

2025 Rock Creek Recreation Fall Soccer

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Practice Information:

Some teams may be mixed with kids from different schools depending on numbers. Fields are available for practice at the St. George Elementary, Westmoreland ball fields, and the St. George ball fields. You will need to contact the RCR field coordinator for each location to schedule practices. Phone numbers and email are listed above. You are also more than welcome to practice at other locations if you have suitable greenspace.

When contacting your team for practice times, make it work for as many players as possible. It is encouraged to consider travel time of the parents on the team, if possible. Players will not be switched to another team if they cannot make it to your practice.

Equipment:

- All players are required to wear shin guards under their socks during practices and games.
- We highly suggest that players wear soccer shoes although tennis shoes are acceptable. If you choose to use baseball or football cleats, the toe cleat will **HAVE** to be cut off **completely** prior to use in games/practice.
- Absolutely no jewelry is allowed. Tapping over jewelry is **not** allowed.
- Team shirts must be worn on the outside of all other clothing. We recommend non-hooded sweatshirts.
- Accessories like non-prescription eyewear/sunglasses, caps with bills, etc. may **not** be worn. Winter hats and gloves are acceptable if weather permits.
- Goalies will be required to wear a goalie jersey to differentiate them from field players provided by RCR.

Game Day Play:

All games will be played at St. George Elementary School, in the area North of the school.

The RCR board will determine if the soccer fields are in condition for play each game day. If a game is canceled, due to weather conditions or wet fields, RCR will text coaches and try to post delays/rainouts on the Facebook page. This will include frost/rain/lightning delays. Please check the Facebook page each game day afternoon for information and announcements.

Game day decisions/announcements will be made by 4:30pm. **DO NOT** contact RCR prior to 4:30 asking if games are being played!!! We all want to play, if at all possible!!!!

- **Last game of the day** – coaches & parents need to help pick up trash on/near/around the fields. If there are no games the following night, remove and return the goals, steaks, field signs, and any other field equipment to the supply area. Nets remain on the goals. Make sure steaks are inside the nets so the lawn mower doesn't run over them!
- Games need to start on time, warm up time is not guaranteed. If you would like to warm up, please arrive 15-30 minutes prior to your game and practice in a clear area.
- Referees will check shin guards, cleats, and jewelry prior to game start.
- If your team does not have enough players at game time, the referee will declare the game a forfeit. At that point, the present players can play a scrimmage filling in with players from the other team.

Referees

At least one referee will be assigned to each game for 1/2 and 3-5 division games. They are the full authority when enforcing the Laws of the Game. They will also be there to help educate and provide reminders regarding the rules of the game. Games for the pk and kg divisions will not have a referee, coaches will ref their own games.

Level Specific Info: Preschool & Kindergarten Divisions

Four 8-minute quarters with a 5-minute halftime (teams do NOT have to take the full 5-min half if agreed upon)

We will allow a **15-sec** substitution at the 4-min mark (or the first stoppage after 4-min) of each quarter, and at the start of each new quarter.

- Field size approximately 75' x 60' (dependent on space)
- No score will be kept during games "SO THE FOCUS IS ON THE FUN"
- Size 3 ball
- Play 3 v 3 for pk games, and play 4 v 4 for kg games
- Teams will be co-ed
- A substitution may be made for an injury
- One coach from each team is to be on the field to assist their players as necessary. Your job is to instruct the kids. If needed, a second coach may be on the field, but if there are two coaches on the field for one team, only one coach per half field, so each coach would take a side of the field.
- Absolutely no heading- if a header occurs, even if it's an accident, an indirect free kick is awarded to the opponent
- No penalty box will be marked but a goal box will be marked on the field
- No penalty kicks (instead an indirect free kick from the top center of the goal box will be used)
- No offside
- No slide tackling or playing from the ground. The game will be stopped until players are back up.
- Prior to game start, rock, paper, scissors will be played between two players, winner may choose to take first kickoff.
- **KICK-OFF:** Home team will begin with the first kickoff. Teams will switch for the role at the beginning of each quarter. Play should begin with a pass to team members to initiate the first passing opportunity. Kickoffs may be kicked in any direction. No goal can be scored at kickoff. (Indirect kick)
- **FREE KICKS: Kick-off, Kick-ins, goal kicks:**
 - Goal cannot be scored by kicking the ball directly into the goal, the ball MUST first be touched by another player.
 - Defending players must be away from the ball at the time of the indirect free kick.
 - All kicks will be indirect free kicks. Penalty kicks will not be given. Instead an indirect free kick will be taken at the place of the foul. Offsides will not be called. If an infraction occurs on a throw-in, a second throw-in must be allowed (then the opponent is rewarded the throw-in). The coach shall explain the proper method before allowing the player to re-throw.
- **BALL OUT OF PLAY:** The ball is out of bounds when the **whole ball** passes over the **whole sideline** or goal line. Should a ball go out of play, the coaches must follow and collect the ball and properly place it on the field in accordance with the application rules in order to start play quickly. The ball will be put back in play as follows:
 - **Played over the sideline:** A coach will have a player throw the ball in at the point the whole ball crossed the line.
 - **Played over the goal line by the defending team:** A corner kick is taken by the attacking team. Coach will have a player kick at corner play in to attacking team giving both teams a 50/50 chance of winning the ball.

