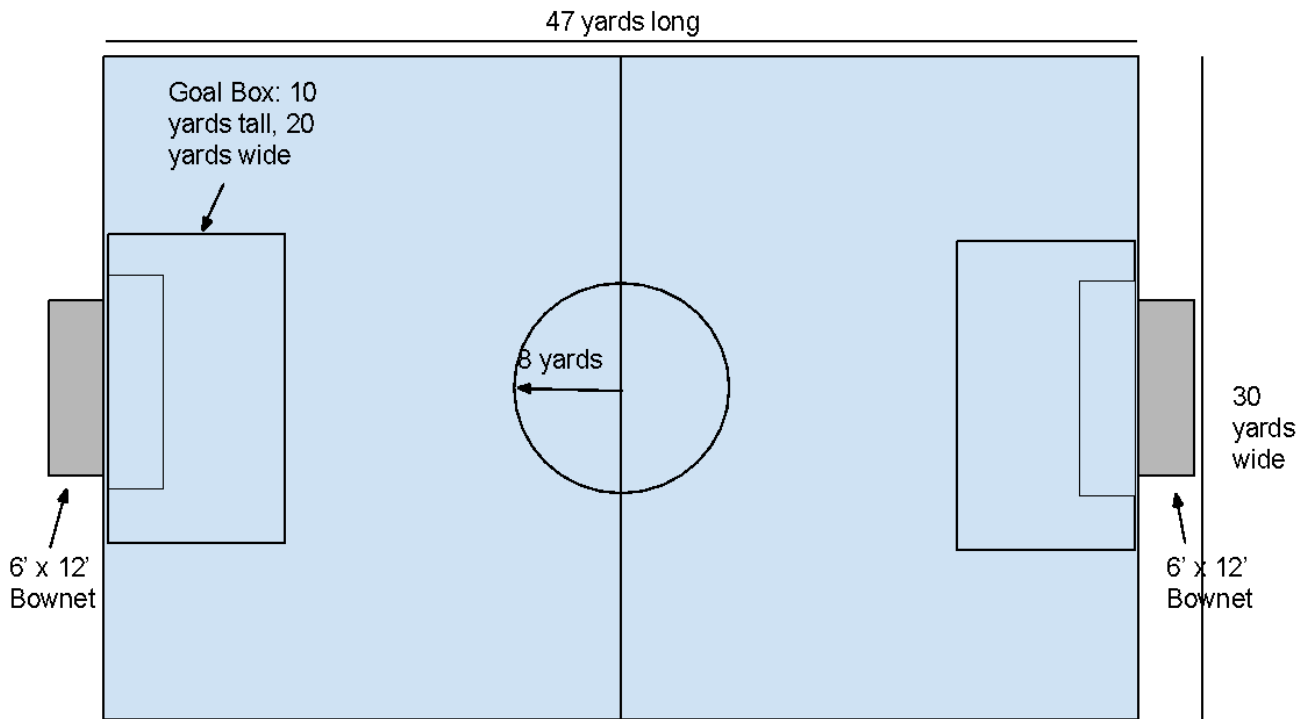
Players Equipment

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.

Small-Sided Field Dimensions for U9 & U10



***** If field is not already paint lined, each coach will set up their own sideline and penalty area (if wanted) and center circle (if wanted) with cones given to each coach, and each coach will put**

their own goal in place using the BOWNETS that are provided at their game field.

Modifications for Small – Sided Play for U11 & U12

*****Note: All Laws of the Game not outlined below stand for the U8 and U9 age groups.**

The Field – Costco Fields at Lake Sammamish State Park

- a.) Field Size: 47 yards wide and 75 yards long (recommended)
- b.) Fields will be paint lined
- c.) Corner flags, center circle, and penalty mark will be paint lined
- d.) Goals will be 6.5' tall by 18.5' wide
- e.) Goal area will be paint pined
- f.) Penalty area will be lined paint lined
- g.) Teams are to be on opposite sidelines. Coaches and spectators may NOT enter the field of play without the referee's permission.

The Ball

U11 use a size #4 ball.

U12 use a size #4 ball.

Number of Players

U11: Each team is to have 9 players on the field INCLUDING the goalkeeper (8 field players and 1 goalkeeper). Roster size is a maximum of 14 players.

U12: Each team is to have 9 players on the field INCLUDING the goalkeeper (8 field players and 1 goalkeeper). Roster size is a maximum of 14 players.

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

U11 & U12 will play (2) thirty-minute halves with a ten-minute halftime. Teams will change ends at halftime.

Players Equipment

All players are **REQUIRED** to wear the ISC Gunners Dri-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

Melanie Thomas

Email: melanie.thomas@iscgunners.org

ISC Gunners FC Field Contract Manager

Alan Rodger

Email: alan.rodger@iscgunners.org

ISC Gunners FC Recreational Referee Coordinator

LaChere Anglin

Email: chere@iscgunners.org