

NUCS

U4-U7 Soccer Guidelines

Game Rules and Guidelines

- Games are 4 v 4 – four players on the field from each team at any time
 - Unless by agreement between coaches during blowouts
- Each player should play at least half of each game
- No goalies: a player may “play back” but may not camp in front of the goal
- No calling of Offsides
- Goal kicks (after the opposing team kicks it out the end of the field, missing the goal) are to be taken from the top of the arc painted in front of the goal
- After a serious hand ball, pushing or tripping foul, a free kick is awarded to the team suffering the infraction.
 - The ball is placed at the site of the infraction.
 - The kick is indirect, meaning that a goal cannot be scored unless it is touched by another player (from either team) before it goes in the goal.
 - No penalty kicks (lining up and kicking straight into the goal after a foul)
- No toe cleats are allowed on the field
- Players **MUST** use shinguards
- No earrings, please
- Casts, if any, must be wrapped

Age Group	Field Size	Game Length
U4	Approximately 15 x 25 Yards	8 minute quarters 2 minute quarter breaks, 5 minute half break
U5	Approximately 15 x 30 Yards	8 minute quarters 2 minute quarter breaks, 5 minute half break
U6	Approximately 20 x 40 Yards	8 minute quarters 2 minute quarter breaks, 5 minute half break
U7	Approximately 25 x 45 Yards	10 minute quarters 2 minute quarter breaks, 5 minute half break

Coaches and Parents

- Please emphasize fun, participation, skill development and friendships rather than concentrating on winning.
- Keep all comments positive and encouraging

- Coaches referee the games. They are on the field during the game to keep the game moving by indicating out-of-bounds calls, etc. Don't do much coaching or be yelling constantly during the game – let the players play
- Coaches can call infractions on any players, not just their own
- **Any negative feedback should go through and between coaches – no trash talking, grown-ups should model good sportsmanship.**
- **If coaches have disagreements on the management of the games, they should discuss this between themselves, civilly, at halftime.**
- **Goals will be put up and taken down for you this year. If you arrive at a field and the goals aren't up, contact Dana Sorenson at 801-367-9274. Please don't take the goals down after the last game.**

In Case Of Bad Weather

- Remember that games can be played in rain and other weather conditions that are not dangerous. Parents may not want to, but this is about the kids, and they will probably want to play!
- Also remember that around here, weather changes quickly. Don't give up on your game too soon.
- But OK, there are days where you and the other coach look at the weather and say “uh..... no.” While it is not required, the two of you may wish to reschedule your game.
 - NUCS does not schedule make-up game fields; you may wish to reschedule your game for the place and time of the practice of one of the teams.
 - We have goals you can borrow for make-up games. Send requests to **challenger1@northutahcountysoccer.com**.

How to Contact the Coach of the Team You're Playing

1. Log in to Affinity.
2. Scroll down to the “Tournament Applications” section.
3. Identify the team you are concerned with
 - a. If you only coach one team, there will only be one listed, so this will be obvious

- b. If you coach multiple teams, choose the team whose game you're working on
4. Click the link called "Schedules / Game Scoring".
5. The next screen will have your game schedule. For the day in question, click on the name of the Away Team.
6. The screen that appears will have contact info for that team's coaching staff.

How To Find Your Game Field (please do this BEFORE your first game!)

1. Go to your online schedule
2. Observe that the "Venue" column has the name of the venue
3. Click the venue name for your game, and you are taken to a page about that venue. (It may pop up in a new tab that isn't immediately visible.)
4. If you don't know where it is, you can click the Google Map link next to "View Map".
5. Under "Fields at this Venue", if there's only one field listed, you're good to go – you just use the only painted field you see when you get there. If this is you, you can stop reading now.

BUT....

6. If there are multiple fields listed, then you need to figure out exactly where yours will be.
7. Back on your schedule, look at the Field column and make note of the 4-digit number.
8. Go back to our home page, www.nucsonline.com
9. Under the "Parents" menu on the upper right, click the "Field Maps" link
10. Click the link for the venue at which you will play
11. Voila -- an aerial photograph of your venue, with your field marked
 - a. If the link is broken, please check back in a day or so; we are still confirming some field locations and didn't want to post inaccurate photos