



Soccer Guide

2018-2019

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Our Vision. Our Motto.

It's real simple.

Class 1st. Athlete 2nd.

The Class Athlete Vision is shaped by its mission, values and objectives.

Mission: To help parents, teachers and coaches raise good kids.

Values: Learning, Health, Gratitude, Family, Community...

Objectives: Consider the Classy S.I.D.E. of every issue.
Safety. Integrity. Development. Entertainment.

Actions/Behaviors: Aspire to be C.L.A.S.S.Y. Show...

Care-acter Ethic. Learn-ability. All-for-one Teamwork. Sportsmanship. Service to Others. Yelling positively.

Policies & Procedures: Scoresmanship, 3-2-1 Pre-Game, S.C.A.T. Post-Game and more

Feedback Loop: surveys, help@classathlete.com, Catch Class...

Giveback Loop: scholarships, charity, Pinktober, Fall Festival, holiday family sponsoring...



The C.L.A.S.S.Y. S.I.D.E. of Sports

Coach Responsibilities

First and foremost, thank you for volunteering to coach! Class Athlete wants to support you.

- 1) Rules. Learn the [FIFA Laws](#). Know the [Class Athlete rules](#) (exceptions to FIFA).
- 2) Procedures. Adhere to CA procedures and duties for [Game Day](#), [Practice Night](#) & [Playoffs](#)
- 3) Spectator Control. Ensure your team's spectators are adhering to [Spectator Responsibilities](#)
- 4) Background Check. Required! Obtain a background check BEFORE the first game if you haven't done so with Class Athlete in the last 2 years. Instructions to come.
- 5) Communication. Keep a team email and phone list handy for player emergencies, weather & reminders. Regularly communicate with your team on any issues via post-game or email.
- 6) PT & Scorsmanship. Two rules which go to the heart of our vision and allow all kids to develop. Clear proven violations of our 50% Playing Time rule for recreational regular season or our Scorsmanship rule will result in a written Yellow Card warning for the coach. Two Yellow Cards in one season will result in discipline up to or beyond a 1-game suspension. Please review [the Rules section](#) regarding the 3-4-5/3-5-7 Scorsmanship rule.
- 7) Safety. Avoid adult collisions with children, concussion-prone activities and being alone with a child. Parents leaving children should ensure another person at the activity provides supervision and has emergency info/authorization. Report potential concussions to staff.
- 8) Integrity. Coaches are important role models to our kids. Do the right things. Show respect to referees and colleagues by not yelling, arguing or gesturing negatively.
- 9) Development. Prioritize development over winning especially in the regular season
- 10) Entertainment. Make it fun. Make the players want to come back to soccer & your coaching.
- 11) Referees. Blaming games on others including referees makes you look bad even if you have a good point, and it's a mindset that takes away the power to improve what your team does control. We also encourage referees to keep the game flowing with S.I.D.E. in mind. Please consider these reasons for referees making calls or non-calls that disappoint you...
 - Trifling
 - Advantage
 - Perspective
 - Wait-and-see
 - Multiple factors
 - CA/FIFA Rules
 - Subjective?
 - "Deliberate" hand?
 - Human error
- 12) Recommendations. Consider these ideas to become a happier, more successful coach...
 - Less 3 Ls (Lines, Lectures, Laps)
 - More 3 Ps (Planning, Progression, Principles)
 - Enlist a Team Manager and an assistant coach
 - Players don't care u know unless they know u care
 - K.I.S.S. & Take Breathers
 - Age-appropriate Activities
 - Communicate!
 - Be you! Be real! Have fun!
- 13) Coach Kit. Class Athlete coaches are supported and incentivized in many ways...
 - Coach shirt, equipment and staff support as needed
 - Registration discounts and practice night preference
 - Online videos, practice plans, courses, certifications, discounts & more resources at <http://www.classathlete.com/CoachCorner> (under construction)
 - Misc: Catch Class cards, Roundtable dinners and education reimbursements

Spectator Responsibilities

Stay on the “CLASSY SIDE”

