

North Utah County Soccer

Challenger Game Rules and Guidelines

U4-U7 Recreation Soccer

Game Rules and Guidelines

- Team sizes on the field:
 - 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
- Goalies: no goalies.
 - A player may “play back”, but may not camp in front of the goal
- Ball size: size 3
- Heading the ball
 - Please don’t train your players to head the ball – leave that for older age groups.
- No coaching from behind the goal
 - This is a no-no at any age group, for you or a parent to coach from off the end of the field.
- No calling of Offsides (this starts at U9)
 - Determining offsides is tricky even for experienced coaches and players.
 - This having been said, please teach your players the spirit of the rule they will eventually have to keep. Players shouldn’t camp out down at the opposing goal waiting for a teammate to blast it downfield to them.
- 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 flagrant 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.
 - No penalty kicks (lining up and kicking straight into the goal after a foul)
 - 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 toe cleats are allowed on the field
- Players at this age should not intentionally head the ball – save that for older levels
- **Players MUST use shin guards**
- **No earrings, please**
- **Casts, if any, must be wrapped**

Age Group	Field Size (approximate)	Game Length
U4	15 x 30 Yards	8-min quarters, 2-min quarter breaks, 5-min half break
U5	15 x 30 Yards	8-min quarters, 2-min quarter breaks, 5-min half break
U6	20 x 30 Yards	8-min quarters, 2-min quarter breaks, 5-min half break
U7	20 x 30 Yards	10-min quarters, 2-min quarter breaks, 5-min half break

Notes for Soccer Coaches and Parents

- Please emphasize fun, participation, skill development and friendships rather than concentrating on winning.
- Keep all comments positive and encouraging
- Coaches: nobody should be coaching the goalie from behind the goal
- Refereeing:
 - Coaches referee the games. They are on the field during the game to keep the game moving by indicating out-of-bounds calls, etc. Please don't constantly yell at coach the players during the game – let the players play.
 - Coach Referees can call infractions on any players, not just their own.
 - *In the nicest possible way.*
- Please don't be the coach I get an email complaint about because you caused or allowed unpleasantness at your game. (I will get complaints; just please don't let it be about you.)
- And help your parents keep control and model good sportsmanship so I hopefully don't hear about them either.
- **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.**
- If you arrive at a field and the goals aren't up, send a text to 801-830-0220

In Case Of Bad Weather

- Remember that games can be played in rain, snow, cold, and wind. Parents may not want to, but unless it's actually dangerous (lightning, hail), remember that 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, not happening."
- In which case, after agreeing with the opposing coach not to play... just stay home.
- While it is not required or encouraged, the two of you may wish to reschedule your game.

- For these age groups, 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; contact challenger1@northutahcountysoccer.com

Blowouts == Bad Karma

- Challenger Soccer is and always has been primarily for recreation. Due to the way we form teams, there are always going to be stronger teams and weaker teams.
- If you are blowing out a team (3-0 in the first 5 minutes, 5-0 at the half, etc.), be proactive, and figure out some way to even the odds. Use it as an opportunity to teach skills and sportsmanship.
- Here are a few ideas you could incorporate into these situations:
 - Once a player scores, move him back into a defensive role.
 - Make your team pass the ball a certain number of times before they attempt to score (i.e., 4 passes before you attempt a shot).
 - Move a player on your team who has never scored to play forward, and have your team work to set them (and only them) up to score. (It's amazing what this does to their confidence).
 - Tell your team to only take shots with their off foot (i.e. right footed players shoot left and vice versa).
- If this doesn't help, please ask me (challenger1@northutahcountysoccer.com) for some pinney jerseys so you can trade players between teams, mix things up a bit and make things fun(ner) for all.

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

- Only Coaches and Administrators that are listed on the UYSA roster can access Administrator information for the opposing team.
- To access the information for an Opposing Coach or Administrator:
 1. Log into your UYSA Account (Affinity)
 2. Click on the "Teams" tab underneath your family's information
 3. Click on the "Tournament & Schedule Apps" tab
 4. Click on the "Schedules/Game Scoring" option on the far right hand side.
 5. In the schedule scroll down to the specific game with the opponent you are trying to contact.
 6. Click on the name of the team in the schedule. The contact information for the opposing team's Coaches and Administrators will pop up in a separate box.

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