- **Ball played over the goal line by the attacking team:** A goal kick is taken by the defending team from anywhere in the goal area. A player from the defending team starts play with a pass to their teammates.
- **Five yard rule:** In all dead ball situations, defending players must stand five yards away from the ball. If the defensive player's goal area is closer than five yards, then the ball is placed five yards from the goal area in line with the place of the penalty.
- A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore, a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
- **Starts/Restarts:** Each quarter is started with a kick-off with the ball being passed back to a teammate. Second and fourth quarters are restarted where play in the previous quarter ended.
- **NO GOALIES:** Players are only allowed to move into the goal box if they are directly playing the ball. Players may play defensive positions, but must move up with the field of play. The purpose of the 3v3 or 4v4 game is for all children to be involved in the action. **Teams should not permanently station a player in or near the goal box!!** When teaching positions like backfield and defense, players MUST move forward & back, & side to side with the ball in the backfield. They can NOT stay placed in the backfield the whole time.

Level Specific Info – 1st/2nd Grade Division

Four 12-minute quarters with a 5-minute halftime (teams do NOT have to take the full 5-min half if agreed on)

We will allow a free substitutions on dead balls, referee will indicate for subs to enter, QUICKLY!

- Field size approximately 100' x 125' (dependent on space)
- No score will be kept during games
- Size 3 ball
- Play 6 v 6
- At this level, there will be one or two referees on the field
- A substitution may be made for an injury
- One coach from each team is allowed to be on the field to assist their players as necessary, but this should be limited to one coach per team. Your job is to instruct the kids and to help the official.
- Absolutely no heading- if a header occurs, even if it's an accident, an indirect free kick is awarded to the opponent
- No penalty box will be marked but a goal box will be marked on the field
- No penalty kicks (instead an indirect free kick from the top center of the goal box will be used)
- No offside
- No slide tackling or playing from the ground. The game will be stopped until players are back up.
- Prior to game start, rock, paper, scissors will be played between two players, winner may choose to take first kickoff.
- Each team's goalie must wear a pinnie or distinguishing color jersey that differentiates them from other field players. Coaches are responsible for ensuring their goalie adheres to this requirement! Jerseys will be provided by RCR in your equipment bag.
- **Build-Out Line** will be used: The build-out line promotes playing the ball out of the back, while creating more opportunities and improvement of a players understanding of the game in a less pressured setting. When the goalkeeper has possession of the ball, either during live play or from a goal kick, opponents must retreat behind the build-out line before they can pressure the ball and the attacking team when the goalkeeper puts the ball into play. The build-out line will also serve as the designation for offside at the 6 v 6 play.
- **KICK-OFF:** Home team will begin with the first kickoff. Teams will switch for the role at the beginning of each quarter. Play should begin with a pass to team members to initiate the first passing opportunity. Kickoffs may be kicked in any direction. No goal can be scored at kickoff. (Indirect kick)
- **FREE KICKS: Kick-off, Kick-ins, goal kicks:**

- Goal cannot be scored by kicking the ball directly into the goal, the ball MUST first be touched by another player.
- All kicks will be indirect free kicks. Penalty kicks will not be given. Instead an indirect free kick will be taken at the place of the foul. Offsides will not be called. If an infraction occurs on a throw-in, a second throw-in must be allowed (then the opponent is rewarded the throw-in). The coach shall explain the proper method before allowing the player to re-throw.
- **BALL OUT OF PLAY:** The ball is out of bounds when the **whole ball** passes over the **whole sideline** or goal line. Should a ball go out of play, the coaches must follow and collect the ball and properly place it on the field in accordance with the application rules in order to start play quickly. The ball will be put back in play as follows:
 - **Played over the sideline:** A coach will have a player throw the ball in at the point the whole ball crossed the line.
 - **Played over the goal line by the defending team:** A corner kick is taken by the attacking team. Coach will have a player kick at corner play in to attacking team giving both teams a 50/50 chance of winning the ball.
 - **Ball played over the goal line by the attacking team:** A goal kick is taken by the defending team from anywhere in the goal area. A player from the defending team starts play with a pass to their teammates.
 - **Five yard rule:** In all dead ball situations, defending players must stand five yards away from the ball. If the defensive player's goal area is closer than five yards, then the ball is placed five yards from the goal area in line with the place of the penalty.
 - A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore, a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
 - **Starts/Restarts:** Each quarter is started with a kick-off with the ball being passed back to a teammate. Second and fourth quarters are restarted where play in the previous quarter ended.

Level Specific Info – 3rd- 5th Grade Division

Four 12-minute quarters with a 5-minute halftime (teams do NOT have to take the full 5-min half if agreed on)

We will allow free substitutions on dead balls, referee will indicate for subs to enter, QUICKLY!