1. **Care-acter Ethic.** Show you care for the success and well being of every young athlete. A friend, neighbor, opponent or staff member may be hearing and seeing you at activities. This season’s opponent could be next season’s teammate. Little acts of kindness go a long way. This might mean encouraging words, sympathy, shoe-tying, clapping or simply being there. Build integrity & gratitude.
2. **Learn-ability.** Focus on growth and development in all aspects of soccer: physical, psychological, social, technical and tactical. Help kids focus on setting little goals and enjoying the journey.
3. **All-for-one Teamwork.** Encourage kids to think about the team, teammates and team goals. Different teams, different game situations and development may require accepting different roles.
4. **Sportsmanship.** Show respect to referees, coaches, opponents, staff and fellow spectators. Keep perspective that this is just a game and our league is recreational-focused meaning we are the league for 99% of kids that want fun, exercise, friendship, development, family involvement in their lives, teamwork and some healthy competition.
5. **Service to Others.** Encourage school and community involvement. This is investment in one’s future career, character, community and even happiness. Assisting coaches & teammates is a good start.
6. **Yell positively.** This applies to all languages. Yelling should be for distance or enthusiasm, not anger or negativity. Coaches, parents and players should try to make 3-5x as many positive comments as negative comments. Silence can be golden sometimes. It’s unlikely anybody yells at you while you perform your job or hobby. Constructive feedback and instruction is necessary for development but should primarily be reserved for coaches. Do not yell negative comments at referees, coaches or anybody at our activities.
7. **Safety.**
 - a. Spectators and their chairs, coolers, umbrellas and other items must be at least 3 yards off the sideline at all times or behind a designated spectator line, whichever is further.
 - b. No canopies are allowed except for staff well off the field of play.
 - c. Spectators should not patrol up and down the sidelines during game play.
 - d. Any person suspected of having a concussion should consult 1st aid staff or our main table.
 - e. Spectators (incl. photographers) may not walk or linger behind goals or restricted areas.
8. **Integrity.** Lead by example. Set the tone. Be a role model to our young athletes. Teach them good habits for success in life. Teach decision-making and problem-solving. Build relationships, communicate and treat others with respect. Enjoy the moment. Coaches and spectators are subject to warning and ejection from the facilities by referees and other CA representatives for violating the CA Code of Conduct or rules. In addition, any behavior that might lead to a player caution (yellow card) or ejection (red card) can also lead to a spectator or coach warning or ejection. Referees may ask coaches to speak to any spectators that are not following these rules. Physical and verbal abuse will not be tolerated. Safety first. Park, police and emergency services may be utilized as necessary. Continued infractions will cause the game to be called off and forfeited.
9. **Development.** Spectators should not instruct players from the sideline. Ask staff for coaching and development opportunities.
10. **Entertainment.** Loud respectful cheering is allowed, but spectators may not use any noise making or voice enhancing devices at any games including vuvuzelas, whistles, horns, noise-makers, drums, air-horns, bullhorns and more.
11. **Other.** Please consult the rest of our Soccer Guide, web site or staff with any questions & feedback.
12. **Ejections.** Any coach or spectator ejected will be deemed to be in violation of the League’s Code of Conduct and will be subject to further disciplinary action and MUST LEAVE the field vicinity immediately and must get approval from the CA President or Soccer Director before participating in future CA activities.

Referee Responsibilities

- 1) Rules. Know the [FIFA Laws](#). Know the [Class Athlete rules](#). Stay licensed or up-to-date.
- 2) Spectator Control. Enlist coach help to ensure [Spectator Responsibilities](#) are being followed
- 3) Guidance. Use the [CA Vision](#), [Spirit of the Game](#) and [Advice to Referees](#) to guide you. Minimum whistles. Maximum game flow. But with [S.I.D.E.](#) in mind.
- 4) Procedures. Adhere to CA procedures and duties for [Game Day](#) & [Playoffs](#)
 - a. The 3-2-1 pre-game procedure should begin no more than 5 minutes before start
 - b. The referee will coordinate with the Extra Official to handle the equipment check process, field safety checks and scorecard duties including ensuring keepers and teams have distinguishable colors and having the scorecard signed by both coaches immediately after the game
- 5) Professionalism. Be professional, dressed appropriately and in-control at all times
- 6) Scheduling. Work with CA staff and teams as needed to keep game flow on schedule, but we want the kids to play. So, be prepared to make minor adjustments as necessary.
- 7) Scorecard Reporting. Record the jersey # and minute for every goal and add notes to scorecards for any RC, YC, time issues, behavior problems and any incident by anybody that should be addressed by the league. We will use this information for suspension decisions and Scoresmanship enforcement. Please try to warn coaches that the Scoresmanship rule is in effect once a team has a 4+ goal lead. Explain the rule briefly if asked and allow an extra few seconds to substitute/rearrange players after a 4+ goal lead.
- 8) Injuries. Seriously injured players should not be moved unless the child and guardian approves it and it is safe to do so, especially for potential neck, back and spinal cord issues. Referees should generally let coaches handle injured players once it is clear they are not returning to the game quickly. Injuries that require more than a natural stoppage of play or a coach's assistance shall require field exit by the injured player at which time a substitute player is allowed. The referee and coach should only request that child guardians enter the field for injuries if necessary. Emergency services may be called as appropriate for safety.
- 9) Concussions. Referees have the authority to stop play as appropriate and remove players that exhibit signs of a concussion or serious health or safety issue. Players suspected of having a concussion should pass concussion protocol by staff and guardian before being permitted back in the game by coach and referee.
- 10) Violence and Abuse. Serious incidents involving physical violence, extreme verbal abuse and escalated RC-situations, regardless if player or non-player, should be reported to league management as quickly as reasonably possible with use of the Extra Official or other staff as necessary. Park, police or emergency services can be requested if patron safety cannot be ensured in a timely manner.
- 11) Emergency Contacts. Please provide emergency contact information for yourself to key staff members and carry quick-access contact information with you for the park & CA personnel.

