

**Grand Junction Soccer Club (Fire FC)**  
**Program Manual**  
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**Grand Junction Soccer Club  
Program Manual  
Mission Statement**

"The Grand Junction Soccer Club (Fire FC) is dedicated to providing year-round soccer opportunities that are fun, safe, and challenging for individuals of all ages, abilities, and financial means."

**\*\* The Executive Director has ultimate authority when it comes to the staff and has decision making power in any area that might say Director of Coaching, Coach, or Technical Director.**

# **Grand Junction Soccer Club**

## **Program Manual**

### **Coaches Code of Conduct**

Coaches are expected to familiarize themselves with and abide by the CSA Rules and Procedures ([http://coyouthsoccer.org/rec\\_league.html](http://coyouthsoccer.org/rec_league.html)). In addition, these rules should govern the behavior and demeanor of the coaches:

1. The possession and consumption of alcoholic beverages or controlled substances in the field area is prohibited. A coach should not arrive at a practice or game field under the influence of alcohol or any controlled substance.
2. The consumption of tobacco products at the practice or game fields is prohibited.
3. All criticism addressed to players should be constructive criticism. (Instructional Sandwich: Positive, constructive criticism, Positive)
4. A coach will not physically, mentally, verbally, or sexually abuse a player.
5. A coach will be punctual for practices and games, prepared, and professional addressed.
6. A coach will set, through word and action, the highest standard of sportsmanship for the team, i.e. shaking hands with opposing coaches and referees.
7. All coaches will go through a background check, Safesport, and concussion training and in accordance with CSA policy.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Coaching**

The Head Coach for a Competitive Team must be 18 years of age or older. Assistant Coaches listed on the team's official roster must be at least 18 years of age or older. The Head Coach will be the individual ultimately responsible for conducting the team's business. They may enlist the help of parents to assist them with these responsibilities, but the actual organization will be left to the coach. The Head Coach and at least one Assistant Coach must be grassroots level or above licensed before the season starts. The Head Coach must be "D" level or above within 18 months of accepting the coaching position of a Competitive Team.

Coaches and Assistant Coaches must be at all practices and games for the entire length of the event or must have someone 21 years of age or older to supervise.

#### **Coaching Credit Requirements:**

1. U-11- Grassroots License or NSCAA Regional Diploma. The Competitive Program begins at this age group and Head Coaches must obtain their USSF "D" License or NSCAA Advanced Regional Diploma before or within 18 months of being appointed as a Competitive Coach.
2. U-12 & U-13 Coaches should attend coaching refreshers to get new ideas and increase their coaching curriculum options (in order to keep player's interest and to challenge players).
3. U-14 & Older coaches should hold the USSF "D" License. Competitive Coaches are encouraged to attend USSF or NSCAA National Coaching Schools before their team begins their U-15 season.

Competitive Coaches are encouraged to attend the Grade 9 or Grade 8 Referee Clinic and First Aid/CPR course.

The Director of Coaching/Executive Director has the authority to suspend a Competitive Head Coach or Assistant Coach.

#### **PROCEDURES:**

Coaches are responsible for teaching soccer skills, tactics, good sportsmanship, and enjoyment of the game to their players. Coaches may select their own Assistant Coaches.

#### **Contracts:**

All GJSC Level Up and Team coaches will be required to sign a contract.

#### **Salary:**

Premier Team per season      \$1000-\$3500

United Team per season      \$0-\$3,000.

Level Up – depends upon licensing, experience and what is agreed upon in the contract.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Field Set up and Clean Up**

Both teams scheduled for the first game on a field will set-up their field with goals, nets, and corner flags. Every team should arrive early to their game. If a team is not scheduled for the first game of the day on the field where they are playing, but upon arrival see that the field is not set-up, they must set-up their field. Any missing and/or damaged goals, nets, and corner flags will be reported to the Grand Junction Soccer Club office. Both teams will arrive 30 minutes prior to their scheduled start time to allow enough time to set-up field, warm-up players, and check in with the referees.

# **Grand Junction Soccer Club**

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### **Game Day Cancellation Policy**

In case of inclement weather both teams are to show up at their field ready to play unless a decision has been made earlier to close the fields. The referee shall determine at the field whether to play or cancel the game. Make up games shall be scheduled at the discretion of the Grand Junction Soccer Club. Any game terminated by the referee into the second half of play shall be recorded as a game and the score upon termination shall be the final score. Board members or Grand Junction Soccer Club staff on duty may close the fields.

The Grand Junction Soccer Club will update and updated every Saturday and during the week when the weather is questionable.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Member Guidelines and Code of Conduct**

We expect all participants to treat every individual with respect and courtesy. By registering your child with Grand Junction Soccer Club you are agreeing to abide by their standard. All adults must stay off the field and away from the goals. It is the expectation of the Grand Junction Soccer Club that all members (player, parent, coach, referee, and spectator) will adhere to the following standards of conduct:

1. Comments that are negative in nature will not be directed toward any referee, opposing player, opposing coach, and team member or team parent.
2. Complaints regarding Grand Junction Soccer Club Coaches/Assistant Coaches should be addressed to the coach. If resolution is not satisfactory, document your concerns in writing to the attention of the Grand Junction Soccer Club Technical Director or Executive Director.
3. Concerns regarding your child's team should be directly addressed to the coach. If resolution is not satisfactory, document your concerns in writing to the attention of Grand Junction Soccer Club Technical Director or Executive Director.
4. The highest standards of sportsmanship will be evident at all Grand Junction Soccer Club functions. Any negative behaviors, which include but are not limited to: spitting, derogatory comments directed at opposing players, refusal to shake hands at the end of games, throwing of objects, can result in a child's suspension from the next Grand Junction Soccer Club event (game, tournament play, etc.)
5. Concerns regarding the Grand Junction Soccer Club should be documented in writing and sent to the Grand Junction Soccer Club Technical Director or Executive Director.
6. Any breaches of the above standards of conduct can result in your child's suspension and a member's removal from the Grand Junction Soccer Club. Comments and behaviors of any member, which contradict the mission statement, disrupt the functioning of a team or the Grand Junction Soccer Club can result in suspension and/or removal from the Grand Junction Soccer Club, on the recommendation of the coaching staff and the Board of Directors.

# **Grand Junction Soccer Club**

## **Program Manual**

### **No Tolerance Policy**

The Grand Junction Soccer Club coaching staff, Board of Directors and center referees may request the immediate removal of a coach, assistant coach or spectator from the game site for the following reasons:

- 1) Use of foul language
- 2) Verbal and/or physical harassment of the referee or linesman
- 3) Non-compliance with GJSC game policies or standards of conduct
- 4) Verbal or physical confrontation with an opposing coach, player or spectator
- 5) Derogatory comments directed at any player.

The center referee will issue a RED CARD to the offending party and will note the individual's name on the referee card, and will submit it to the Grand Junction Soccer Club office within two days of the game. The Technical Director or Executive Director has the right to temporarily suspend coaching privileges or spectator viewing rights. The Technical Director may recommend to the Board of Directors possible removal of the offending player, parent, coach or spectator from the Grand Junction Soccer Club membership.



# **Grand Junction Soccer Club**

## **Program Manual**

### **On Site Game Day Cancellation Policy**

In the event that there is a need to cancel or delay games due to inclement weather (especially due to lightning), this is the procedure that should be followed by all Grand Junction Soccer Club members.