- Field size approximately 100' x 125' (dependent on space)
- Referee will keep score (please text final score and winner to Amanda at the end of each game)
- Size 4 ball
- Play 7 v 7
- Coaches shall remain on their sideline.
- Prior to game start, rock, paper, scissors will be played between two players, winner may choose to take first kickoff. Kickoffs may be kicked in any direction.
- Throw-ins may be retried once (then the opponent is rewarded the throw-in)
- Absolutely no heading- if a header occurs, even if it's an accident, an indirect free kick is awarded to the opponent
- No penalty kicks (instead an indirect free kick from the top center of the penalty area will be used)
- Each team's goalie must wear a pinnie or distinguishing color jersey that differentiates them from other field players. Coaches are responsible for ensuring their goalie adheres to this requirement! Jerseys will be provided by RCR in your equipment bag.
- **Build-Out Line** will be used: The build-out line promotes playing the ball out of the back, while creating more opportunities and improvement of a players understanding of the game in a less pressured setting. When the goalkeeper has possession of the ball, either during live play or from a goal kick, opponents must retreat behind the build-out line before they can pressure the ball and the attacking team when the goalkeeper puts the ball into play. The build-out line will also serve as the designation for offside at the 7v7 play.

- Fouls will be called
- **Five yard rule:** In all dead ball situations, defending players must stand five yards away from the ball. If the defensive player's goal area is closer than five yards, then the ball is placed five yards from the goal area in line with the place of the penalty.
- Any coach violating the "Code of Ethics Agreement" during the game may be given a "yellow card" (verbally) by the referee as a warning. Two warnings or a single extreme incident will result in the referee giving a "red card" (verbally) and thus requiring the coach to be removed from the game field immediately.

Key Soccer Rule/Definitions:

Below are some reminders of some key soccer rules, especially applicable to this age group. Any specifically detailed questions about rules can be directed to a referee or a RCR board member.

- **Dangerous Play:** Players should "keep their feet" during play. If a player endangers themselves (e.g. being or staying on the ground) or endangers others (e.g. kicking high near someone's face), the referee will reward a free kick for dangerous play to the other team.
- **Foul:** The referee has the obligation of catching and enforcing infractions of the rules. Misconduct may have a combination of the following consequences. (e.g. free kicks, yellow card or red card)
 - Common misconduct behaviors are but, not limited to:
 - Pushing, tripping, pulling, overly aggressive play
 - Hand balls
 - Vulgar Behavior
- **Handball Offense:** When a player deliberately uses any part of their hand/arm to touch the ball. This means the ball touching a player in the hand/arm is not necessarily an offense. (However, in the younger age group, we will call more handballs than not, as the point is for the kids to learn)
- **Throw-in Technique:** Remember the following is required when delivering the ball for a throw-in:
 1. The throw takes place where the ball went out of bounds
 2. Part of each foot must touch the ground on the line and/or out of bounds
 3. Two hands must be used to perform the throw
 4. The throwing motion must take the ball behind and over the head of the thrower
- **Double Touch Violation:** For a kick off, corner kick, goal kick, free kick, or throw-in, if the player taking the restart touches the ball a second time before another player (from either team) touches the ball, the opponent is awarded a free kick.
- **FREE KICKS**
 - **Indirect Free Kicks:** These are free kicks after non-foul violations that must touch one other player (from either team) before being scored. The referee will indicate these situations during the kick by holding an arm straight up in the air.
- **Goal Kicks:** A goal kick is given when the attacking team touches the ball last before it leaves the end or goal line. The team taking the goal kick may have players stand in the penalty area.
 - The kicking teams players, besides the player taking the goal kick, may now touch the ball before it leaves the penalty area.
- **Corner Kick:** A corner kick is given when the defending team touches the ball last before going over the end or goal line. This is a direct kick and can go directly in the goal.
- **Goalie Possession:** A goalie cannot be challenged for the ball when the goalie has the ball either between their two hands or between one hand and any surface.
- **Goalie Illegal Use of Hands:** Once a goalie loses possession of the ball from their hands (such as from an attempted throw) the goalie cannot touch the ball again with their hands until it is touched by another player. If a player on the goalie's team deliberately kicks the ball, the goalie then cannot touch the ball with their hands (unless the goalie has clearly kicked or attempted to kick the ball to release it into play).
 - Violations are penalized by an indirect free kick for the opposing team (assuming the goalie did not commit a handball offense outside the penalty area).

- Wall Positioning/Distance: On free kicks, the opponent has the option to form a wall with players to try to block free kicks. When appropriate (particularly on free kicks close to the opponent's goal) the referee will indicate a minimum 5 foot distance away from the wall that the offense must be until the ball is kicked on the free kick.
- Drop Ball Restarts: Only one team is allowed to participate (the referee will indicate which team). A referee may award a drop ball if the ball hits the referee or coach on the field and then goes in the goal, changes team possession, or leads to a promising attack.