Extra Official Responsibilities

- 1) Top duties are the 3 S's, the 4 P's and customer satisfaction.
 - 1.1. Safety – raise your flag when there is a safety issue the referee has not addressed within a few seconds and provide aid with 1st aid kit any time the ref stops the game for injury. Also prevent any unpermitted balls, objects & other interference on fields as best possible.
 - 1.2. Subs – raise your flag horizontally between both hands when substitutes are standing at midfield with pinnies ready to exchange with a field player
 - 1.3. Sidelines – ensure teams and equipment stay a safe distance off the sideline and within their restricted area with sub pinnies, 1st aid and other game equipment well organized at midfield. Also enforce the no-standing zones behind the goals and end lines if there is no ball shagger available to do so.
 - 1.4. Preshift - Setup fields including proper-sized goals, cones, signs, zip tying nets, chair, 1st aid, game balls, pinnies, scorecards and other items in the equipment bag, and gather any shift packet or handout material needed for the day
 - 1.5. Pregame – Ensure field preparation and the 3-2-1 process (Equipment Check→Captains→Starters) occurs in a timely manner with referee discretion
 - 1.6. Postgame – Ensure the scorecard is signed and turned in with S.C.A.T. process completed with referee discretion. At designated times, remove and replace goals and breakdown fields. **Shake hands. Clean up. Amble away. Team up.**
 - 1.7. Postshift – As appropriate based on your shift schedule, ensure equipment is organized, secured and stored properly including locked goals, and ensure fields are clean and clear, and ensure a smooth transition to the next shift
 - 1.8. Customer Satisfaction – act classy, answer questions with patience and understanding and direct patrons to appropriate staff when an answer is unknown

No mobile device usage during live game duties unless approved by your manager for emergencies and staff contact

Outdoor Game Day

- 1) Team Warmup: 30 minutes pre-game (only U9+)
 - 1.1 Find an open designated area near your game field to warmup away from any active game play and spectators. A 15x15/20x20 area can suffice if there are many teams. Please share space.
 - 1.2 Dynamic stretches, lots of soccer ball touches, a good sweat, goalkeeper routine and possibly a lineup announcement or set-play walk-thru is recommended with probable coach assistance needed for goalkeeper warmup.
 - 1.3 Goalkeeper pinnie, bathroom runs, untied shoe strings, sunscreen, equipment needs, water refills & similar pre-game issues should be handled during this time.
- 2) Team Transition to Field: 10 minutes pre-game
 1. Avoid fan gate bottlenecks & utilize field time by arriving in the designated spot near your scheduled field about 10 mins pre-start preferably in an organized line to avoid interrupting games or spectators. Staff & coaches near gates should keep them clear.
 2. While waiting for the field, this might be a good time for coach to talk to players
 3. Once the prior game on your field completes, setup your equipment & players on the team sideline without interfering and have your team ready for the 3-2-1 process at 5 mins pre-start. Use any remaining time for final warmup/drills, lineup changes, etc.
- 3) Pre-Game 3-2-1 Process (Equipment Check→Captains→Starters): 5 minutes pre-game
 - 2.1 Equipment Check: 3-5 mins before game start, the referee or extra official will call both teams up to midfield where they will face each other a few yards apart on their bench-side of midfield for an equipment check. Players will be asked to shake the hand of the player across from them after the check.
 - 2.2 Captains: Both teams leave their captains (1-3 recommended, consider rotating/awarding kids for this honor) at midfield with the referee for the “coin toss” while the remaining players go back to their sidelines for final hydration and starting lineup prep. If one team has less FIFA Fair Play Points for the season as noted on the scorecard, it automatically wins the coin toss.
 - 2.3 Starters: The referee will call for starters on the field 30-60 seconds before game start while making any final checks of the field, game balls, scorecard and colors.
- 4) During Game
 - 1.1 Players that miss the 3-2-1 equipment check must have their equipment checked by the extra official, qualified CA staff or, as a last resort, at halftime by the ref.
 - 1.2 Substitutes should stand at midfield with equipment ready and ref approval before entering the field. Subs must exchange a pinnie with an exiting field player.
- 5) Post-Game S.C.A.T. process (Shake hands. Clean up. Amble away. Team up.)
 - 1.1 1st, ref(s), coaches & field manager sign the scorecard at the midfield team side
 - 1.2 2nd, coaches make sure players do sportsmanlike handshakes and cleanup
 - 1.3 3rd, team up outside the fenced fields and gates after games for snacks or huddle
- 6) In the event of bad weather, cancellations or park lightning detector warnings, CA will do its best to communicate with customers on and off the fields by using coach communication trees, staff, social media and emails. Please exit the fields and return to cars when an official weather warning is active (usually 30+ mins). Games are cancelled individually.

Outdoor Practice Night

- 1) Teams are assigned a regular time and field location for practicing
- 2) Please coordinate usage of big goals or favored spaces with other coaches and consider scrimmages where safe and age-appropriate
- 3) First Practice
 - a. Don't forget to introduce yourself & players to each other – e.g. Passing Name Game
 - b. Assess your players' abilities, commitment & expectations perhaps with variety drills
- 4) Last Practice
 - a. Don't forget to address penalty kick shootouts for the playoffs – they happen a lot
 - b. Don't forget to address glaring weaknesses and set play responsibilities like a wall
 - c. Don't forget to address your families about playoff intensity, playing time & schedule
- 5) In the event of bad weather, cancellations or park lightning detector warnings, CA will do its best to communicate with customers on and off the fields by using coach communication trees, staff, social media and emails. Please exit the fields and return to cars when an official weather warning is active (usually 30+ mins). Practices are cancelled individually.