1. If there is a Grand Junction Soccer Club staff member on-site, they will make the judgment as to whether games need to be stopped and when they can restart.
2. If there is no staff member available and there is a Grand Junction Soccer Club Board Member on-site, they will make the decision.
3. At any time the center referee can make the decision to clear their field if they feel that the conditions are unsafe. It is solely up to the center referee to make a determination, should there not be a staff member or Grand Junction Soccer Club Board Member on-site. Recreational coaches may assist the referee in the decision, if necessary. All coaches will respect the decision of the center referee.
4. If the game is not one requiring referees, the decision can be made by the coaches.
5. If at any time a parent feels that their child is endangered due to weather, we recommend that they take their child to the nearest shelter. If the fields are cleared due to lightning, all players, coaches, referees and spectators must wait in their cars until the individual who has made the decision to clear the fields, has determined it is safe to resume play. The delay will be no longer than 30 minutes and all players and coaches are expected to stay until the 30 minutes has expired. Should it be determined after 30 minutes that it is still unsafe to return to the field, the procedure will be: if one half of the game has been played, the game stands and will not be made up. If less than one half of the game has been played, then the game will be replayed in its entirety at a new date and time.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Parent/Player/Coach Grievances**

It is the opinion of the United States Soccer Federation (USSF), the governing body for Colorado Youth Soccer and Grand Junction Soccer Club, that the vast majority of concerns/complaints received by a youth soccer organization can be adequately addressed by the (Coaching Staff). Examples of types of issues deemed appropriate for the coach to independently resolve include: a pattern of behavioral issues, education re: policies/procedures and communication issues. The coach would **not** independently address issues that involve a legal issue or potentially could impact the liability of the Grand Junction Soccer Club. These issues, or any other issue deemed necessary by the Director(s), would be directed to the Grand Junction Soccer Club Board of Directors either verbally or in writing. A standardized log form will be utilized to document the following:

1. Date of conduct
2. Date of complaint
3. Name, address and phone number of individual making complaint
4. Best method to contact this individual
5. Description of complaint
6. Comments by Director
7. Action taken by Director

Upon documentation of the complaint in the log book, the Director will initiate a contact with the involved parties, via phone conversation and/or meeting. The Director has the authority following said discussion to take the following action, with detailed documentation in the Log Book:

- Discussion satisfactory, no further action
- Reprimand
- Probation
- Suspension (always to include subsequent appropriate probationary period)
- Removal (requires written approval of GJSC Technical Director)

Any complaints alleged against the coach will be directed to the Technical Director or Executive Director for the Grand Junction Soccer Club. Any complaints alleged against the Technical Director or Executive Director will be directed to the Board of Directors.

# Grand Junction Soccer Club

## Program Manual

### Player Behavior and Discipline

Players engaged in any behavior which, in the opinion of the coach, is disruptive on an ongoing basis and causes the coach to spend a disproportionate amount of time with that player at the expense of the quality of the experience for the rest of the team, may be suspended or removed from the program by the Grand Junction Soccer Club.

It is our objective to work in a positive and constructive manner with our players.

#### Procedures:

- The Head Coach will discuss the behavior directly and privately with the player, with the assumption that the behavior will be corrected immediately.
- If the problem persists, the Head Coach will communicate with the player's parents to discuss the problem and lack of response on the part of the player. Parents will have the opportunity to be involved with the correction of the problem at this time.
- If the problem continues, the Head Coach and the Technical Director or Executive Director will discuss further techniques and/or courses of action to resolve the matter with the parents and players.
- If the situation warrants, the Executive Director and Technical Director may temporarily suspend the player. If sufficient cause exists, the Technical Director may recommend to the Board of Directors that the player be removed from the club. In this event, the Board of Directors will notify the parents.
- The parents of any player recommended for removal from the club may request to meet with the Executive Director, Technical Director, and Head Coach.

#### Discipline:

- A red card to a player or an ejection of a coach results in at least a one game suspension (in the case of the coach, he/she may not be suspended a game. This will be decided once information is gathered).. A meeting within 72 hours with the Executive Director will be required if the ejection is a coach.
- Any player who accumulates three stand alone cautions during a 365-day period can be suspended automatically for a minimum of one game. Again, this decision will be made by the coach and Technical Director/Executive Director if it is deemed appropriate.
- A red card in the last game of the season carries over to the following season.

The Coach or Technical Director/ Executive Director may increase the number of games that the player is suspended for receiving the red card.

## **Grand Junction Soccer Club Program Manual Playing Down Policy**

The Board of Directors must approve playing down in any division U12 and under, when requested in writing by the parent/guardian and a doctor/therapist. Playing down in upper divisions must be presented to the GJSC Board of Directors prior to the beginning of the season at a GJSC Board meeting. Playing down may affect a player's eligibility in CSA/USYSA or US Club Soccer sanctioned tournaments.

## **Grand Junction Soccer Club Program Manual Playing Up Policy**

U11-U17 players who are not being challenged can have the opportunity to play up a year. This decision to play up will be made by the team coach, program coordinator, and technical director. Criteria for playing up will be soccer ability, athletic ability, coach ability, and motivation. Players who play up must be considered to be in the top 1/3 of the team they would like to play on. Players can not play up for the sake of playing up.

Players must try-out for their own age group. As per CSA policy, "A club may move players up to older age teams by a maximum of 2 years beyond the player's proper birth date age division."

A player may be moved up to an older age team if approved by or at the recommendation of the GJSC Technical Director or Executive Director. The player wishing to be considered for playing up will notify the GJSC Executive Director in writing at least two weeks prior to the try-outs. The player will be allowed to play up if the player, their parents, the coach of the team receiving the player, and the GJSC Executive Director or Technical Director unanimously agree. The coach releasing the player may not discourage or hinder the move in the any manner or method. All persons involved are aware that the player is playing up based on their current level of performance.

## **Extra Touches Program Policy**

Players must either play for Fire FC or another CSA Club in order to participate in the Extra Touches Program. Players outside the club pay \$350 per season to participate in the program and this allows the player to train 3 times per week.

## **Grand Junction Soccer Club Scholarship Policy**

- Scholarship policy –  
Fire FC provides scholarships for players who fill out the required scholarship form and provide either free and/or reduced lunch card or a Medicaid Card. The amount of the scholarship is ½ of the registration (excluding the coaching fees). Each level and/or team can have up to 6 scholarships. If each level and/or team receives more than 6 scholarship applications, the total number of applications will be divided into the max allowed scholarship per level and/or team.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Team Management**

1. Each team shall have a Team Manager.
2. It is recommended that Competitive Teams not have the Head Coach's spouse be the Team Manager or other Team Volunteer.
3. The Head Coach selects Team Managers of Competitive Teams. The manager is responsible for the off-the-field management of the team which may include player registration, tournament registration, financial management, travel arrangements, publicity, team newsletters, roster maintenance, first aid kit, etc. The Team Manager must submit timely quarterly reports on the team's checking account(s) in the prescribed format to the GJSC office. The coach and manager may request assistance from any parent or assistant coach to assist the team manager.

#### **PROCEDURES:**

The GM will hold a meeting at the beginning and end of the season with Team Managers to provide information and receive feedback on each team's progress and perception of the program overall. Team Managers will attend these meetings.

The Team Manager will assist the coach with duties the coach deems necessary (e.g.: phone calls, organizing water, and half-time oranges, etc.)

At the end of the season, the Team Manager may arrange for an appropriate memento for the coach(es).

# **Grand Junction Soccer Club Program Manual**

## **Refunds**

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors or Executive Director for extenuating circumstances – at the Board or Executive Director's discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season.

A \$20.00 processing fee will be charged.



# **Grand Junction Soccer Club**

## **Program Manual**

### **Heading Stance**

GJSC does not allow heading in games u10 and below and discourages heading in training.

GJSC follows the rules set for by CSA concerning heading at the competitive levels. We do not encourage heading and only occasionally practice the skill at training on a limited basis only to make sure kids are using proper technique. We closely follow the current policies on heading set forth by US Youth Soccer Association.

# **Grand Junction Soccer Club Program Manual**

## **Coach right to refuse**

Grand Junction Soccer Club reserves the right to refuse any coaches for any reason, except for reasons of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance programs. Most importantly, majority of reasons include perpetual negative or abusive sideline behavior.

# Grand Junction Soccer Club Program Manual

## Concussion Policy

Grand Junction Soccer Club recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or are suspected of having a concussion. The policy is for coaches, parents, and players, but is to be shared with any other adults or participants in Grand Junction Soccer Club. At GJSC, we want to ensure our players are provided the safest environment possible. As such, GJSC is incorporating a Concussion Policy to educate GJSC members about concussions, help prevent concussions from occurring, and identify when a concussion may have taken place.

Here are the guidelines GJSC encourages coaches, players, and families to follow:

- **Learn about concussions!** The athlete, family, and coach should be familiar with the signs and symptoms of a concussion.
- **Identify the signs and symptoms of a concussion.** As a member of the sports community; we must recognize the signs of a concussion and check to see if the player is experiencing symptoms of a concussion.
- **‘When in doubt, take the player out.’** It is best practice to remove the player from competition if there are signs and/or symptoms a concussion has occurred.
- **Do not let the player return.** The player should not return to competition until he or she is evaluated by a medical physician and cleared to play.
- **Monitor player recovery.** Players who have experienced a concussion should be allowed to return to participate on a gradual basis. Players should continue to be monitored with the goal that the player will eventually return to full participation at an individual pace. Not all concussions are the same.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Coach Right to Terminate**

The Club reserves the right to remove any volunteer coach or paid coach for any reason at any time. Additional action may be required if necessary, including banning coaches from attending games as spectators and removing any future coaching rights. If coaches refuse to cooperate, they and their children may be banned from the club immediately and possibly permanently. Any further refusal to cooperate can result in police interaction.

# **Grand Junction Soccer Club Program Manual**

## **Guest Playing Outside the Club**

Players in Grand Junction Soccer Club, must ask for permission from the appropriate coach to participate in outside events with other clubs. The technical staff wants to make sure players are getting enough rest and are fulfilling the training to game ratio that has been set forth in the beginning of each year. To manage the players development and time on the field, the Coach will approve or not approve the request. If the request is approved, the coach/staff will need to fill out guest player paperwork and provide the player pass.

Parents or the player must for ask permission of his/her coach to guest play for another club/team.

The coach of the club looking for a guest player must then reach out to the coach to ask permission and to help with communication and paperwork needed.

This must be done in a timely manner. Two weeks prior to the event is a good rule of thumb as it takes time and resources to get what is needed for the player to guest play.

If any of the above is not followed, the club may refuse the request to guest play.

**Grand Junction Soccer Club**  
**Program Manual**  
**Game and Practice Make-up Policy**

Sessions/games/practices may be required to be played on non-traditional days, including Sundays, weekdays, and doubleheaders. Game and practice schedules may be changed throughout the season due to, but not limited to, teams folding, bye weeks, quality of fields, lack of fields, flighting issues, coaches discretion, weather problems, and other instances that may be out of our control. Grand Junction Soccer Club aims to provide a safe and positive environment for all our teams.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Parents Code of Conduct**

Youth soccer is for the players. All parents associated with the Grand Junction Soccer Club are invited to share in the pleasure of watching their children participate in the world's most popular sport, so long as their behavior does not distract the players and officials from the free flow of play which is the trademark of the sport. GJSC prides ourselves on having respectful and engaged families, and we ask that parents and guardians continue to adhere to these guidelines.

A parent or guardian should:

- Foster an environment of respect for referees, players, coaches, and spectators of the opposing team through words of encouragement and support.
- Applaud superior play, effort, and sportsmanship by players on both teams.
- Support your coaches and managers consistently regardless of the results on the field. Coaches contribute many hours of their time to your children. They deserve your congratulations when the team wins and your encouragement when the team doesn't.
- Communicate any concerns to the coach at the appropriate time (recommended 24 hour cool off period) away from the playing location and players.
- Always remain at least two yards from the playing field so our young players have room to play and enjoy the game.
- Your cooperation with these standards before, during, and after each game or practice will make GJSC more enjoyable for everyone.

A parent or guardian must:

- Never use foul language or obscene gestures at a game or practice site.
- Avoid comments and gestures that express disagreement with referee decisions.
- Cooperate with any request by the game officials.
- Never consume alcoholic beverages on the field location at practices or games.

A parent or guardian understands that:

- Any parent or spectator who fails to adhere to these standards will be required to leave the playing area, and play will be suspended until he or she does so.
- The Grand Junction Soccer Club reserves the right to suspend or terminate a player's enrollment for his or her parent's persistent or extreme sideline misbehavior, and there will be no refunds of player fees in such cases.
- Parents or guardians are responsible for their guests' behavior and must inform their guests of the applicable rules of conduct.

Any breaches of this Code of Conduct can result in your child's suspension and a member's removal from the Grand Junction Soccer Club. Comments and behavior of any member which contradict the mission statement or disrupt the functioning of a team can result in the suspension and/or removal from the Grand Junction Soccer Club.



# **Grand Junction Soccer Club Program Manual**

## **Player Right to Refuse Policy**

Grand Junction Soccer Club reserves the right to refuse participation for any reason, except for reasons of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance programs. Most importantly, majority of reasons include perpetual negative or abusive parent/guardian or player behavior or repeated non-payment of registration fees without resolve to cure.

Reasons for refusal may include negative or abusive parent/guardian behavior, negative or abusive player behavior, or repeated non-payment of fees.

**Grand Junction Soccer Club**  
**Program Manual**  
**Failure to Place Policy**

Registration of your child with Grand Junction Soccer Club does not guarantee a place in the Club's Programs. As we do our best to give as many players the ability to play as possible, there may be instances where your child will be turned away. Such instances include, but are not limited to, the inability to create enough teams due to lack of players, inability to find a coach, late registrations, unsuccessful payments, and missing payment deadlines.

# **Grand Junction Soccer Club Program Manual**

## **Player Pick up Policy**

Grand Junction Soccer Club paid coaches are required and our volunteer coaches are requested to stay at the field until the last player is picked up. This policy applies to players from age 4 through 18, and is designed to ensure your child's safety. Additionally, all coaches are requested to have a "two deep" player policy, meaning, coaches should never find themselves in a position being alone with a child. As a result, it is important that parents and guardians drop off and pick up their players from practice on time.

While we understand that many parents have hectic schedules and getting to and from practices can present challenges, it is important to note that we rely on many volunteer and professional coaches who similarly have demanding schedules and often need to leave immediately following your child's practice. Should a coach need to leave the field area while children are still present, children may only be left with an adult (this includes parents) that has completed a volunteer disclosure form and submitted the form to the Grand Junction Soccer Club office. You can find our Volunteer Disclosure form on our website.

# **Grand Junction Soccer Club Program Manual**

## **Uniform Policy**

Players registered to GJSC Recreational or Competitive teams must purchase a uniform and training gear package at the beginning of the season from our retail partner. Players are required to wear appropriate Fire FC issued gear to each training session and game. There are no exceptions to this policy. Players are responsible for upkeep of this gear. Continuing players will have the opportunity to reuse last year's uniform if it is in the current style.

# **Grand Junction Soccer Club Program Manual**

## **Safe Sport Program**

**Grand Junction Soccer Club follows the Safe Sport Program put forth by CSA and US Youth Soccer.**

## **Training Only Policy**

Players who live in the Grand Valley can only train with a Fire FC Team if they play for Fire FC in the fall and spring. The only exception is if we do not have a team at their age group/gender or if they are unable to play up. For example, kids who are in middle school when the majority of their team goes off to play High School Soccer. In this situation, we can find them a team to train with at a fee of \$350.

b. Competitive players must agree at the first team meeting to pay for all the fall, winter, and spring tournaments presented. If players accept an offer on a Fire FC Team, they are expected to put the team as a soccer priority. Players can only look to play with other soccer teams from other communities if the coach agrees, the club agrees and it does not interfere with what the team is doing throughout the year. We will not release players for events with other clubs, if they miss events with Fire FC.

## **Fire as the Priority Club Policy**

Competitive players must agree at the first team meeting to pay for all the fall, winter, and spring tournaments presented. If players accept an offer on a Fire FC Team, they are expected to put the team as a soccer priority. Players can only look to play with other soccer teams from other communities if the coach agrees, the club agrees and it does not interfere with what the team is doing throughout the year. We will not release players for events with other clubs, if they miss events with Fire FC.

## **Recreational Matrix**

### **How Teams are put together**

- 1. If a player played on a team last season, registers for that team again and does it before the deadline, they get put back on that particular team.**
  - a. Unless the player requests to be put on a different team.**
- 2. If there is a spot on any team (not all the kids registered from last season or the team size increased), we take the first player who requested the team. We look at the date and time to see who registered first.**
  - a. We fill every position needed based on this rule.**
- 3. If a player registers after the deadline and requests the team they played for last year; they are not guaranteed that spot. After the deadline, we simply go through and put kids on the teams they requested based on when they registered.**

**Paid “Volunteer” Program – an attempt to help families that help with our programs.**



Volunteer Fee Structure : For Parents who volunteer with Fire FC Programs (like recreation, tournaments, golf tournaments, tryouts, etc)

4 Days - 25%

8 Days - 50%

12 Days - 75%

16 Days - 100%

These discounted fees are ONLY to be used for registration purposes, NOT coaching fees and/or travel fees.

Discounts can be claimed in the following registration cycle. If a parent starts volunteering in the Fall season, they will only be able to apply the discount after the Spring season ends.

Once you get to 16 days volunteered you are capped and no more days can be added in the recreation calendar year (Aug 1 – May 31)

Eventually as the volunteer pool continues to grow we may need to alternate volunteers so one person isn't benefiting from this every year and others have the chance to help cover fees. (later time discussion)

## Fire FC New Referee Bonus Programs

1. For adult (18 or older) referees with a child who plays competitive soccer for Fire FC, the club will reimburse referees half of their child's registration fee upon completion of 10 games working for the club. We will do this every year an adult referees 10 games for the club for club events.
  2. For teenage referees, the club will pay a one-time \$90 bonus, upon completion of 10 games working for the club.
  3. For parents with players playing u9 -middle school soccer in our recreation league, the club will cover all of your registration fees for each season that you referee 10 games for the club.
  4. For members of our Adult League. We will cover two seasons of adult per year if you become certified and work 10 games for Fire FC.
- The reimbursement by the club is in addition to whatever you are being paid based on age group, AR or Center, for every game that you work. Working 10 games would amount to \$300-\$500 in addition to the club cover all or ½ of your registration fees.

Those interested in becoming a referee and participating in the programs can contact Shaun Howe and [shaun@gjsoccer.org](mailto:shaun@gjsoccer.org) or Chris Day (our referee assignor) at [clday77@gmail.com](mailto:clday77@gmail.com)

# Transgender/Nonbinary Policy

## ***Fire FC Sanctioned Activities***

Fire FC sanctioned activities include any camps, clinics, leagues, and programming that are run solely by the club. This includes our 5/6, 7/8, and 9/10 Training Only Level UP Program, our summer, winter, and in-season camps, as well as our internal recreational leagues.

Families are able to register their player for the gender team/program with which the player identifies via the club's sports registration system. We ask that families also reach out to the Director of the program to make them aware to assist with the placement of the player and create the best and safest playing environment.

## ***CSA Sanctioned Activities***

Fire FC will follow the guidelines from USYS/US Soccer for state league and CSA-sanctioned activities which include, but are not limited to, to Fire FC 9/10 Level Up Academy Program, 11U-19U Competitive league programming, and any recreational programming that participates against other clubs through CSA sanctioned events.

Per U.S. Soccer and United States Youth Soccer:

For the purposes of registration on gender-based amateur teams, a player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held, and part of a person's core identity. Documentation satisfying the herein stated standard includes, but is not limited to, government-issued documentation or documentation prepared by a healthcare provider, counselor, or other qualified professional not related to the player.

The medical documentation should be shared with your program director and uploaded into the player's Playmetrics profile (this information and file upload is encrypted) or sent to Colorado Soccer Association directly.

## **Teams with more than 18 players**

1. For home games, we will let parents know by Friday if their kids are not playing on the weekend.
2. For away games, we will let parents know by Weds (by 9:30pm) if their child will not be playing over the weekend.
3. Travel fees will be divided by the 18 that are on the travel roster.
  - If your team has 18 players or less, everyone splits the cost of coaches travel even if they don't attend. Only exception is if the player is injured.
  - If it is a tournament or league event, everyone who travels splits the cost. So if 24 players travel and play at least part of one game, they will be asked to contribute to the coach's travel fees.
4. We have a 24-hour policy when it comes to approaching a coach after a game. We ask the parents and players follow this policy after given the news about not traveling.

# Player and Parent Code of Conduct



## Fire FC Player and Parent Contract

1. I will be on time to every scheduled practice or game. If I will be late or am unable to attend, I will give the coach a call at least two hours before the event.
2. I will control my emotions. I will not mouth off to players, referees, coaches, or spectators.
3. I will commit to working as hard as I can every time I step on the soccer field (practice or game).
4. I will respect every member of this team (parents, players, and coaches). I will treat others how I want to be treated.
5. I will be generous when my team wins and be gracious in defeat.
6. I will follow the game/ tournament rules on game/tournament weekends – for example, diet, curfew, punctuality, and rest.
7. I will come prepared for practice and games (**inflated ball**, shin guards, practice or game uniform, water, etc.).
8. I will make decisions on and off the field that reflect positively on the club and myself. I will not participate in activities that are illegal or detrimental to the image of myself or the club.
9. When things do not go the way I want, I will look to myself first to see what I can do better.
10. By playing for Fire FC I understand that I am supposed to be at games and or tournaments. Missing games or tournaments will result in a loss of playing time. Fall season commitment is late August – as late as the second week of November. Spring is March (including spring break. Which we always have games) – the end of May (spring does not apply to HS Girls). Simply not attending games lets your teammates, other parents, coaches and the club down. If you are going to miss anything, which does happen, let you coach know with at least 2-3 weeks notice.
11. Playing time will be earned through attendance at training and games, quality and effort at training and games, attitude at training and games, character/being a good teammates (does the person make her/his teammates better and add to the quality of training or games). There may also be times where the coach makes decisions he/she thinks are best for the team (which may mean a player may or may not play in that situation).

12. After a game, parents and players will wait 24 hours until they email, text or communicate/contact the coach. This will allow emotions to settle and provide for a more constructive conversation.

**I WILL NOT:**

- Encourage or employ verbal or physical abuse in the game.
- Ridicule or yell at any player for making a mistake.
- Question coach's or referee's judgment, honesty, or authority.
- Be disrespectful to anyone.
- Blame (the referee, the field, my teammates, the coach, etc).

By signing this contract, I give my word that I will follow these simple rules. If I fail to follow these rules, I understand that there will be consequences.

Player \_\_\_\_\_

Parent \_\_\_\_\_ Parent \_\_\_\_\_

**CONSEQUENCES**

Minor offenses could result in extra work at practice or loss of playing time in the game. Anything deemed chronic or major by the coach will result in a meeting with the parents and the player. If another meeting is needed due to breaking this contract, the Executive Director and Board will get involved and it will be determined if you are a good fit for the club.

**Fire FC GAME and Game/Tournament RULES**

It is important to remember that these rules are set forth for the sole purpose of optimizing the performance of the team.

1. Parents will take one side of the field and players and coaches will take the other side. Only in the event of an emergency (i.e. injured player) will parents, siblings, or spectators come to the coaching side of the field. Parents should be on the same half of the field as the team (directly across from the team). Some states have the parents on the same sidelines.
2. Players who are late for the scheduled arrival of a game may be asked to sit-out the first half. (Parents or players – come see me if you have a good reason for being late)
3. Players will be expected to have all uniforms, shin guards, inflated balls, socks, etc. at the game.
4. **Game/Tournament weekends will focus on soccer first.** While game/ tournaments are a great chance for the entire family to have fun, it is important to remember that the coaching staff and the team elected to make the trip to help in the development of the team and the players. Players and parents should conduct themselves in a manner that will optimize the performance of their child and the team.
5. Players will not participate in activities that expend energy in between games (skateboards, soccer or any other sport, swimming, running around, wrestling, etc.).

- Appropriate activities between games would be: sleeping, watching TV, spending time with parents, playing board games or card games with parents or teammates, video games, reading, doing homework, stretching or icing an injury, eating appropriately, etc.
6. Players will conduct themselves in a manner that reflects well on our team and our club at all times (at the hotel, at the restaurant, tournament, trips we make as a team, etc.).
  7. Coaches may share a tournament diet recommendation. Please make an effort to follow it as it will optimize your performance over the long weekend and help make sure you are healthy and ready to go back to school the following week.

Consequences for breaking these rules will result in one of the following: Extra work at practice, loss of playing time in games, meeting with coach and parent, or dismissal from the team.

**I have read and agree with the following Game and Tournament Rules.**

Player \_\_\_\_\_

Parent \_\_\_\_\_ Parent \_\_\_\_\_

## **Expectations of Coaches**

- Commitment to excellence.
- Commitment to making oneself better as a coach. Attending symposiums, clinics, conventions, and license courses.
- Set goals and commit to them. If goals do not include winning state cup you will not win state cup.
- See problems as an enjoyable challenge.
- Find solutions.
- Be motivated and enthusiastic. It rubs off on players.
- Be prepared and organized. Being organized is motivation in itself. Players look to us for an organized, professional approach.
- Be flexible: use different approaches, change things that are obviously not working. Don't be too rigid and too proud to change.
- Be positive with our players. Let the players know you believe in them. A quiet word of encouragement will last a lifetime in the mind of a young athlete. A player who has no confidence will not play.
- No shortcuts. Don't place demands on players then fail to meet them yourself.
- Don't treat all players alike and never be too busy to listen. Every one of our players is a unique individual. We learn what motivates each one and how to get the best out of each player.
- Show a genuine concern for our players on and off the field. We will always go the extra yard for all of our players.
- Be under control. Our players take their cues from us. We do our best not to rant and rave. Profanity is not allowed under any circumstances from players or coaches. Always remember one negative word will undo the good work done by ten positive ones.
- Be demanding and expect the best while maintaining the integrity of the program.
- Wear GJSC gear at all games and training.
- You are expected to attend all club clinics.
- You must have permission to train teams outside of the club.
- Be a role model on and off the field. This is far reaching and will be discussed further, but it is crucial that we conduct ourselves in a way exhibits the highest level of personal and professional behavior.
- Coaches must respect each individual on the team and staff regardless of gender, nationality, race, sexual orientations, religion, or economic status.
- Coaches must abstain from the use of tobacco, vaping products and alcohol while in the presence of athletes.

### **Game day considerations:**

- A thorough warm up
- understanding nutrition,
- half time talk
- taking notes during game



- half time-restart with movement
- control of sideline
- wear correct attire
- Punctuality
- Try not to discuss anything with parents after a game (24 hour rule)
- Be demanding
- Be in control of sideline
- Substitutions
- We make an effort as a group to watch each other's games even if we are not training them. It is a feeling of club involvement. If you are training teams you should be at most of the games.

### **(E) Dealing with parents**

An open, respectful line of communication is desired. Do not leave all communication up to the team manager. We listen to concerns but do not change and bow depending upon who is not happy this week.

Playing time, as you will inform the parents in advance is based upon the following:

- performance and effort shown in practice
- attendance at practice and games
- positional requirements
- who is going the extra yard to get better
- in the eyes of the coach which players are simply better than the others

The latter is purely subjective and all that matters is the opinion of the coach making the selection as we know that 2 coaches may view a player differently.

### **GJSC Roles of parent coaches**

1. Support philosophy of the club/coach.
2. Teach and reiterate concepts learned in training.
3. Provide positive encouragement.
4. Demand the player's/team's best effort.
5. Expect good sportsmanship from the players/team.
6. Provide feedback/analysis for staff coach during the game.
  - a. If staff coach can't be there, give a call or send an email, letting him/her know what the team did well, and what they did not do well.
7. Substitute players if the staff coach not there.
8. Be the "good cop." Someone the players can talk with and feel supported by.
9. Do not over coach on the sidelines. Keep directions to a minimum and allow players to make decisions.
10. Make sure your directions are consistent with those of the staff coach and the GJSC philosophy.
  - a. Support your staff coach.
11. Communicate with your staff coach if you have questions, concerns, player/parent concerns, etc.
12. Wear GJSC shirt/jacket on sidelines with the team.
13. Pre-game and half time talks
  - a. One voice.
  - b. Try and keep suggestions concise and lively.
    - i. Three points rule.
14. Warm ups should be provided by the staff coach.
15. Please copy staff coach on all emails sent to the team.
16. Be a good role model for players:
  - a. Treat players, parents, opponents, referees, etc with respect.
  - b. Keep language clean.
  - c. Be on time.
  - d. Eat and drink nutritiously when in contact with players.

### **GJSC Roles of Recreation Coaches**

1. Support philosophy of the club.
  - a. Individual development and having fun with the game should be more important than winning games.
2. Provide positive encouragement.
3. Demand the player's/team's best effort at training and games.
4. Expect good sportsmanship from the players/team.
5. Substitute players as evenly as possible.
6. Allow players to play/learn multiple positions.
7. Register as a coach each year and have assistant coaches do the same.
8. Do not over coach on the sidelines. Keep directions to a minimum and allow players to make decisions.
  - a. Screaming "shoot it," "pass it," and other directions should be discouraged.
9. Make sure your directions are consistent with those of the staff coach and the GJSC philosophy.
10. Communicate with the club office if you have questions, concerns, player/parent concerns, etc.
11. Pre-game and half time talks
  - a. One voice.
  - b. Try and keep suggestions concise and lively.
    - i. Three points rule.
12. Start on time and end on time.

13. Be a good role model for players and parents:
  - a. Treat players, parents, opponents, referees, etc with respect.
  - b. Keep language clean.
  - c. Be on time and end on time.
  - d. Eat and drink nutritiously when in contact with players.
14. Make sure all players leave with a parent/guardian before leaving the game or practice field.
15. Set a pre-season meeting or team email explaining practice location, times, games dates/time, team expectations, etc.
  - a. Try and stick to your schedule and if you have to change give at least a week's notice.

## **GJSC Social Media Policy –**

**OVERVIEW** For purposes of this policy, the terms “online media” and “social media” refer to internal and external websites, blogs, online social networks (e.g., Facebook, Twitter, LinkedIn), wikis, video and photo sharing sites (e.g., YouTube, SKYPE and Flickr, Instagram, Snapchat), and other forms of personal online publishing and discourse as well as text messaging, email and individual telephonic communications. Even when using social media for purely personal purposes, a person’s public expressions might affect their professional identity and the organizational interests of GJSC and our members. Accordingly, GJSC board members, coaches, players, parents, staff, contractors, and volunteers (“GJSC Representatives”) participating in social media must ensure that their participation is consistent with GJSC policies. The activities of GJSC representatives not directly related to GJSC work that may affect the organization's reputation, the GJSC representative's job performance, or the safety of GJSC players or personnel are within the scope of this policy. All GJSC Representatives must be familiar with and adhere to this policy, regardless of whether they personally use social media, and must share this policy with parents and players as appropriate. **INTERNET AND COMMUNICATION POLICIES**

- 1. All social media communications must be public, and all communications on or through them must be public. Being “public” means no private channels. For example, private Facebook groups, direct messaging or private invitations to personal Facebook pages, invite-only YouTube channels, or**

**Twitter, direct messaging to individual players, and the like shall not be permitted between coaches and players.**

**2. Except as addressed below, there should be no private messages and no one-on-one direct contact through Facebook messages, Twitter, direct messaging, Skype, chats, instant messaging (including but not limited to Google Messenger, AIM, and the like) or other similar messaging features provided through social media sites.**

**3. A coach may respond to a direct inquiry via text message or email from a player regarding practice logistics, cancellations, schedules, etc.**

**4. Coaches and team representatives should only use text messages and email in communicating with players on issues that are soccer related, and all communications should include a parent or guardian copied on the message when possible.**

**5. GJSC Representatives, excluding volunteer coaches, may not be "friends" on Facebook with any GJSC player.**

**6. Coaches and other GJSC staff must use GJSC email addresses for all GJSC -related business, including but not limited to communications with parents and players, and may not be used for non-GJSC related purposes. GJSC reserves the right to review any and all information or communications conducted using an GJSC email address.**

**8. GJSC Representatives must respect the privacy of players and other GJSC Representatives when posting photos or videos online. Parental or guardian authorization must be obtained before posting any photos or videos online that include images of GJSC players. [GJSC does have a blanket**

**permission form as part of registration regarding social media]**

## **REPORTING, INVESTIGATION AND RESOLUTION OF SUSPICIOUS INTERNET AND ELECTRONIC COMMUNICATIONS**

- 1. All suspicious online activity or electronic communications should be reported to the GJSC Executive Director.**
- 2. The Executive Director shall notify the GJSC Board of Directors of any such reports. The board of directors shall investigate such reports and take such actions as it deems appropriate or as directed by legal counsel or law enforcement, including notification of third parties such as Colorado Youth Soccer.**
- 3. Upon conclusion of the investigation, the Executive Director and board of directors, acting on the advice of Colorado Youth Soccer, shall make a determination regarding future participation of the individuals involved in club activities. In the event of suspension or termination of a GJSC Representative, the Executive Director shall provide a means of appeal of the decision as required by the CSA KIDSAFE policies.**
- 4. Violations of this policy may result in disciplinary action including and up to termination of employment.**

## **24 Hour Policy –**

**After a game, we ask that parents and players give the coach 24 hours before grievances or concerns are shared with the coach. We also ask that you give the coach 24 hours before you ask questions about the game, playing time or anything concerning the game.**

**If this is not followed it could result in the player being suspended or the player and family being asked to leave the club. This of course depends on the severity of the action.**

# **Grand Junction Soccer Club Program Manual**

## **Age Groups: U4 and U5**

### Playing format

3v3

### Number of players

The maximum number of players on each U5 team will be eight(8). The minimum number of players to play with will be two.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played without a goalkeeper.

### Ball Size

Size 3

### Length of Game

The length of the game will be 32 minutes divided into four eight-minute quarters. There will be a two-minute break between the quarters with a four-minute break for half time.

### Field Dimensions

The field will be 30-35 yards in length and 20-25 yards in width. There will be no penalty area designated.

### Substitutions



Substitutions are allowed at halftime, at quarter breaks and during “injury stoppages.” If a substitution is needed at other than the normal times because a player needs rest, try to make the substitution after a goal is scored by either team while the teams are lining up for the next kickoff. (This procedure is intended to maximize “playing time” by minimizing interruptions. Common sense should be used in recognizing when a child is not enjoying the game, and needs a rest to regain interest and enthusiasm; thus, an “injury” substitution may be made whenever needed.)

## **Grand Junction Soccer Club Program Manual U4-U5**

### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

### Footwear

Molded soccer cleats (recommended) or tennis shoes.

### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

### Scoring

No scores shall be kept at the U5 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the “Good Sportsmanship Rule.” **It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.**

## **Grand Junction Soccer Club Program Manual U5**

### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

### Kick-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be Kicked in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins may be retaken during the first four weeks of a season; in subsequent weeks, the throw-in will be awarded to the opponents.

### Goal kick

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal kick. The ball will be placed on the three-yard line and shall be kicked directly into play beyond the six-yard line by a player of the defending team; if the ball does not pass the six-yard line, the kick will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal shall not be scored directly from such a kick. Players of the team opposing that of the player taking the goal kick shall remain beyond the halfway line until the ball has been kicked across the six-yard line.

### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal may not be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.

## **Grand Junction Soccer Club Program Manual U5**

### Fouls

An Indirect Free Kick (IFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. An IFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately. An IFK is taken from the place where the offense occurred unless it is in the area between the goal line and the six-yard line (the ball will be placed on the six-yard line straight out from where the offense occurred.)

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball. A player without control of the ball may not keep an opponent from playing the ball, this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an indirect free kick will be awarded

When a foul is called, the referee will stop play by blowing a whistle and award the opposing team an indirect free kick. If appropriate, the referee may explain the call to the player to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

### Free Kicks

All Free Kicks shall be “Indirect,” meaning that another player from either team must touch the ball before it enters the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 5 yards from the ball until it is in play. The ball is in play as soon as it has been kicked, except when it is restarted from within the goal area. When a kick is taken from inside the goal area, it will be in play when it crosses the six-yard line. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred.

#### Offside

Off side is not penalized in U5 games.

#### Penalty Kick

No penalty kick will be awarded in U5 games.

#### Volunteering

Each U5 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.

#### Referees

U5 games will be officiated by a trained micro-soccer referee provided by the home team. A referee may be either a volunteer trained to referee games for this age group or a certified referee who is currently registered with the United States Soccer Federation. If the referee is unable to do his/her scheduled game, it is the responsibility of that referee or another team representative to find a replacement referee. The referee may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked. Referees will complete a game report for each game they referee. Each report will be delivered/mailed/mailed to the GJSC office within three days after a game is played.

The referee may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U5 teams shall practice no more than one time per week and three times prior to the first game.

### Games

U5 teams shall play one game per week.

### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

### Uniform Cost

The U5 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

## **Grand Junction Soccer Club Program Manual U5**

### Registration Fee

Single season cost will be \$60 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors for extenuating circumstances – at the Board’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season.

A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Playing format

3v3

#### Number of players

The maximum number of players on each U6 team will be eight (8). The minimum number of players to play with will be two.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played without a goalkeeper.

#### Ball Size

Size 3

#### Length of Game

The length of the game will be 36 minutes divided into four nine-minute quarters. There will be a two-minute break between the quarters with a four-minute break for half time.

#### Field Dimensions

The field will be 30-35 yards in length and 20-25 yards in width. There will be a penalty area marked on the field.

#### Substitutions

Substitutions are allowed at halftime, at quarter breaks and during “injury stoppages.” If a substitution is needed at other than the normal times because a player needs rest, try to make the substitution after a goal is scored by either team while the teams are lining up for the next kickoff. (This procedure is intended to maximize “playing time” by minimizing interruptions. Common sense should be used in recognizing when a child is not enjoying the game, and needs a rest to regain interest and enthusiasm; thus, an “injury” substitution may be made whenever needed.)

# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

#### Footwear

Molded soccer cleats (recommended) or tennis shoes.

#### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

#### Scoring

No scores shall be kept at the U6 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the "Good Sportsmanship Rule." It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.



# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

#### Kick-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be Kick- in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins may be retaken during the first four weeks of a season; in subsequent weeks, the throw-in will be awarded to the opponents.

#### Goal kick

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal kick. The ball will be placed on the three-yard line and shall be kicked directly into play beyond the six-yard line by a player of the defending team; if the ball does not pass the six-yard line, the kick will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal shall not be scored directly from such a kick. Players of the team opposing that of the player taking the goal kick shall remain beyond the halfway line until the ball has been kicked across the six-yard line.

#### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal may not be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Fouls

An Indirect Free Kick (IFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. An IFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately. An IFK is taken from the place where the offense occurred unless it is in the area between the goal line and the six-yard line (the ball will be placed on the six-yard line straight out from where the offense occurred.)

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball. A player without control of the ball may not move into the pathway of an opponent to keep an opponent from playing the ball; this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an indirect free kick may be awarded

#### Free Kicks

All Free Kicks shall be “Indirect,” meaning that another player from either team must touch the ball before it enters the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 5 yards from the ball until it is in play. The ball is in play as soon as it has been kicked, except when it is restarted from within the goal area. When a kick is taken from inside the goal area, it will be in play when it crosses the six-yard line. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred.

Referees may apply “Advantage.” When a foul is called, the referee will stop play by blowing a whistle and award the opposing team an indirect free kick. If appropriate, the referee may explain the call to the player to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

#### Penalty Kick

No penalty kick will be awarded in U6 games.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Offside

Off side is not penalized in U6 games.

#### Volunteering

Each U6 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.

#### Referees

U6 games will be officiated by a trained micro-soccer referee provided by the home team. A referee may be either a volunteer trained to referee games for this age group or a certified referee who is currently registered with the United States Soccer Federation. If the referee is unable to do his/her scheduled game, it is the responsibility of that referee or another team representative to find a replacement referee. The referee may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked. Referees will complete a game report for each game they referee. Each report will be delivered/mailed/mailed to the GJSC office within three days after a game is played.

The referee may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U6 teams shall practice no more than one time per week and three times prior to the first game.

#### Games

U6 teams shall play one game per week.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U6**

#### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

#### Uniform Cost

The U6 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

#### Registration Fee

Single season cost will be \$60 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

#### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

#### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors for extenuating circumstances – at the Board’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season.

A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Playing format

4v4

#### Number of players

The maximum number of players on each U7 team will be ten (10). The minimum number of players to play with will be three.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played with a goalkeeper for each team.

#### Ball Size

Size 3

#### Length of Game

The length of the game will be 40 minutes divided into four ten-minute quarters. There will be a two-minute break between the quarters with a four-minute break for half time.

#### Field Dimensions

The field will be 30-35 yards in length and 20-25 yards in width. There will be a penalty area marked on the field.

#### Substitutions

Substitutions are allowed at halftime, at quarter breaks and during “injury stoppages.” If a substitution is needed at other than the normal times because a player needs rest, try to make the substitution after a goal is scored by either team while the teams are lining up for the next kickoff. (This procedure is intended to maximize “playing time” by minimizing interruptions. Common sense should be used in recognizing when a child is not enjoying the game, and needs a rest to regain interest and enthusiasm; thus, an “injury” substitution may be made whenever needed.)

# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

#### Footwear

Molded soccer cleats (recommended) or tennis shoes.

#### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

#### Scoring

No scores shall be kept at the U7 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the "Good Sportsmanship Rule." It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

#### Throw-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins may be retaken during the first four weeks of a season; in subsequent weeks, the throw-in will be awarded to the opponents.

#### Goal Punt (rather than Goal Kick)

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal punt. The goalkeeper will punt the ball from anywhere in the penalty area. If the ball does not go outside the penalty area, the punt will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal shall not be scored directly from such a kick. Players of the opposing team shall be moving out of the penalty area and not interfering with the goalkeeper's punt.

#### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal may not be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.



# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Fouls

An Indirect Free Kick (IFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. An IFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately. An IFK is taken from the place where the offense occurred unless it is in the area between the goal line and the six-yard line (the ball will be placed on the six-yard line straight out from where the offense occurred.)

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball. A player without control of the ball may not move into the pathway of an opponent to keep an opponent from playing the ball; this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an indirect free kick will be awarded

#### Goalkeeper Violations

None of the goalkeeper violations penalized by an Indirect Free Kick that are listed in the “Laws of the Game” will be enforced in U7 games.

#### Free Kicks

All Free Kicks shall be “Indirect,” meaning that another player from either team must touch the ball before it enters the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 5 yards from the ball until it is in play. The ball is in play as soon as it has been kicked, except when it is restarted from within the goal area. When a kick is taken from inside the goal area, it will be in play when it crosses the six-yard line. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred.

A referee may apply “Advantage.” When a foul is called, the referee will stop play by blowing a whistle and award the opposing team an indirect free kick. If appropriate, the referee may explain the call to the player to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Penalty Kick

No penalty kick will be awarded in U7 games.

#### Offside

Off side is not penalized in U7 games.

#### Volunteering

Each U7 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.

#### Referees

U7 games will be officiated by a trained micro-soccer referee provided by the home team. A referee may be either a volunteer trained to referee games for this age group or a certified referee who is currently registered with the United States Soccer Federation. If the referee is unable to do his/her scheduled game, it is the responsibility of that referee or another team representative to find a replacement referee. The referee may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked. Referees will complete a game report for each game they referee. Each report will be delivered/mailed/emailed to the GJSC office within three days after a game is played.

The referee may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U7 teams shall practice no more than one time per week and three times prior to the first game.

#### Games

U7 teams shall play one game per week.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U7**

#### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

#### Uniform Cost

The U7 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

#### Registration Fee

Single season cost will be \$60 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

#### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

#### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors for extenuating circumstances – at the Board’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season.

A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

#### Playing format

4v4

#### Number of players

The maximum number of players on each U8 team will be twelve (12). The minimum number of players to play with will be four.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played with a goalkeeper for each team.

#### Ball Size

Size 3

#### Length of Game

The length of the game will be 44 minutes divided into two twenty-two-minute halves. There will be a five-minute break for half time.

#### Field Dimensions

The field will be 40-50 yards in length and 30-35 yards in width. There will be a penalty area marked on the field.

#### Substitutions

Substitutions may be made at the following stoppages:

1. A team's own throw-in
2. Either team's goal punt
3. After a goal is scored by either team
4. Halftime
5. Injury

# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

#### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

#### Footwear

Molded soccer cleats (recommended) or tennis shoes.

#### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

#### Scoring

Scores shall be kept at the U8 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the "Good Sportsmanship Rule." It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

#### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

#### Throw-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins may be retaken during the first two weeks of a season; in subsequent weeks, the throw-in will be awarded to the opponents.

#### Goal Punt (rather than Goal Kick)

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal punt. The goalkeeper will punt the ball from anywhere in the penalty area. If the ball does not go outside the penalty area, the punt will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal **MAY** be scored directly from such a kick. Players of the opposing team shall be moving out of the penalty area and not interfering with the goalkeeper's punt.

#### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal **MAY** be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

#### Direct Free Kick

A Direct Free Kick (DFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. A DFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately.

#### Penalty Kick

No Penalty Kicks will be awarded in U8 games.

#### Indirect Free Kick

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball; such a charge while not within playing distance of the ball should be penalized by an IFK. A player without control of the ball may not keep an opponent from playing the ball by moving into an opponent's pathway; this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an indirect free kick will be awarded. If a player prevents the goalkeeper from releasing the ball, the infraction is punished by an IFK awarded to the goalkeeper's team from the point of the infraction.

#### Goalkeeper Violations

None of the goalkeeper violations penalized by an Indirect Free Kick that are listed in the "Laws of the Game" will be enforced in U8 games.

#### Free Kicks

All Free Kicks in U8 games shall be "Indirect," meaning that another player from either team must touch the ball before it enters the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 5 yards from the ball until it is in play. The ball is in play as soon as it has been kicked, unless it is in the penalty area; a restart from inside the penalty area (including the goal area) is not in play until it leaves the penalty area. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred. A free kick is taken from the place where the offense occurred unless it is in the goal area. For the restart after a foul in the goal area, the ball will be placed on the six-yard line straight out from where the offense occurred.



# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

Referees may apply the “Advantage Clause” when appropriate. When a foul is called, the referee will stop play by blowing a whistle and award the opposing team a free kick. If appropriate, the referee may explain the call to the player committing the foul to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

#### Offside

Off side is not penalized in U8 games.

#### Volunteering

Each U8 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.

#### Referees

U8 games will be officiated by two trained referees using the dual system of control (two whistles); the home team and the away team each provide a referee. A referee may be either a volunteer trained to referee games for this age group or a certified referee who is currently registered with the United States Soccer Federation. If either referee is unable to do his/her scheduled game, it is the responsibility of that referee or another team representative to find a replacement referee. The referees may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked. Referees will complete a game report for each game they referee. Each report will be delivered/mailed/emailed to the GJSC office within three days after a game is played.

The referees may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U8 teams shall practice no more than one time per week and three times prior to the first game.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U8**

#### Games

U8 teams shall play one game per week.

#### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

#### Uniform Cost

The U8 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

#### Registration Fee

Single season cost will be \$75 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

#### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

#### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors or Executive Director for extenuating circumstances – at the Board or Executive Director’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season.

A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Playing format

7v7

#### Number of players

The maximum number of players on each U9 team will be fourteen (14). The minimum number of players to play with will be six.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played with a goalkeeper for each team.

#### Ball Size

Size 4

#### Length of Game

The length of the game will be 50 minutes divided into two twenty-five-minute halves. There will be a five-minute break for half time.

#### Field Dimensions

The field will be 70-80 yards in length and 40-50 yards in width. There will be a penalty area marked on the field.

#### Substitutions

Substitutions may be made at the following stoppages:

6. A team's own throw-in
7. Either team's goal punt
8. After a goal is scored by either team
9. Halftime
10. Injury

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

#### Footwear

Molded soccer cleats (recommended) or tennis shoes.

#### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

#### Scoring

Scores shall be kept at the U9 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the "Good Sportsmanship Rule." It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

#### Throw-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins will result in the throw-in being awarded to the opponents.

#### Goal Punt (rather than Goal Kick)

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal punt. The goalkeeper will punt the ball from anywhere in the penalty area. If the ball does not go outside the penalty area, the punt will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal **MAY** be scored directly from such a kick. Players of the opposing team shall be moving out of the penalty area and not interfering with the goalkeeper's punt.

#### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal **MAY** be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 8 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Fouls

##### **DIRECT FREE KICK**

A Direct Free Kick (DFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. A DFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately.

A DFK is taken from the place where the offense occurred unless the foul is committed by a defender in his/her own penalty area; when this occurs, the restart will be a Penalty Kick.

##### **PENALTY KICK**

Penalty kick will be awarded in U9 games.

##### **INDIRECT FREE KICK**

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball; such a charge while not within playing distance of the ball should be penalized by an IFK. A player without control of the ball may not keep an opponent from playing the ball by moving into an opponent's pathway; this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an Indirect Free Kick (IFK) will be awarded

#### Goalkeeper Violations

The four goalkeeper violations penalized by an Indirect Free Kick that are listed in the "Laws of the Game" will be enforced in U9 games. The violations are as follows:

- Holding the ball for longer than six seconds
- Touching the ball with a hand or hands after releasing it
- Touching the ball with a hand or hands after it has been deliberately kicked to him/her by a teammate
- Touching the ball with a hand or hands after receiving it directly from a throw-in by a

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Free Kicks

Free Kick types are direct and indirect. A goal may be awarded from a direct free kick that enters the opponents' goal without touching another player. From an indirect free kick, the ball must be touched by a second player (from either team) prior to entering the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 8 yards from the ball until it is in play. The ball is in play as soon as it has been kicked. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred.

Referees may apply the "Advantage Clause" when appropriate. When a foul is called, the referee will stop play by blowing a whistle and award the opposing team a free kick. If appropriate, the referee may explain the call to the player to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

#### Offside

Off side will be penalized in U9 games.

#### Volunteering

Each U9 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.



# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Referees

U9 games will be officiated by three trained referees using the diagonal system of control (a center referee & two linespersons); the home team and the away team each provide a linesperson. The center referee will be a Grade 9 or higher certified referee who is currently registered with the United States Soccer Federation. Center referees will be assigned by the club's assignor. A team referee may be either a volunteer trained as a linesperson to indicate restarts when the ball leaves the field, when a substitution is desired, when a player should be penalized for offside, and other duties as directed by the center referee. The "Linesperson" may also be a certified referee who is currently registered with the United States Soccer Federation; a certified assistant referee may also assist in other ways, such as indicating fouls. If either team volunteer linesperson is unable to do his/her scheduled game, it is the responsibility of that linesperson or another team representative to find a replacement linesperson. The referees may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked.

Referees will complete a game report for each game they referee. Each report will be delivered/mailed/mailed to the GJSC office within three days after a game is played.

The center referee may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. The primary positions of linespersons during active play will be off the field along opposite touch lines between the halfway line and the goal line. Additionally, linespersons will follow pre-game instructions given by the center referee. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U9 teams shall practice no more than one time per week and three times prior to the first game.

#### Games

U9 teams shall play one game per week.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U9**

#### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

#### Uniform Cost

The U9 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

#### Registration Fee

Single season cost will be \$80 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

#### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

#### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors for extenuating circumstances – at the Board’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season. A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Recreation**

#### Playing format

9v9

#### Number of players

The maximum number of players on each U10 team will be fourteen (14). The minimum number of players to play with will be six.

All children must play at least  $\frac{1}{2}$  of all games. The goal is equal and equitable playing time, ideally  $\frac{1}{2}$  to  $\frac{3}{4}$  of each game.

