

## **CRUSA IM COACHES – SOME IMPORTANT POINTS**

Remember, we are all here to teach the kids about soccer and to create a safe and fun environment. By volunteering to be a coach, you become the face of CRUSA. You are now a role model for the children.

Listed below are important points and rules for the upcoming season. Please let us know if you have any questions about these topics or anything else.

### **PLAYING TIME**

All players must play  $\frac{1}{2}$  of each  $\frac{1}{2}$  of a game. NO EXCEPTIONS. Even if a player is not coming to practices, they must play the correct amount of time.

### **NUMBER OF PLAYERS ON THE FIELD**

The recommended amount of players on the field are as follows:

U8 – 7v7

U10 – 9v9

U12 – 9v9

U14 – 11v11

Since roster sizes change for each game, there may need to be compromises made during the regular season.

### **LENGTH OF GAMES**

U8 – 12 minute quarters

U10 – 25 minute halves

U12 – 25 minute halves

U14 – 30 minute halves

### **BUILD OUT LINE** for the U8 and U10 and U12 teams:

Once there is a goal kick or the ball is saved, the players from the now defensive team must retreat behind the build out line. The defensive players can begin to play the ball under the following rules:

On a save, once the goalie releases the ball and an offensive player touches the ball the ball is in play – even if it has not moved past the build out line.

On a goal kick, once the ball is out of the penalty box (the “18 yard line”), the ball is in play.

Once the ball passes the build out line, even if not touched by an offensive player, the ball is in play.

### **SOCCER BALL SIZE**

Size 3 – U7 and younger

Size 4 – U8 to U12

Size 5 – U14 and older

## **PUNTING**

The goalie cannot punt the ball in the U12 and younger divisions. If a goalie punts the ball in this division, play will stop, the goalie will get the ball again and place it in play in the correct manner.

## **HEADING**

There are no intentional head balls allowed in the U12 and younger divisions. If a head ball is deemed intentional by the referee, an indirect kick is awarded to the opposite team. If a goal is scored on a head ball deemed intentional by the referee, the goal is disallowed. The referee's decision is final.

## **SUBSTITUTIONS**

In U12 and younger divisions, substitutions can take place for any team on any stoppage of play except a cornerkick. This means that a substitution can take place on any throw in, any goal kick, any tap and any penalty kick (direct or indirect). In the U14 and older divisions, substitutions can only take place on a team's own throw in (but a piggyback can then occur), on goal kicks, on a tap and on a penalty kick (direct or indirect). There are no substitutions on cornerkicks. Substitutions CANNOT occur without acceptance from the referee. Players improperly entering the field will be sent back to the sidelines until the referee allows the substitution. You must inform the referee you want a substitution and wait for the referee to allow it.

## **TEACH GOOD SPORTSMANSHIP – AND BE AN EXAMPLE, TOO.**

## **STAY OFF OF THE REFEREES – AND KEEP YOUR PARENTS OFF THE REFEREES, TOO.**

Being a referee requires making quick decisions and determinations. Many of the referees used in intramural soccer have 1-2 years of experience and they are learning – this includes both adults and teenagers. Mistakes will be made. Calls will be missed. You will surely disagree with calls that are made. If you have a problem with the calls or something a referee is doing, speak to them at halftime or after a game. You can also contact one of the board members or the director of referees.

**DO NOT ATTEMPT TO INTIMIDATE A REFEREE, THIS CAN RESULT IN SUSPENSION, OR POSSIBLY EVEN DISMISSAL, FROM COACHING.**

## **4 GOAL LEAD RULE**

Once a team is up by 4 goals, the following rules will apply:

- 1) The losing team adds a player.
- 2) If, after adding an additional player to the losing team, the winning team goes up by 5 goals, the winning team will then remove a player from the field of play.

None of us wants to take kids off of the field. However, if you have even been on a team that is losing week after week by large amounts, it is quite disheartening. Do everything you can to not let the lead be more than 4 goals.

Here are a few ideas that you must incorporate if your team is up by 4 goals;

- a) shots on goal can only be by the non-dominant foot, by a head ball (if in the age appropriate division), or as a volley.
- b) pass the ball/play keep away. Challenge your players to bring the ball all the way back to your goalie on one side of the field and then up the other side of the field.
- c) place the offensive players on defense and the defensive players on offense.
- d) put your best players on defense and teach them to distribute the ball or even put them in goal. Let the goalie come out and run a little.
- e) if the ball is in your defensive end, attempt to get the losing team a cornerkick so you can practice your cornerkick defense.

### **END OF SEASON TOURNAMENT**

The last Saturday of the season is the IM tournament. ALL TEAMS MAKE IT TO THE TOURNAMENT. Depending on the number of teams in each age group, either separate brackets with a final championship game or a round robin tournament will take place. The seedings for the tournament are based LOOSELY on the standings from the season. Games are shortened on these days so that we can get every game we need to finished.

### **LIGHTED FIELDS FOR PRACTICING**

In the fall, starting around the end of September, the darkness requires us to have practices in the dark. The Civic Center and CR South as well as a couple of other places have lighting available. At the beginning of September, you will be contacted to ask your PREFERENCES for a day and time to get your lighted field.

### **BACKGROUND CHECKS**

In order to work with the children on the field, it is required – both legally and due to insurance rules – that you have completed the needed forms. Please contact the CRUSA office to get this done ASAP if you have not already done so. This also goes for any assistant coach

### **ASSISTANT COACHES**

Each team may have 1 assistant coach for a total of 2 coaches at each game. If you have other assistants that have been cleared from their background check, they may help you at practices. During the games, however, there may only be 2 coaches present on the team sideline.

Inevitably, and unfortunately, there will be a conflict with a parent or another coach. You are not to engage in an argument in these situations. Cooler heads must prevail and as a representative of CRUSA, you are required to conduct yourself in the best interests of CRUSA. Taking 24 hours to think about what happened is imperative to making good decisions. It also helps to ensure that nothing is done in front of the kids. Contacting one of the IM committee members, CRUSA staff members and/or the CRUSA Board is also important. This can be done at the field, by phone calls, or by email.