Playoffs

- 1) Playoff games are typically scheduled after all regular season games are done and playoff seedings are determined.
- 2) Playoff seeding tiebreakers in priority order are points (W-L-T), FIFA Fair Play Points, goal differential, goals scored and wins. For more complicated scenarios, US Youth Soccer and FIFA guidelines will be followed.
- 3) Playoff games can be scheduled almost any weeknight, Saturday or Sunday.
- 4) All players must participate in a playoff game, preferably at least one regular shift, but there is no 50% or total playing time requirement outside the regular season.
- 5) Coaches should address families about playoff intensity, playing time & schedule – playoff games may be scheduled nearly any day of the week
- 6) Playoff games that end in a draw result in a penalty kick shootout varying in format by CA age group rules. Do not let field players or subs cross the sideline or inter-mingle after a draw, because only field players can take PKs.
- 7) Substitutions must always be approved by the referee and are typically not allowed in the last 2 minutes of a game. Referees do their best to warn coaches about the last substitution opportunity with 2-5 minutes remaining, but it is the responsibility of coaches, not the refs, to be prepared with subs.
- 8) Coaches and players should practice penalty kicks once or twice prior to playoff games with a coach learning the ideal PK takers and focusing on proper PK procedure as described by CA and FIFA guidelines including those for kicker feints, stops and early starts plus keeper positioning & movement.
- 9) Intensity tends to increase during the playoffs so all coaches, players, spectators and staff should be reminded to stay calm, cool and collected while keeping the “class” in Class Athlete.
- 10) Coaches should prepare a few thoughts about the season and team for discussion after the last game to keep the kids motivated to play soccer, to keep things in perspective and to learn for future endeavors
- 11) In the event of bad weather, cancellations or park lightning detector warnings, CA will do its best to communicate with customers on and off the fields by using coach communication trees, staff, social media and emails. Please exit the fields and return to cars when an official weather warning is active (usually 30+ mins). Playoff games are officially ended, postponed or rescheduled individually.

CA Outdoor Rules

FIFA Laws and the Spirit of the Game apply to all Class Athlete soccer games except to accommodate small-sided youth rules & league objectives including differences listed below. All referee decisions are final.

FIFA Laws	U5 Rec	U7 Rec	U9 Rec	U11 Rec	U13 Rec	U13 Comp	U15/U18R
1 – Field	20x30yds		30x63yds. Penalty box painted @corners			86x52yds	110x70yds
	Repair unsafe field conditions or report to league/park staff. Keep spectators off fields always.						
2 – Ball	Size 3	Size 4					Size 5
3 – Players	6v6 no GK	7v7 no GK	9v9 minimum 6			9v9 or 10v10	11v11
	Captain recommended. Max 2 coaches on side unless approved.						
	Coed. Unlimited ref-approved subs with pinnies, can return. GK sub must be equipment-ready. Injuries requiring unnatural stoppage or coach assistance will require a substitute player. Minimum 50% playing time per player for regular season. Participation required for playoffs.						
4 – Equipment	No hard casts at all. No spikes, metal or toe cleats. Matching/distinguishable unaltered shirts. Official equipment check required. Players provide their own shin guards, soccer shoes & ball.						
5 – Referee	Coaches ref, no cards		1			2	2
	Permitted to explain, not coach, offences as needed. Sit at midfield at halftime undisturbed.						
6 – Officials	Extra official when available for safety, subs & sides. Coaches must stay in team restricted area.						
7 – Duration	4x7.5 mins	4x8 mins	2x20 mins	2x22.5 mins	2x25 mins	2x30 mins	2x25 mins
	Shorten last period if running behind schedule.		3-5 min halftime. Added time permitted but limited by schedule. 1min water break w/ subs at 89°F+ or ref discretion, running clock.				
8 – Start/Restart	Team with most FIFA Fair Play Pts wins the coin toss unless tied.						
9 – Ball In/Out	Cones acceptable where lines are not usable						
10 – Outcome			No extra time. PKs in playoffs w/ coaches/refs conferencing.				
			PKs best of 3. No subs after game.			PKs 5. No subs postgame	
	Keeper may be swapped with a field player after the game for PKs.						
	Scoresmanship		3-4-5 Goal Differential Rule: At +3-goal diff, no more benefit to standings. At +4-goal diff, no player with 2+ goals is allowed in attacking half. At +5-goal diff, no player with 1+ goals is allowed in attacking half. Use 3-5-7 for comp-rec. Ideas: weak foot, more subs, new GK, more DBs, no punts/DFK/DCK, drops, long shots. Official forfeit is 3-0. Games canceled after 1 st half are final unless specified				
11 – Offside	No offside						
12 – Fouls	No slide tackles allowed: with contact = YC minimum as reckless even if ball is hit, RC for excess force or DOGSO or endangering safety such as with cleats up or from behind.						
			YC recipient must sub out min 4mins. Similar to new sin bin rules. RC recipient before, during or after game must leave facility, and is suspended at least 1 more game pending league decision. The equivalent of a RC ejection can be issued to any patron.				
	No headers allowed U11 and below; Opponent is given a throw-in for non-incidentals headers.						
13 – Free Kicks			Opponent must be 8yds away from ball				
14 – Penalty Kick			8yds		10yds		
	Whistle start. All players behind PK spot with space for ID'd kicker.						
15 – Throw-in	No throws	Educate	No retakes allowed. More flex 1 st games				
16 – Goal Kick	No	Quickly	Opponent “Stay Behind Line” until kick				
17 – Corner Kick	No	Quickly	Opponent must be 8yds away				

