

# GIRLS UNITED



## Mission Statement

*Our mission at Girls United Soccer Academy is to make a positive impact on the girls in our community on and off the field. We want to raise the standards of how we treat each other, how we treat ourselves and how we treat the world. We focus on soccer fundamentals, building self esteem and creating friendships along the way. Our hope is to unite young girls and give them the confidence to become powerful young women through the game of soccer.*

## Vision Statement

*We are committed to creating a positive environment, in which athletes, parents, coaches, officials, fans, and directors work together to achieve our mission and support our goals. To do so, we strive to achieve these goals:*

- To promote age appropriate skill development and competition for individuals and teams.
- To have the capabilities to allow players of all skill levels to improve.
- To encourage a fun learning environment that brings players back to the sport.
- To teach life lessons that have value beyond the playing field.
- To provide coaches with the tools they need for success teaching players.
- To have proper and clear channels of communication for all members.

## Player Sportsmanship Pledge

*During this season, I promise to follow the rules and respect the decisions of the coaches and the referees. I will play fairly and try to do my best. Win or lose, I promise to be a good sport and good teammate.*

## Coach Sportsmanship Pledge

*During this season, I promise to follow the rules and respect the decisions of other coaches and the referees. I will play fairly and do my best. Win or lose, I promise to be a good sport and good coach. During this season, I promise to follow the rules and respect the decisions of the Director. I will ensure my team plays fairly and safely. I will model the positive and supportive behavior I expect of my players and their parents. Win or lose, I promise to encourage my players to have fun and do their best.*

## Parent Sportsmanship Pledge

*During this season, I promise to respect the decisions of the referees and coaches. I will model the positive and supportive behavior I expect of my child and their coaches. Win or lose, I promise to be a good sport and model by example.*

## Spring League Guidelines

1. For every game, all players are required to wear shin guards and cleats. Soccer socks must completely cover the shin guards.
2. Uniform includes home and away jersey (supplied by the league), navy shorts and white soccer socks.
3. No jewelry may be worn during soccer games (this includes pierced earrings, bracelets, watches, necklaces, barrettes, or beads).
4. There is NO SMOKING/ VAPING allowed on the Luchessi Turf Field Property.
5. Parents are responsible for removing any trash or litter that is the result of items that their family has brought to the soccer practices/games (e.g., orange peels, empty water bottles, empty juice boxes, etc).
6. No one is to remain behind the goals or on the end line areas during practices or games.
7. In the event of any sign of a head injury, coaches will take appropriate action per the league's concussion protocol.

# 5v5 Outdoor Soccer Rules

## FIELD OF PLAY

Dimensions: 25 yds wide x 40 yds long

Penalty Area: Box measuring 2-3 yds from each post, and 6 yds into field (deep)

Penalty Mark: 8 yds from the mid-point of the goal line

Substitution Zones: 6 yds zone (3 yds on each side of halfway-line) on the bench side of the pitch

The Goals: 6ft high x 12ft wide

## THE BALL

Size: #4 regulation Ball

NUMBER OF PLAYERS – 5 including GK

Minimum Number of Players to Start Match: 4, one of whom shall be a goalkeeper

Maximum Roster: No limit

Substitution Limit: None

Substitution Method: All players enter and leave the game on substitutions, which can only be made when the ball is out of play and with a referee's consent.

## DURATION OF THE GAME

Duration: Two equal periods of 20 minutes.

Half-time: 5 minutes

## FOULS AND MISCONDUCT – FIFA Rules

All the Free Kicks are INDIRECT. Penalty Kicks will only be used for tie-breakers – Final/Consolation

## PENALTY KICK

To be taken from the penalty mark, 8 yds from goal line.

All players must be out of the penalty area.

**OFFSIDE** – There is no offside in 5v5.

**THROW-IN – A KICK-IN** will be taken in place of the throw-in.

**FREE KICK/KICK-IN** – distance from the ball – 5 yards.

## GOAL KICK

From inside the penalty area, the goalkeeper rolls the ball into play. Ball must be played within own half or touch the ground within own half. Ball must clear the Penalty Area for an opponent to play it.

A teammate may play the ball within the PA.

## **OFFICIALS / REFEREES**

Single Referee will call the games.

**RESTART TIME LIMIT** – Restart must take place within 15 seconds or the ball is awarded to the opposing team (enforcement to take place gradually).

**PASS BACK TO GK** – GK may not handle the ball.

## **SPORTSMANSHIP**

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will lead to ejection without refund for the offending team.

# **General Rules of Play**

- Kickoffs may be forward or backward.
- Hand balls are called if they are intentional (i.e., arms out considered intentional).
- Any time a player goes to the ground around the ball, play will be stopped immediately and a drop ball will be used to restart.
- Slide tackling is never allowed and will result in a indirect kick from the point of infraction for the opposing team.
- Players on sidelines remain on the sidelines when not playing in the game.
- Coaches are encouraged to manage their games to provide a positive experience for all soccer players. If your team is more dominant and scores a disproportionate number of goals, we advise you to employ best practices for managing scoring. The list provided below is a sampling of measures that will encourage the development of your players while allowing the opposing team continued involvement in the game.
  - Reduce numbers
  - Impose touch restrictions
  - Focus on possession
  - Emphasize defensive responsibilities
  - Limit scoring methods

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