

MAITLAND SOCCER CLUB

Parent's Handbook



2013-2014 Seasonal Year

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“Making a positive impact on the lives of young athletes is the force that drives our organization. Winning's great, but the lessons and skills learned while training and competing are the seeds for future success in sports and in life.”

Dear Parents,

The following Parent Handbook was developed by the Maitland Soccer Club (MSC) to provide you with the information that you and your child will need to succeed in our club. Whether your child is a new player to our club, or if you have been with the club before, I am confident that you will find this handbook a useful resource. This handbook clearly outlines what is expected of our players and parents. Additionally, it clearly outlines what you can expect from our club, coaches, trainers and volunteers.

Inside you will find an outline of the rules of the game for all age groups and copies of the parent's and player's Code of Conduct Contracts.

We appreciate in advance your taking the time to review this document. If after review, should you need clarification on anything or have any questions, comments or concerns, please schedule some time to discuss this with your team's coach/team manager. Additionally, you can feel free to contact the MSC leadership team directly. Our contact information is as follows:

Maitland Soccer Club
670 N Orlando Ave #101
Maitland, FL 32751
407-965-6600
www.MaitlandSoccer.com
info@maitlandsoccer.com

We are confident that by following the guidelines suggested in this handbook, that you and your child athlete will have a rewarding and fun filled soccer season.

I look forward to seeing you on the pitch.

Sincerely,

Dan Clifton
Maitland Soccer Club President

Maitland Soccer Club – Program and Philosophy Overview

Maitland Soccer Club (MSC) is a unique alternative to the various soccer organizations located throughout Central Florida. For nearly 30 years, MSC has been providing quality soccer instruction and programs to young athletes through a network of passionate volunteers and dedicated professionals. Since 1982, our club has provided the most successful developmental soccer program in the area producing players that have excelled at the high school level, college level and US National Team level. Regardless of this success, we recognize that the “special” athlete is a rare breed and we therefore provide training and developmental opportunities for all levels of players from 5 to 18 years of age. At MSC, our goal is to provide a place for every child – regardless of their skills and abilities.

MSC is dedicated to developing players first in character, then teamwork, skill, and ability. Winning is important and encouraged. However, character, team, and individual player development are most important. Winning is accomplished by emphasizing character, team, and individual development through coaching leadership and instruction at practice and clinics. The players of the club get the opportunity to put these concepts into play at games.

MSC Teams Overview

Because MSC is not a “one-size-fits-all club”, we believe that there should be different focuses and developmental opportunities at different age groups. By using age-appropriate training and education, we help young athletes build strong soccer skills, a strong foundation for good sportsmanship and a proper sports perspective.

Players 4 to 8 years old (U5 to U8)

At U5-U8, the focus is on fun, friendship and technical skills. Players are placed on teams with their friends and classmates – regardless of skills or abilities. Occasionally, a child without a team preference will be placed on a team based on a team needing additional players. This “*friends team concept*” creates a unique team environment that fosters the young athlete’s fun and friendship first mentality while building a strong fundamental soccer foundation. Passing, receiving, dribbling, shooting and teamwork are the focus of the soccer technical skills, while respect and inclusion are the focus of the values. All of the U5 to U8 teams play in our in-house league consisting of other MSC teams.

In addition to the player’s normal team practices, MSC provides other developmental opportunities for the U5-U8 players. Weekly instructional clinics are held on Saturdays for U5-U7 players and Sundays for U8 players. Our XCEL program, which is held in between soccer seasons, helps keep our younger players progressing in the off-season. All clinics and our XCEL program are provided at no additional charge by our licensed professional trainers and coaches.

Players 9 years old (U9)

At U9, the focus shifts to a little more competitive in nature, but is still grounded with a proper sports perspective. It is at this age group where MSC introduces the concept of separating players into different skill levels. All players at this age will try out for Red, White and Blue teams. The three colors each represent a skill level with Red being the highest, White being in the middle and Blue being those needing additional development. Teams at this age bracket start to compete in the Greater Central Florida (GCF) league which plays teams from various Central Florida clubs or the MSC in-house league, which plays MSC teams against other MSC teams. One of the major aspects at the U9 level is the introduction and development of tactical skills.

Each team at this level has their own requirements for time and financial commitments for being part of the team. Each player will be matched to a team that is appropriate for his or her skill level as well as his or her commitment level. For example, a child athlete may have high skill levels but choose to be on a lower skill level team due to time, scheduling or financial reasons.

Once an athlete chooses a team, he or she is on the team for the remainder of the year. The focus continues to build on the strong fundamental technical soccer skills, reinforces the core values taught at our younger levels, and introduces the development of tactical soccer skills. Additional core values such as diversity, persistence and leadership are gradually introduced into the practices.

Players 10-12 years old (U10 to U12)

For U10-U12 players, the program is a continuation of the U9 philosophies. Teams continue to be separated into Red, White and Blue skill levels. Team rosters maintain their continuity from year to year (including U9 as they move up) with the exception of the MSC Club yearly tryouts when players can move between the different level teams based on the assessments of our professional staff. By staying on the same teams, the athletes foster a better team concept and form bonds with their teammates. The focus is still competitive with a proper sports perspective. Teams at this age bracket will continue to compete in the Greater Central Florida league or the MSC in-house leagues.

Each team at this level has their own requirements for time and financial commitments for being part of the team. Each player will be matched to a team that is appropriate for their skill level as well as their commitment level.

Since this level of soccer is a continuation of the athlete's developmental phase, the focuses at this level are to reinforce the fundamental technical soccer skills, progress to intermediate team/position tactical skills and to continue to educate the players on such topics as respect, inclusion, diversity, persistence, initiative, loyalty, cooperation, and leadership.

Players 13-18 years old (U13 to U18)

For our U13-U18 players, the teams and the program shifts to the next competitive level. It is at this level where the athletes are groomed to compete at the highest level. If the athlete intends to play high school or collegiate-level soccer, the child athlete will be taught the skills and techniques he or she will need to succeed. While the emphasis shifts to the next level with training and competition, the players are still held to the highest standards for good sportsmanship and proper sports perspective.

Teams consist of Red, White and Blue skill levels and compete in the Greater Central Florida (GCF) league with other clubs throughout Central Florida. Year-round training and off-season tournament play is highly encouraged at this level.

Each team at this level has their own visions and requirements for time/financial commitments for being part of the team. During the MSC Club yearly team tryouts, each player will be matched to a team that is appropriate for their skill level as well as their commitment level.

The focuses at this level are competing at advanced levels, teaching advanced team tactics and advanced positional tactics/skills. Age appropriate, progressive training and conditioning techniques are employed to develop strength, athleticism, speed, agility, and soccer skills.

All Players in MSC

In MSC, regardless of the child athlete's skills or abilities, our club can match the player to the right developmental opportunities to meet his or her goals within the time and financial parameters that meet the parent's goals. While there are a couple things that vary from team to team and in the different age groups, there is consistency throughout our club in that our athletes will be challenged and provided the skills and opportunities to compete at a high level both on and off the field.

MSC Expectations of Players

At MSC, we have high expectations of the players to behave in a manner that reflects positively upon themselves, their family, their team and the Maitland Soccer Club. First and foremost, this starts with respect. This respect is for the player, their teammates, coaches, trainers, opponents, officials, administrators, fans and the rules of the game at all times.

As a parent of a player in MSC, it your responsibility to set the right examples and to make sure that your child abides by the guidelines set forth by MSC.

As a club, we have the following expectations of our players.

- Players understand that playing for Maitland Soccer Club is a privilege and not a right and that this right can be revoked at any time.
- Players will respect themselves, their teammates, coaches, trainers, opponents, officials, administrators, fans and the rules of the game at all times.
- Players will display good sportsmanship and encourage good sportsmanship from fellow players.
- Players will exhibit proper sports perspective at all times and remember that soccer is an opportunity to learn and have fun.
- Players will remember that soccer is a TEAM sport. They will accept and include all players on the team regardless of race, sex, creed, skills or abilities.
- Players need to be supportive to their teammates and positive in their interactions with all players.
- Players will play by the rules of the game at all times.
- Players will listen to the coaches and trainers and maintain a positive attitude.
- Players will concentrate on playing soccer, always giving their best effort every day, regardless of score.
- Players will wear appropriate equipment at all times.

Additionally, while requirements may differ from team to team, players are also must adhere to the following expectations:

- Players are expected to be at team practices, arriving on time, unless injured or have an acceptable excuse
- Players are expected to arrive at every game a minimum of 30 minutes prior to the start of each game
- Players are expected to shake hands with the opposition's players at the conclusion of each game. Additionally, each player is expected to shake hands and thank the game officials.
- Players are expected to participate in club events and activities such as yearly tryouts, fundraisers, etc...

Player's Code of Conduct Contract

PLAYERS

- ❖ I promise to respect myself, my teammates, coaches, trainers, opponents, officials, administrators, fans and the rules of the game at all times.
- ❖ I understand that playing for Maitland Soccer Club is a privilege and not a right.
- ❖ I will concentrate on playing soccer, always giving my best effort every day, regardless of score.
- ❖ I promise to exhibit proper sports perspective at all times.
- ❖ I will remember that soccer is an opportunity to learn and have fun.
- ❖ I will remember that soccer is a TEAM sport. I will not show off and hog the ball.
- ❖ I will accept and include all players on my team regardless of race, sex, creed or abilities.
- ❖ I will play by the rules at all times.
- ❖ I deserve to play in an environment that is free of drugs, tobacco and alcohol and expect everyone to refrain from their use at all soccer games.
- ❖ I will display good sportsmanship myself and encourage good sportsmanship from fellow players.
- ❖ I shall conduct myself so as to be a credit to my team and myself.
- ❖ I realize that I am responsible for my actions. I will always control my temper, will exercise self-control, and will not retaliate.
- ❖ I will shake hands with all opponents and officials after a game; whether we win or lose.
- ❖ I will admit my mistakes instead of making excuses or blaming others.
- ❖ I will always support my teammates in practices and games.
- ❖ I will listen to my coaches and trainers and maintain a positive attitude in practice and during games.

Date: _____ Player Signature _____

MSC Expectations of Parents

At MSC, we hold the parents to the same high standards that we hold our players. As the parent, you are expected to positively reinforce the club's guidelines for the players, be a positive role model and your child's number one fan.

As a club, we expect the following from the parents of the players.

- Parents should positively support their children throughout the child's soccer development.
- Parents should positively reinforce the principles and values that are taught at practices.
- Parents will demonstrate and encourage good sportsmanship at all times. They should maintain a proper sports perspective and remember that the game is all about the players and not all about winning.
- Parents will demonstrate positive support for all players, coaches, game officials and administrators at all times. They will not criticize or argue with game officials. Under no circumstances should a parent make disparaging remarks, negative comments and/or complaints to the referee, the coach, another player, other parents or the opponent's coaches, players and parents. Should this occur, the referees have the right to have a parent escorted from the field. Parents who are removed from the premises may not be allowed to attend any games for a period of time determined by the MSC Board of Directors.
- Parents will ensure that their child treats other players, coaches, game officials, administrators, opponents and fans with respect.
- Parents are required to inform the club and coach about any special issues that may or may not affect their child's safety or performance. This would include medical conditions, medications, external stresses, etc...
- Parents will always allow the coach to be the coach and refrain from coaching on the sidelines. If this occurs, the parent will be warned by the coach, team manager or the referee. If that parent does not cooperate, they will be asked to leave the game immediately and may not be allowed to attend any games for a period of time determined by the MSC Board of Directors. Please leave all the coaching to the coaches and trainers.
- Parents will not get into arguments with the opposing team's parents, players, or coaches.
- Parents will not bring alcoholic beverages to practice or games.
- Parents are not allowed on any practice fields during scheduled practices. There are designated areas around the perimeter of the field for parents to sit during practices. Should a parent wish to speak to a coach or trainer, the parent should arrange time with the coach or trainer to address any questions, comments or concerns.
- A parent should not approach a coach during or after a game regarding questions, comments or concerns. The parent should make an appointment with the coach to discuss any issues no sooner than 48 hours after a game. Should there be no resolution to the issue; the parent should then contact MSC's Director of Coaching (contact information found on the website) and lastly the MSC's Board of Directors.

- Only parents or legal guardians will be able to discuss any questions, comments or concerns regarding the athlete with the coach, trainers, Director of Coaching or MSC Board of Directors.

If a parent fails to abide by the guidelines above, the parent may be suspended from games and practices for a period of time determined by MSC's Board of Directors. Continued disregard of the guidelines may result in your child being suspended from games / practices and/or removed from the team. MSC never wants to see this happen but reserves that right if necessary.

Parent's Code of Conduct Contract

PARENTS/SPECTATORS

- ❖ I will demonstrate and encourage good sportsmanship at all times
- ❖ I will demonstrate positive support for all players, coaches, game officials and administrators at all times.
- ❖ I will support the coaches, officials and administrators working with my child.
- ❖ I will maintain a proper sports perspective and remember that the game is all about the players, not winning.
- ❖ I will place the emotional and physical well being of all players ahead of any personal desire to win.
- ❖ I will insist that my child treat other players, coaches, game officials, administrators, opponents & fans with respect.
- ❖ I will always allow the coach to be the coach and refrain from coaching on the sidelines.
- ❖ I will not get into arguments with the opposing team's parents, players, or coaches.
- ❖ I will not criticize or argue with game officials.
- ❖ I will not bring alcoholic beverages to practice or games.

Date: _____ Parent Signature _____

Your Expectations of MSC

At MSC, we take great pride in having the best soccer developmental program in Central Florida. We realize that this is the result of the efforts of our network of dedicated professionals and passionate volunteers. For 30 years, these efforts have produced a great reputation that is well known for helping our players compete both on and off the field.

As a parent of an athlete at MSC, you can hold us to the highest possible standards, just as we hold you to the highest standards. This mutual accountability ensures that we can create a positive environment that is beneficial to all our members.

Here are just some of the expectations that you can have from our club:

- MSC will provide the guidelines and operating procedures for the club, and will make them available to all members, volunteers, coaches and trainers.
- MSC will provide a safe environment for coaches and players of MSC to practice and participate in games.
- MSC will conduct thorough background checks on all coaches, trainers, volunteers and professionals involved with the organization.
- MSC will hold all volunteers, coaches and trainers to the highest of standards both on and off the field.
- MSC will work to provide club developmental programs and opportunities aside from the traditional team practices and training sessions.
- MSC will provide timely and relevant club communication to its members via both printed and electronic communications.
- MSC will provide yearly team tryouts for each player to participate and showcase their talents. It is at these tryouts where players can move between the different levels of play.
- MSC will maintain access and good standing in the leagues and organizations that our teams participate in.
- MSC will maintain a website that will contain important information about the club.

MSC Expectations of Coaches & Trainers

The Merriam-Webster dictionary defines coach as *"one who instructs players in the fundamentals of a competitive sport and directs team strategy."* At MSC, we think that this definition misses the mark as we understand that coaching is more than just the X's and O's of the game.

MSC defines coach as *"a positive role model who inspires continuous improvement, develops character, instills a proper sports perspective and exemplifies good sportsmanship while instructing players on the fundamentals and advanced tactics of competitive sports."* This combination of life lessons and sports skills provides the foundation that players need to succeed both on and off the field.

This success both on and off the field is important because it is estimated that less than 3% of youth athletes go on to play collegiate-level sports and about 3% of those collegiate level athletes go on to play professionally.

Coaching children is an honor and a privilege that carries with it a moral responsibility to contribute to the healthy character development of young players. Coaches who equate "trying your best" as the definition of success -- and who value, expect, and demand good sportsmanship from their players -- help shape the moral, ethical, and spiritual character of children. Coaches nurture good sportsmanship. They should embody parents' values regarding good sportsmanship. A coach must model good sportsmanship at every level and make it a core goal of their work with kids. MSC coaches should engage their players in detailed discussions that discuss topics such as:

- Cheating
- Losing one's temper
- Negative criticism of teammates, coaches, referees, and opposing players
- Blaming teammates for mistakes or a poor team performance
- "Trash talk" and taunting opponents
- Showboating
- Arguing referees' calls and judgments
- The need to congratulate one's opponents after a game

Each MSC coach or trainer is held to a stringent list of expectations:

- Coaches will provide an environment for their players that is safe for all players
- Coaches will provide an environment that is positive and free of judgment
- Coaches will provide an environment that is free of alcohol, drugs and performance enhancing stimulants
- Coaches will maintain a proper sports perspective and will never emphasize the "winning at all costs" mentality. They will help develop a healthy attitude towards competing and winning
- Coaches will lead by example, demonstrating fair play and sportsmanship at all times
- Coaches will teach good sportsmanship, fair play and proper sports perspective to all players

- Coaches will provide a positive environment which offers diversity and inclusion for all players
- Coaches should educate all players to be supportive of each player on the team
- Coaches will always show respect for players, other coaches, game officials and parents
- Coaches will at all times conduct themselves in a positive manner and ensure that the players are positive to each other
- Coaches will hold all players, parents, team managers, trainers and volunteers accountable for their behavior and will not tolerate inappropriate behavior regardless of the situation.
- Coaches will be the primary soccer role model for the team
- Coaches will treat each player fairly and with respect. They will treat each child as an important member of the team
- Coaches will demonstrate knowledge of the rules of the game and teach these rules to their players
- Coaches will ensure that all players play by the rules in game play
- Coaches will provide developmental opportunities for all players regardless of skills or abilities
- Coaches should provide all players with play time in game situations
- Coaches should provide positive direction and feedback to players before, during and after practice and games
- **Coaches/Trainers/team leaders** are required to ensure that all players have the appropriate equipment to partake in activities. Soccer style cleats, shin guards, athletic supporters, etc.....
- **Coaches/Trainers/team leaders** are required to provide ample rest and hydration opportunities to its players. They should be able to recognize the signs of fatigue and dehydration in its players.
- **Coaches/Trainers/team leaders** shall ensure that all field and training equipment is in proper working order and free from defect. Soccer goals, regardless of size, should be securely anchored to the ground.
- **Coaches/Trainers/team leaders** are required to ensure that both the practice and playing fields are in appropriate condition and are free from debris, obstacles and ground defects such as holes.
- **Coaches/Trainers/team leaders** are required to have appropriate first aid kits at all practice and games. Each first aid kit at the minimum should include ice packs and bandages.
- **Coaches/Trainers/team leaders** are required to have a signed and notarized medical release form for each player on the team. These medical releases should be readily available at all times that the team is participating in practices or games.
- **Coaches/Trainers/team leaders** should be aware of any specific medical conditions or medications that may impact the athlete's performance or safety.
- **Coaches/Trainers/team leaders** are required to supervise practice activities and games to ensure that players are not reckless in behavior to themselves, their teammates or other players/coaches/volunteers.
- **Coaches/Trainers/team leaders** will not allow players to play or practice in lightning or excessive weather. The area surrounding the field should be free of lightning for a

minimum of 30 minutes. In the event of lightening and storms, team leaders are responsible to ensure that all of the team members have obtained safe shelter.

- **Coaches/Trainers/team leaders** must ensure that only individuals who have submitted and passed a MSC background check be involved in activities with the kids.
- **Coaches/Trainers/team leaders** must stay at practice and game facilities until all the parents or guardians have claimed their children. Under no circumstances should children be left behind waiting for a ride or left with another adult who is not the legal parent or guardian of the child.
- Coaches and team trainers will make themselves available, following a meeting request, to the parents or legal guardians to discuss issues, concerns or to answer any questions that the parents or players may have.

MSC Requirements for Coaches & Trainers

In addition to the above expectations of our coaches and trainers, there are several requirements that each coach and trainer must meet in order to participate in the Maitland Soccer Club. All of these requirements are to ensure the safety of our players and members.

Registration and Background Check

On a yearly basis, each coach must complete a coach's registration form provided by MSC. Each registration form provides consent for MSC and the Florida Youth Soccer Association (FYSA) to do a complete and thorough background check on the person registering.

Code of Conduct

Coaches at MSC must also adhere to the guidelines, rules and regulations contained in this manual and provide a completed signed copy of the Coach's Code of Conduct to MSC.

MSC Expectations & Requirements of Team

At MSC, the operations from team to team vary and each team may or may not include additional expectations, rules, procedures and guidelines for their players. The team's coach or team manager should clearly outline and communicate these additional requirements to you.

Here are some of the expectations and requirements that MSC has for its teams:

- Teams are expected to have team meetings at least twice a year a season – once at the beginning of the season and once at the end of the season. During these meetings, teams should openly discuss important season information to the parents of the players.
- Teams are expected to have consistent and clear communications to the members of the team. Examples of communication will be practice, training and game locations / times, expectations / requirements for events such as arrival times, weather cancellations, etc...
- Teams are expected to take part in the activities of the MSC club. Such activities include fundraisers, community service projects, community events, and club events such as clinics and demonstrations.
- Teams are expected to support the club's yearly team try outs and encourage player attendance at the club's clinics and training events.
- Each team will be required to have each coach, assistant coaches and volunteers submit a registration form to MSC each year. Each volunteer will undergo a complete background check prior to being allowed to participate.
- Each team will require that all player's read, understand and sign a Player's Code of Conduct contract. This Code of Conduct clearly outlines the positive expectations of the players. Each team will retain the contracts of its players.
- Each team will be required to have a Team Manager to handle routine functions such as uniform ordering, providing roster information to the parents, communication to the team for such things as outings, fee collections, team bank accounts, fundraisers, practice and game schedules, changes or cancellations, tournament information, directions to games and tournaments, etc....
- Teams ages U9 and above are required to utilize a MSC approved trainer to assist with the team unless the coaches have appropriate qualifications.
- Each team is required to keep a list of team requirements, expectations, rules and guidelines for being part of the team that are above and beyond those required by the club. These requirements should be furnished to the club and the parents of the team. Specifically, these requirements should include both time and financial commitments. These commitments vary from team to team and are decided entirely by the team. Examples should include number of times and for how long the team will have practice and conditioning assignments each week for both during the season and off seasons, additional lump sum or monthly fees and what these fees will be used for, and participation in tournament and other games/competitions outside the normal soccer seasons.

Frequently Asked Questions

What is the club's website address?

The club's website can be accessed at <http://www.maitlandsoccer.com>

Who are the key contacts at MSC?

The key contacts for the club are as follows:

Club President	Dan Clifton	President@MaitlandSoccer.com
Club Vice President	John O'Grady	VP@MaitlandSoccer.com
Registrar	Jenn Stubbs	Registrar@MaitlandSoccer.com
Director of Coaching	Vic Uvalle	BDOC@MaitlandSoccer.com
Girls Director of Coaching	Ken Hammond	GDOC@MaitlandSoccer.com
Treasurer	Gigi Harris	Treasurer@MaitlandSoccer.com
Field Manager	Larry Poliner	Fields@MaitlandSoccer.com
Referee Assignor	Louie Folber	Refs@MaitlandSoccer.com
Director of Instructional	Louie Folber	DIP@MaitlandSoccer.com

670 N Orlando Ave #101

Maitland, FL 32751

407-965-6600

www.MaitlandSoccer.com

info@maitlandsoccer.com

How do players register?

Players can register online (www.MaitlandSoccer.com) or at one of sign up events. For a listing of sign up events, please visit the website.

How do I order uniforms?

Uniforms are stocked at Soccer Locker, located in the Winter Park Village. 460 N. Orlando Ave Suite 110 Winter Park, FL 32789 407-629-0009

How do I schedule practice times and locations?

Practices can be scheduled or changed by contacting our Field Manager at Fields@MaitlandSeoccer.com or

What is GotSoccer and why am I getting e-mail from them?

GotSoccer is the online registration/communication tool that FYSA utilizes to track schedules, players, coaches and volunteers.