* All rules are subject to change at any time and posted online. FIFA law details at <http://www.theifab.com>. No artificial noisemakers, no pets, no weapons, no smoking. All patrons must follow CA Code of Conduct.

CA Indoor Rules

FIFA Laws and the Spirit of the Game apply to all Class Athlete soccer games except to accommodate small-sided youth rules & league objectives including indoor differences below. Referee decisions are final.

FIFA Laws	All Ages above U7
1 – Field	20x40yds approximately
2 – Ball	Size 4
3 – Players	U9=7v7, U12=6v6, U15=6v6. Coed.
	Captains not needed. Home Team kickoff 1 st half. Max 3 coaches on sideline. Empty endline.
	Unlimited on-the-fly subs with pinnies are allowed provided the field player and substitute player are not on the field at the same time. Keeper sub must be equipment-ready and referee-approved. Referee shall grant a few extra seconds for complex or cross-field subs when you request a sub after your team has earned possession for any kick.
	Minimum 50% playing time per player for regular season. Participation required for playoffs.
4 – Equipment	No hard casts at all. No outdoor cleats. Tennis or turf shoes required. Matching/distinguishable unaltered shirts. Players provide their own shin guards, socks, shorts, shoes and ball.
5 – Referee	1 ref. Permitted to explain offences, not coach, as needed.
6 – Officials	Field Manager and/or clock operator when available. Coaches must stay on their team half.
7 – Duration	20-minute halves with 2-5 minute half-time. Referee may stop the clock for serious delays.
8 – Start/Restart	Home team kicks off in 1 st half defending the side of their team bench. Opposite for 2 nd half. A goal may be scored directly from a kickoff or dropped ball.
9 – Ball In/Out	Only deliberate striking of ball into top net is a DFK. Cones acceptable where lines unusable.
10 – Outcome	No extra time for ties. PKs in playoffs w/ coaches/refs conference.
	PKs best of 3, No subs/GK swap
	3-5-7 Goal Differential Rule: At +3-goal diff, no more benefit to standings. At +5-goal diff, no player with 2+ goals allowed in attacking half. At +7-goal diff, no player with 1+ goals allowed in attacking half. Ideas: more subs, new GK, more DBs, no punts/DFK/DCK, drops, long shots. Official forfeit is recorded as 3-0. Games canceled after the 1 st half are final unless specified.
11 – Offside	No offside
12 – Fouls	Slide tackles incl. keeper = DFK & optional YC/RC. No playing ball while player on ground.
	YC recipient must sub out minimum 4mins. Similar to new sin bin rules. RC recipient before, during or after game must leave facility, and is suspended at least 1 more game.
	No headers allowed U12 and below; Opponent is awarded a kick-in for non-incident headers.
13 – Free Kicks	All free kicks are direct. Opponent must be 5yds away from ball. Kicker has 5 seconds.
14 – Penalty Kick	U9=8yds, U12=8yds, U15=10yds. Only players on field at time of foul may take the PK.
15 – Kick-in	Throw-ins are replaced with kick-ins which are direct from anywhere on the field. Opponent must be 5yds away from ball. Kicker has 5 seconds or else opponent is awarded a kick-in.
16 – Goal Clearance	Goal kicks are replaced with goalkeeper (GK) distribution. Standard goal kick rules apply. GK has 5 seconds to distribute the ball (throw, roll, kick) outside the box or else opponent is awarded a kick-in. GK cannot distribute ball to self. Ball must touch the ground or a player before crossing midfield or else a DFK is awarded to the opponent at midfield.
17 – Corner Kick	Opponent must be 5yds away. Kicker has 5 seconds or else opponent is awarded a kick-in.
CA – Other	Goals can be scored from beyond midfield. For all GK distribution, the ball must touch the ground or a player before crossing midfield or else a DFK is awarded to the opponent at midfield. This is to avoid punts back and forth. GK has 5 seconds to distribute the ball (throw,roll,kick) or else opponent is awarded a kick-in.

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CA Futsal (Indoor Court) Rules

FIFA Laws and the Spirit of the Game apply to all Class Athlete soccer games except to accommodate small-sided youth rules & league objectives including futsal differences below. Referee decisions are final.

