



YOUTH INDOOR SOCCER

RULE BOOK

2010

Council Bluffs Parks, Recreation & Public Property
209 Pearl Street
Council Bluffs, IA 51503
(712) 328-4650
Fax: (712) 322-3021

Rainout Line (after 3:00 p.m.): (712) 328-4680

Email: g Hubbard@councilbluffs-ia.gov
www.cbparksandrec.org



*****RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Umpires:**

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and umpires, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated. Disciplinary action can and will be taken, if warranted.

Umpires have the right to eject players, parents, spectators or coaches from the game or game area. If more severe sanctions are recommended, the Parks and Recreation's policies will be followed (copies of this policy are available upon request).

I. Pre-Season Meeting

- A. ***At least one representative from each team **MUST** attend the pre-season coaches' meeting. Failure to attend this meeting will result in the team's being ineligible to play. **NO EXCEPTIONS.**

II. Coaching Certification

- A. Parks and Recreation requires annual coaching certification through the National Youth Sport Coaches Association (NYSCA) or equivalent organization.
1. Contact the Parks and Recreation office at 328-4650 for dates.
- B. Each coach must sign and return the attached "Pledge of Ethics."
1. All coaches will be held to all Pledge standards for the duration of the season.

III. Eligibility

A. Age Limits

1. Players must be in kindergarten and not in the 4th grade.

B. Birth Certificates and Contracts

1. Birth certificates are not required for this league.
2. Signed player contracts are required for each player, and must be turned in prior to the first game.

C. Maximum Players per Team

1. A maximum of twelve (12) players per team is allowed. All players must be listed on the official roster.

D. Roster and Payment

1. A team's complete payment and roster with players' names, birth dates, addresses, ages, coaches' names and phone numbers must be turned in **WITH** all signed contracts one week prior to the start of the season. *If all information is not on file, the team will be considered ineligible and will forfeit each game until the information is on file.*

E. Transfers

1. A player must remain on his/her original team as long as he/she and the team are eligible for the league, unless he/she meets the following criteria:
 - a. The player must obtain a transfer form from the team he/she wishes to leave.
 - b. The manager of the current team and the team the player wishes to go to must provide written acceptance of the transfer to the Parks and Recreation Department within seven (7) days.
 - c. The transfer must be approved by the Parks and Recreation Department.
 - d. Players cannot transfer or be added to a team after 20 days from the date of the first scheduled league game.
 - e. Once a player has transferred to a new team, he/she must remain with that team for the rest of the season.

IV. Scoring and Make-ups

- A. No score is kept for this league.
- B. Weather issues and cancellations will be rescheduled at the request of the teams affected. Teams should call the office at 328-4650 for assistance with rescheduling.

V. Court Measurements and Equipment

1. Shin guards are not required but strongly recommended.
2. Gym shoes should be worn, no cleats.
3. No jewelry.
4. Ball sizes – K-1st will play with a size 4 indoor ball, 2nd-3rd will play with a size 5 indoor ball
5. Court sizes – All games will be played indoors on a basketball court. There will be no out of bounds. The ball can be played off the walls, net, and bleachers.
6. Game and practice balls will be provided for each game.

VI. Length of Games

- A. Each game will last for approximately one hour.
- B. There will be a warm up/practice period the first 15 minutes before each game.
- C. Games will consist of (2) 15 minute halves.
 1. Staff reserves the right to shorten quarters and breaks as needed.
 2. There will be a running clock which will only stop for time outs or injuries.
 3. Each team will have 1 time out per half.

VII. Player Participation

- A. K-1st graders will play 4-on-4, 2nd-3rd grades will play 5-on-5.
- B. Each player should have an equal amount of time to play during each half.

VIII. Supervisors/Officials

- A. Parks & Recreation will provide a staff person to set up/take down the courts and get the equipment ready for each game. They will assist coaches with practice ideas before each game. During the game the staff person will keep track of time and let

each coach know when to take the half time break and when the game has ended. They will resolve any conflicts that can't be resolved by the coaches.

- B. During the game the coaches will make calls on fouls, possession, and keep the play moving as much as possible. Making sure each child has equal opportunity to participate is also the coach's responsibility.

IX. Rules of Play

A. Kindergarten-1st Grade

1. This is a skill building fundamental league that is designed to teach our players the skills of soccer.
2. The skills of kicking, shooting, and passing should be reinforced throughout the game. Players at this level are still learning about spacing out, sharing (passing), and dribbling. Most games will consist of all 8 players swarming around the ball trying to kick it from the other team and their own teammates. We hope that by the end of the league players will be able to perform more of the skills in the game of soccer.
3. Goalies are not allowed, try and keep players from standing and guarding the goal. We'd like each game to have a lot of scoring.
4. There is no offside penalties.
5. No high kicking or slide tackling.

B. 2nd-3rd Grade

1. This is a skill building fundamental league that is designed to teach our players the skills of soccer.
2. The skills of kicking, shooting, and passing should be reinforced throughout the game. Players at this level are still learning about spacing out, sharing (passing), and dribbling. Fouls and violations will be called when it directly impacts the game.
3. Violations that involve physical contact against another player (blocking, pushing, etc.) will be enforced.
4. Fouls occurring outside the goalie area results in a free kick. Fouls inside the goalie area will result in a penalty kick. The following shall be fouls:
 - a. Kicking, tripping, pushing, holding, charging, high kicking, or slide tackling. Players other than the goalie handling the ball with arms/hands.
5. Teams must use a goalie. Goalies are not allowed past center field. Only the goalie can use their hands. Any player can be in the goalie box but may not contact the goalie if they have the ball in their possession.
6. There is no offside penalties.
7. No high kicking or slide tackling.

X. Uniforms and Sponsorship

- A. Uniforms are provided for this league and will be given to the coaches before the first game. If you have a blue & grey shirt from a previous sport you may wear those, a \$5 discount will be available toward your registration fee.

***Parks and Recreation Youth Sports
Roster***

League: _____ Team Name: _____

Coach: _____ Asst. Coach: _____

Address: _____ Address: _____

Home Phone: _____ Wk Ph: _____ Home Phone: _____ Wk. Ph: _____

Email: _____ Email: _____

Signature: _____ Signature: _____

Player's Name Address Phone Birth Date Age

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

***Parks and Recreation Youth Sports
Transfer Application***

Player Name: _____ Address: _____

Phone: _____ Birth Date: _____ Age: _____

From League: _____ From Team: _____

Coach's Signature: _____ Date: _____

To Team: _____

New Coach's Signature: _____ Date: _____

A player transfer is needed when a player is going from one team to another within the same league.

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Transfer Application***

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From League: _____ From Team: _____

Coach's Signature: _____ Date: _____

To Team: _____

New Coach's Signature: _____ Date: _____

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Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE

