

Plainfield Optimist Coach Information

CONTACT:

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Rec Division U8, U10 and U13

REC GENERAL GUIDELINES:

Thank you for being a Plainfield Optimist Coach! Welcome to the new coaches and returning coaches a like. You are an invaluable part of developing soccer in the Plainfield community. You will never be thanked enough for the hours of practice and effort you will put into being a good coach!

The following are guidelines for the various REC leagues supported by Plainfield Optimist. You are coaching at the lowest level of soccer. We do NOT keep score, we play every player regardless of skill level, and we develop all players for the purpose of enjoying the game. At NO time should a coach run up the score. Every team makes the tournament at the end of each season. Your focus should be on your players and helping them become better for themselves and learn team building skills. If you have any questions about the various rules below please use the contact above.

- **U8**
 - One Referee only
 - No offsides
 - No slide tackles
 - **All fouls are indirect kicks**
 - On goal kicks opposing team must move back to the half line so the offense can start an attack
 - Goal kicks may be taken from anywhere on the semi-circle
 - Corner kicks are taken as normal
 - Free flowing substitutions – coaches may pull or put in players during play.
 - **Repeat incorrect throw-ins**
 - Play 4x10 minute quarters
 - Play 4 vs. 4 and NO GOALIES, if a player is guarding the goal, remind them and the that they need to move forward with the flow of the game.
 - Ball size 3
 - **Due to the shortened field sized coaches are NOT allowed on the field**
 - No score sheet needed
- **U10**
 - One Referee only
 - The goalie **CANNOT** punt or goal kick the ball across mid-field in the air. The ball will be placed where it crossed the halfway line in the air, and it will result in an indirect free kick for the other team. Goalies can THROW the ball over halfway.

- After a save or on a goal kick the opposing players must be behind the build out line.
- Ref calls substitutes on when the correct stoppage permits it – Goal Kicks, after a goal is scored, on your teams throw in or when both teams have substitutes and it's a throw in.
- **No slide tackles**
- **No intentional headers (Indirect free kick)**
- **If an incorrect throw-in occurs the ball will go to the other team**
- **Play 2 x 25 minute halves**
- ******* There is now OFFSIDES at this age level*******
 - **The offside call is at the referee's discretion and is triggered when an offensive player is beyond the build out line and behind the second to last defender.**
- Play 7 vs 7
- Team that wins the coin toss may choose to either start with the ball or the side of field.
- Ball size 4
- **Goal kicks maybe taken anywhere inside the box.**
- **U13**
 - (3) Referees – (1) Center and (2) Assistants
 - The goalies **CAN** punt or goal kick the ball across mid-field.
 - Refs call on substitutes when the correct stoppage permit it; before a goal kick, after a goal is scored, on your team's throw-in, or on any teams throw-in if both teams have subs ready to go.
 - Slide tackles are **discouraged**, but not illegal if done correctly
 - Anyone may take goal kicks, it does not have to be the goalie.
 - The ball does not have to leave the goal area on goal kicks
 - Play 2x30 minute halves
 - Team that wins the coin toss may choose either ball or side of play
 - Play 9 vs. 9
 - Ball size 4
 - Keep a score is only necessary for tournament play at the end of the season
 - **RULE CHANGES EFFECTIVE FALL OF 2019**
 - **NO INTENTIONAL HEADING of the Ball – Indirect Free Kick**
 - **This rule follows the new WCSSF U13 age guidelines**
 - **GOAL KICKS DO NOT have to leave the Box**
 - **Drop balls are UNCONTESTED...Drop balls will be given to the team in possession if a drop ball restart is required.**