FIFA Laws	All Ages above U6
1 – Field	Full size basketball court. Penalty arc, not box. 1 st PK spot at top of arc. 2 nd PK spot at midfield.
2 – Ball	Size 4 futsal ball (optional, size 5 may be used for age 12 and above)
3 – Players	Coed. 4v4 or 5v5 incl keeper for all ages. Flexible per attendance and age group.
	Guest player(s) allowed if not playoffs, current or former CA athlete, team has no subs, plays less than roster players, scores minimal goals and is approved by ref for age, size & safety.
	Unlimited on-the-fly subs are allowed provided the field player and substitute player are not on the field at the same time. Keeper sub must be equipment-ready and referee-approved. Referee shall grant a few extra seconds for complex or cross-field subs when you request a sub after your team has earned possession for any kick. Illegal substitutions can be carded.
	Minimum 50% playing time per player for regular season. Participation required for playoffs.
4 – Equipment	No hard casts at all. No outdoor cleats. Non-marking tennis/indoor/basketball shoes required. Matching/distinguishable shirts. Players provide own shin guards, socks, shorts, shoes & ball.
5 – Referee	1 referee. Permitted to explain offences, not coach, as needed.
6 – Officials	Field Manager and/or clock operator when available. Coaches must stay on their team half.
7 – Duration	20-min halves with 2-min half-time running clock. One 1-min timeout per half per team only allowed when in clear possession of the ball.
8 – Start/Restart	Home team kicks off in 1 st half from their bench side. Opposite 2 nd half. All restarts max 4 secs. Ball is in play after it travels 1 foot. A goal may NOT be scored directly on restarts except PKs.
9 – Ball In/Out	IFK awarded when ball strikes a foreign object. Cones acceptable where lines unusable.
10 – Outcome	Game may end in a tie for regular season games. PKs in playoffs w/ coaches/refs conference.
	PKs best of 3 for all ages. No subs after game. Keeper may be swapped with a field player after the game for PKs.
Scoresmanship	<u>3-6-9 Goal Differential Rule</u> : At +3-goal diff, no more benefit to standings. At +6-goal diff, no player with 2+ goals allowed in attacking half. At +9-goal diff, no player with 1+ goals allowed in attacking half. Ideas: more subs, new GK, more DBs, drop passes, long shots, weak foot. <u>Official forfeit</u> is recorded as 3-0. Games canceled after the 1 st half are final unless specified.
11 – Offside	No offside
12 – Fouls	No slide tackles allowed: with contact = YC minimum as reckless even if ball is hit, RC for excess force or DOGSO or endangering safety such as with cleats up or from behind.
	5 foul limit per half. The 6 th foul & beyond results in a PK from midfield (the 2 nd spot).
	YC recipient must sub out minimum 4mins. RC recipient must leave facility, and is suspended at least 1 more game. RC recipient may be replaced after 2 mins or opponent goal.
	No headers allowed U11 and below; Opponent is awarded a kick-in for non-incident headers.
13 – Free Kicks	All free kicks are indirect. Opponent must be 5yds away from ball. Kicker has 4 seconds.
14 – Penalty Kick	Standard PKs for most fouls in the arc are taken at the top of arc (1 st spot). Foul accumulation PKs are taken at midfield (2 nd spot) and keeper may start anywhere in the arc. Only players on field at time of foul may take the PK. Other players must be 5 yards away and behind ball.
15 – Kick-in	Throw-ins are replaced with kick-ins which are always indirect. Opponent must be 5yds away from ball. Kicker has 4 seconds or else opponent is awarded a kick-in. Ball must be near-still.
16 – Goal Clearance	Goal kicks are replaced with goalkeeper (GK) hand distribution. GK has 4 seconds to distribute the ball by hand (throw, roll etc.) from inside the arc or else opponent is awarded a kick-in. GK cannot distribute ball to self.
17 – Corner Kick	Opponent must be 5yds away. Kicker has 4 seconds or else opponent is awarded a kick-in.

**CA – Other**

Goals may NOT be scored from beyond midfield. Max 2 coaches on sideline. Empty endline. CA modifications are intended to maximize safety, integrity, development & schedule planning.

CA 3v3 Rules

Class Athlete 3v3 rules will follow Challenge 3v3 Tour® rules, FIFA Laws and CA Code of Conduct except where **bolded** below:

PLAYER REGISTRATION: All players must be listed on their teams' roster form before the tournament begins. Any team or player determined by the event director to have falsified age or skill level will be dismissed from the tournament and will not be eligible for a refund. **Age divisions are subject to change based on registrations.**

ROSTERS: No changes or substitutions to rosters after the start of a team's first game. All rosters are final at the start of the team's first game.

NUMBER OF PLAYERS: SIX (6) is the maximum number of players on a team; **FOUR (4) is the minimum number of players on a team**; THREE (3) field players at one time. Players may only play on one team in the tournament. There are no goalkeepers in 3v3 soccer. Substitutes may occur at any dead ball situation, but players must get referees attention and enter and exit at the half-field mark only

COACHES: Three (3) is the maximum number of coaches that can accompany a team on the sideline during a match. Coaches may not cross beyond the midline and shall remain in close proximity to the team's sideline area.

TEAM UNIFORMS & EQUIPMENT: All players must wear jerseys/shirts during play and each team must bring both a light and a dark colored jersey/shirt. If both teams are wearing the same color a coin flip in qualifying play will determine the team to change uniforms. In playoffs the higher seed will have the option. All players must wear shin guards. Any player without shin guards will not be allowed to play. A player must not use equipment or wear anything that is dangerous to them or another player (including any kind of jewelry). Event wristbands are an exception and must be worn while playing and until participation in the event is over. Teams are responsible for providing game balls. Here are the following sizes for each group: U5-U7 = Size 3; U9-U13 = Size 4; and U15 & up = Size 5.

FIELD DIMENSIONS: fields are Length 30-40 yards, Width 20-30 yards. U8 and Under will play on fields, Length 20-30 yards, Width 15-20 yards.

GOALS & GOAL BOX: The goals are a maximum of **five** feet high by **ten** feet wide. The goal box, 12 feet wide and 8 feet deep, is directly in front of the goal. No player may touch the ball within the goal box, however any player may move through the goal box. If any part of the ball or player's body is on or across the line it is considered in the goal box; the player is an extension of the box. If a defender touches the ball in the goal box, a goal is awarded to the offensive team. If the defender OR the ball is in the box and contact is made, a goal is awarded. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team. If the ball comes to a complete stop in the goal box, regardless of which team touched it last, a goal kick is awarded to the defensive team.

GAME DURATION: The game shall consist of two 12 minute halves separated by a two minute halftime period OR the first team to reach 12 goals, whichever comes first. Games tied after regulation play shall end in a tie except in playoffs. A team, at the discretion of the referee and the tournament director will be forfeited at game time if they are not present. Teams are responsible for waiting until their seed for playoffs has been determined. There are no time outs in 3v3 soccer. **U7 may use shorter 8-10 minute halves.**

GOAL SCORING: Goals can be scored from anywhere on the offensive half of the field of play. The ball must last be touched (either by offense or defense) within the attacking team's offensive half of the field. A goal cannot be scored directly from a kick off. For a goal to be awarded during a kick-off, the ball must first be kicked completely off of the halfway line, into the offensive half of the field (If the entire ball is not completely within the offense half of the field when last touched during kick off, no goal will be awarded and a goal kick will be given).

SCORING (IN QUALIFYING PLAY): Games will be scored according to the following: 3 points for a win; 1 point for a tie and 0 points for a loss.

TIEBREAKERS: (after qualifying play) Ties in standings between two teams will be broken by; 1) head to head results between tied teams; 2) goal difference in qualifying play; 3) most goals scored in qualifying play; 4) least goals allowed, 5) if head coaches agree, a coin toss; if not a shootout. Ties between three or more teams will be broken by; 1) goal difference in qualifying play; 2) most goals scored in qualifying play, 3) least goals allowed, 4) shootout with 1 team receiving a first round bye by random draw. If the criteria for 3 or more teams eliminates all but 2 teams, the criteria for a tie between two teams (above) will be used to determine the



rank of the two teams. A forfeit will be entered as score of 6-0.

PLAYOFF OVERTIME: Shall consist of sudden death overtime period, maximum length of three minutes, with a coin toss to decide kick-off direction. The first team to score in overtime is the winner. If no team has scored in the three minute-overtime period, the winner shall be decided by shootout. A coin flip will decide which team starts the penalty kick round. The three players from each team remaining on the field at the end of overtime will alternate with each penalty kick, with the higher scoring team winning after the first round. If the score remains tied after the first round of penalty kicks the same field players will rotate in a sudden death penalty kick format until one team scores unanswered.

NO OFFSIDE and NO SLIDE TACKLING IN 3V3 SOCCER

FIVE YARD RULE: In all dead ball situations, defending players must stand at least five yards (15 feet) away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the infraction.

KICK-INS: The ball shall be kicked into play from the sideline instead of throw in.

RESTARTS: All dead ball kicks to restart play (kick-ins, free kicks, kick-offs), with exception of corner and penalty kicks, are considered to be indirect free kicks. The rule defining when a kicked ball is in play after the first touch in a restart is from full sided soccer. Our rules do not alter that rule in any way. In the full sided game of soccer the ball is considered in play when it is kicked and moved. The distance to be moved is minimal and the kick need only be a touch of the ball with the foot in a kicking motion or being dragged with the top or bottom of the foot. Simply tapping the top of the ball with the foot or stepping on the ball is not sufficient.

GOAL KICKS: May be taken from any point on the endline, and not in the goal box area.

KICK OFF: May be taken in any direction. For a goal to be awarded during a kick-off, the ball must first be kicked completely off of the halfway line, into the offensive half of the field (If the entire ball is not completely within the offense half of the field when last touched, no goal will be awarded).

PENALTY KICKS: Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the infraction. It is a direct kick taken from the middle of the halfway line with all players behind the halfway line. If a goal is not scored, the defense obtains possession with a goal kick. Penalty kicks are not live balls.

PLAYER EJECTION (RED CARD): Referees have the right to eject a player from the game for continual disobedience or as a result of an incident that warrants sending the player off. The team may then continue with the remaining players on their team. If the ejected player was on the field, he may be replaced by an eligible rostered player on the team. The tournament director will decide the number of games in the suspension.