What are tryouts and why do we have them?

Tryouts are a chance for players to showcase their individual skills and talents. Tryouts are held once a year and provide the opportunity for the players to move to different skill levels. Additionally, it provides teams with opportunity to evaluate new players. Tryouts are highly encouraged for all to participate in.

Why is the registrar so cool?

If you have to ask this question, then chances are you have no chance of being cool...ever. Jenn is just Jenn.

Where is my away game located?

Locations for your away games can be found at
http://www.gcfsoccer.com/GameInfo/Fields/index_E.html

Where can I find my game schedule?

You can locate your GCF game schedules at
<https://events.gotsport.com/events/Default.aspx?EventID=33844>

Rules of the Game

Below is a summary for each age group. For Complete set of Rules and Explanations go to FYSA website.

Rules for U6/U7 Soccer

1. Size 3 ball
2. 3v3 no goalies
3. 4x8 minute quarters
4. No throw-ins, Kick-ins only
5. All free kicks are direct kicks
6. Goal kicks taken anywhere on goal line.
7. No off sides
8. No Fouls or Misconduct. If child is too rambunctious, officials can ask coach for a substitution. Substitutions allowed at every stoppage of play.
9. Roster size should be 6 or less.
10. Players must stand 4 yards away from placed kicks (corner, kick-ins, goal kicks)
11. Most important rule coaches stay on the sideline, Let the kids play!

Rules for U8 Soccer

1. Size 3 ball
2. NEW RULE for OBSC, U8 plays 5v5, 1 player as goalkeeper.
3. 4x12 minute quarters
4. Throw-ins allowed
5. All free kicks are direct kicks
6. Goal kicks taken from goal box.
7. No Off sides
8. Limited fouls called, awarding free kicks.
9. Roster size should be 8 or less.
10. Players must stand 5 yards away from placed kicks.
11. Most important rule coaches stay on the sideline, Let the kids play!

Rules for U9/ U10 Soccer

1. Size 4 ball.
2. 6v6 one of whom on each team is a goalkeeper.
3. Two equal halves of 25 minutes. Halftime interval is 5 minutes.

4. Registered Referee Grade 9
5. May use club linesman if desired, but not required.
6. Scoring, Conform to FIFA
7. No Offside
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 8 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball
13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.

Rules for U11/U12 Soccer

1. Size 4 ball.
2. 8v8 one of whom on each team is a goalkeeper.
3. Two equal halves of 30 minutes. Halftime interval is 5 minutes.
4. Registered Referee
5. The Assistant Referee: Use U.S.S.F registered referees or club linesman
6. Scoring, Conform to FIFA
7. Offside, Conform to FIFA
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 10 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball
13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.
14. Yellow and Red cards can be used. Two yellow cards equal one red card. Player is removed from play for a red card or equivalent. Red cards carry a one game suspension.

Rules for U13 and up Soccer

1. Size 5 ball.
2. 11v 11 one of whom on each team is a goalkeeper.
3. Two equal halves of 30 minutes. Halftime interval is 5 minutes.
4. Registered Referee
5. The Assistant Referee: Use U.S.S.F registered referees or club linesman
6. Scoring, Conform to FIFA
7. Offside, Conform to FIFA
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 10 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball
13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.
14. Yellow and Red cards can be used. Two yellow cards equal one red card. Player is removed from play for a red card or equivalent. Red cards carry a one game suspension.

Links & Resources

The following is list of resources for the Maitland Soccer Club

- On-Line Resources
 - GotSoccer.com (registration, rosters, schedules, etc...)
 - FYSA.com (soccer league information)
 - FIFA.com (soccer rules)
 - MaitlandSoccer.com (club website)
 - GCF League <http://www.gcfsoccer.com>

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Maitland Police Dept <http://itsmymaitland.com/>

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David Maus Chevrolet <http://www.davidmauschevrolet.com/index.htm>

Sea World <http://www.seaworldcares.com/>

Orangewood Christian School <http://www.orangewoodchristian.org/>

WellBro Building Corporation <http://www.welbro.com/Home.aspx>

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