FORFEITS: Any team forfeiting two consecutive games in qualifying play or forfeiting a game in playoffs will be removed from the tournament.

PROTESTS: There will be no protests.

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. Spectators are prohibited from entering the field of play at any time during the match. Any instance of such conduct will disqualify the responsible team from the event.

GENERAL: **Class Athlete** will not be responsible for any expenses incurred by any team due to the cancellation in part or whole of any Division or any part of this tournament. **If the tournament is canceled mid-day, all games at or beyond half-time are final. If the tournament is delayed mid-day, all games will be continued where they left off. The tournament director(s) may adjust the schedule as necessary and/or award medals based on final standings in the event of delays or cancellations.**

CASTS: Orthopedic casts of any kind are not permitted; however, soft braces can be worn with approval based on safety at the discretion of the referee. The referee has the final say at each game for soft braces.

MECHANICAL AND ARTIFICIAL NOISE MAKERS ARE PROHIBITED. Secured canopies are permitted outside the fences.



OTHER: SITUATIONS OR OCCURRENCES THAT THESE RULES OR STANDARD RULES OF PLAY DO NOT ADDRESS SHALL BE LEFT TO THE SOLE DISCRETION OF TOURNAMENT DIRECTOR(S).

CA Code of Conduct

Class Athlete (CA) is meant to provide a positive environment for children to enter athletics without the pressure of having to be No. 1 or “The Best”. CA emphasizes teamwork and sportsmanship above winning. With that, we ask that all players, parents/guardians, and coaches please read the following information. By signing the CA player application and waiver you agree to all the provisions of this code of conduct.

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action, up to and including permanent ejection, as determined by league officials. I also understand that failure to abide by these rules will result in forfeiture of all monies paid for my registration.

Player Code of Conduct

1. I will treat my teammates, opponents, coaches, parents, and all others involved in CA with respect at all times
2. I will give my full attention to my coach and do my best to follow instructions.
3. I will always give my best effort in both practice and during games.
4. I will encourage and help my teammates and others who may not be as skilled at sports as I am.
5. Under no circumstance will I engage in name calling, taunting, or make derogatory or profane remarks to any coaches, officials, teammates or opposing players.
6. I will always congratulate my opponent's effort at the end of every game regardless of the score.
7. I WILL HAVE FUN!

Parent(S)/Guardian(S) Code of Conduct

1. I will support my child unconditionally regardless of how well he/she performs.
2. I realize that who wins or loses is of little consequence. I will not place pressure on my child to win or engage in conduct that is averse to the instructions of the coaches & staff of CA.
3. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that my child attends all scheduled practices and games as possible.
4. I will not seek special treatment nor ask for special privileges for my child.
5. I will applaud the efforts of all players in the games. I will never criticize another player.
6. I will not embarrass my child or myself by criticizing or yelling at officials, coaches, players, other spectators, or league directors. All forms of hostility toward an official, coach, child, opposing team parent or league director are unacceptable and have no place in this league.
7. I will be responsible for compliance of this code of conduct for any additional family members, friends or spectators that I invite to the games.
8. I will help the team whenever possible by providing my services as requested by the coach or team parent.
9. I will remember that this is my child's sport and not my second childhood.
10. I WILL HAVE FUN!



Coaches' Code of Conduct

1. I understand that as a coach or official, I must be a positive role model for the players and parents, and that I will exert a tremendous influence, either good or bad, in the education of the players. I will strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity, and self-discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect, and the rules of CA sports.
2. I will never place the value of winning, or my own personal satisfactions, above the value of instilling the highest desirable ideals of character, fair play and sportsmanship.
3. As a coach or official, I will devote time, thought, planning, and study to the rules of the game. I will prepare a practice and game plan realizing that this will best enable me to teach team sports. I will make every effort to attend all league provided training and meetings.
4. I agree that CA sports are intended to be enjoyable experiences for everyone involved and as a coach or official, I will set a fun tone for both practices and games. I will also strive to create an environment that eliminates a child's fear of failure and promote the challenges of learning new skills. I will ensure that each child has the opportunity to play a roughly equivalent portion of each game.
5. As a coach, I am totally responsible for my team's players, staff, and spectators. I am also responsible for instructing everyone on the league's expectations for game field behavior. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
6. I will take an active role in the prevention of drug, alcohol, and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
7. As an example to the children, before and after the game, I will establish a good sportsmanship tone by exchanging friendly greetings. I will teach the children that teammates, opponents and officials are entitled to be treated with respect and dignity, and if my team should lose, then their focus is on improving on the team's performance and not on what the other team, coach, or official did.
8. Officials will have the total respect and support of the coach. I will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and will result in disciplinary action.
9. I WILL HAVE FUN!

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action as determined by league officials. That disciplinary action may include a verbal warning, a written warning, a yellow card caution (administered by ref or staff), red card suspension (administered by ref or staff) and/or league dismissal. Two yellow card cautions during one season or year may result in an automatic red card suspension depending on the circumstances as determined by league officials. Red card suspensions could include being away from the field and vicinity of 1 or more practices and games as determined by league officials.