The game will be played with a goalkeeper for each team.

#### Ball Size

Size 4

#### Length of Game

The length of the game will be 60 minutes divided into two thirty-minute halves. There will be a five-minute break for half time.

#### Field Dimensions

The field will be 70-80 yards in length and 40-50 yards in width. There will be a penalty area marked on the field.

#### Substitutions

Substitutions may be made at the following stoppages:

11. A team's own throw-in
12. Either team's goal punt
13. After a goal is scored by either team
14. Halftime
15. Injury

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Uniform

Players are required to wear the official Grand Junction Soccer Club Uniform. For the safety of all players, names of individuals will not be permitted anywhere on the outside of the uniform.

A player shall not wear anything that in the opinion of the referee is dangerous to himself/herself or to another player.

The following items are NOT permitted:

1. Hair control devices with any hard parts
2. Jewelry of any sort, including earrings of any kind regardless of covering

The following items are CONDITIONALLY permitted:

1. Religious medals or medical tags which are taped to the body
2. Splints, casts, braces or other joint support devices that, in the opinion of the referee are not dangerous and/or are padded with pliable materials to eliminate the dangerous condition.

#### Footwear

Molded soccer cleats (recommended) or tennis shoes.

#### Shin guards

Shin guards are mandatory, must be manufactured of a suitable material (rubber, plastic, polyurethane or similar substance), must fit tightly around the shin, and must be worn under the socks. Furthermore, shin guards must be covered entirely by the socks.

#### Scoring

Scores shall be kept at the U10 level. Our objective is to promote a positive soccer experience. Despite our best intentions, there will be games when two teams are not of equal level and ability. It is the belief of the Grand Junction Soccer Club coaching staff that when there is a great disparity in the skill level of two teams during a game, the potential for a positive soccer experience may be diminished. There is also the potential for negative player and parental feelings towards the game, opposing team and opposing coach. In the event that one team is dominating the game, the losing team has the option to add one extra player to the playing field. This is to be called the "Good Sportsmanship Rule." It is recommended that prior to the start of the game; both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Ball in and out of play

The ball is out of play only when it has wholly crossed the goal line or touch line, whether it is on the ground or in the air. It is in play at all other times from the start of the match to the finish including if it rebounds from a goal post, cross bar or corner flag into the field of play.

#### Throw-ins

When the entire ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The ball shall be in play immediately when it enters the field of play, but the player taking the throw may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in. Improper throw-ins will result in the throw-in being awarded to the opponents.

#### Goal Punt (rather than Goal Kick)

When the entire ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, the restart will be a goal punt. The goalkeeper will punt the ball from anywhere in the penalty area. If the ball does not go outside the penalty area, the punt will be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. A goal **MAY** be scored directly from such a kick. Players of the opposing team shall be moving out of the penalty area and not interfering with the goalkeeper's punt.

#### Corner kick

When the entire ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner kick, i.e. the ball shall be placed at the nearest corner, and it shall be kicked from that position. A goal **MAY** be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within 8 yards of the ball until it is in play, i.e. it has been kicked and moved. The kicker shall not play the ball a second time until it has been touched or played by another player. If the corner kick leaves the field of play, the restart will be a goal kick by the defending team if it crossed the goal line or a throw-in by the defending team if the ball crosses the touch line.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Fouls

##### **DIRECT FREE KICK**

A Direct Free Kick (DFK) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force: kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, pushes an opponent or tackles an opponent. A DFK is also awarded to the opposing team if a player commits any of the following three offenses: holds, spits at, or handles the ball deliberately.

A DFK is taken from the place where the offense occurred unless the foul is committed by a defender in his/her own penalty area; when this occurs, the restart will be a Penalty Kick.

##### **PENALTY KICK**

Penalty kick will be awarded in U10 games.

##### **INDIRECT FREE KICK**

Players may make shoulder-to-shoulder contact (legal charging) while playing the ball; such a charge while not within playing distance of the ball should be penalized by an IFK. A player without control of the ball may not keep an opponent from playing the ball by moving into an opponent's pathway; this is impeding. No player shall play dangerously in a way that adversely affects the opportunity of an opponent to play the ball. Examples of possible dangerous play include kicking above the waist, heading the ball below the waist or playing on the ground. In the event of an infraction, an Indirect Free Kick (IFK) will be awarded

#### Goalkeeper Violations

The four goalkeeper violations penalized by an Indirect Free Kick that are listed in the "Laws of the Game" will be enforced in U10 games. The violations are as follows:

- Holding the ball for longer than six seconds
- Touching the ball with a hand or hands after releasing it
- Touching the ball with a hand or hands after it has been deliberately kicked to him/her by a teammate
- Touching the ball with a hand or hands after receiving it directly from a throw-in by a

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Free Kicks

Free Kick types are direct and indirect. A goal may be awarded from a direct free kick that enters the opponents' goal without touching another player. From an indirect free kick, the ball must be touched by a second player (from either team) prior to entering the goal in order for it to be a score. If the ball is not touched by a second player following an IFK restart and it enters the goal, the ball shall be considered out-of-bounds and the opposing team awarded a goal kick. The opposing team must remain 8 yards from the ball until it is in play. The ball is in play as soon as it has been kicked. A kicker shall not play the ball a second time until it has been touched or played by another player; the restart for this infraction is a free kick awarded to the opponents with the ball placed at the spot where the second touch occurred.

Referees may apply the "Advantage Clause" when appropriate. When a foul is called, the referee will stop play by blowing a whistle and award the opposing team a free kick. If appropriate, the referee may explain the call to the player to aid the learning process. Referees will attempt to let the kids play with as few stoppages as possible, interrupting play only when necessary to ensure safety or to help players learn the rules.

#### Offside

Off side will be penalized in U10 games.

#### Volunteering

Each U10 team will need to have a Head coach, Assistant coach, Team mom/dad, and Referee.

#### Team Coach

The team coach will be a volunteer selected by the administration and/or the U5-U7 Program Coordinator. The criteria for being selected head coach will be time available and previous soccer experience.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Referees

U10 games will be officiated by three trained referees using the diagonal system of control (a center referee & two linespersons); the home team and the away team each provide a linesperson. The center referee will be a Grade 9 or higher certified referee who is currently registered with the United States Soccer Federation. Center referees will be assigned by the club's assignor. A team referee may be a volunteer trained as a linesperson to indicate restarts when the ball leaves the field, when a substitution is desired, when a player should be penalized for offside, and other duties as directed by the center referee. The "Linesperson" may also be a certified referee who is currently registered with the United States Soccer Federation; a certified assistant referee may also assist in other ways, such as indicating fouls. If either team volunteer linesperson is unable to do his/her scheduled game, it is the responsibility of that linesperson or another team representative to find a replacement linesperson. The referees may suspend a game until a disruptive coach or parent leaves the immediate area of the field or, in extreme cases, terminate the game if a parent or coach does not leave when asked.

Referees will complete a game report for each game they referee. Each report will be delivered/mailed/mailed to the GJSC office within three days after a game is played.

The center referee may be anywhere on or around the field in order to obtain optimal vantage points from which to observe play and ball position. The primary positions of linespersons during active play will be off the field along opposite touch lines between the halfway line and the goal line. Additionally, linespersons will follow pre-game instructions given by the center referee. Ordinarily, coaches will remain off the field during the play of games. If needed, a referee may invite coaches onto the field to assist in injury assessment, player positioning or other instruction.

#### Practices

U10 teams shall practice no more than one time per week and three times prior to the first game.

#### Games

U10 teams shall play one game per week.



# **Grand Junction Soccer Club**

## **Program Manual**

### **U10-12 Rec**

#### Game Day

Coach must have the official roster at each game. The roster is presented to the referee prior to the game. If one team does not have enough players, a player or players from the opposing team may reverse his/her shirt and play for the team that is “short.” All players in a game must be on the official rosters of the two teams playing. No player from a third team may play in a league game in which their team is not scheduled. Teams shall arrive 30 minutes prior to the start of the game.

#### Uniform Cost

The U10 Grand Junction Soccer Club uniform will consist of blue socks, blue shorts, and a reversible jersey purchased at our club retailer.

#### Registration Fee

Single season cost will be \$80 per player. Registration forms can be found on our website located at [www.gjsoccer.org](http://www.gjsoccer.org)

#### Team Formation

Teams will be allowed to stay together from year to year as long as the child wants to stay on their team. To remain on a team, a registration form must be submitted to the office before the close of regular registration. If received after the close of regular registration, there is no guarantee of placement on preferred team. Late registrations will be date stamped and placed on teams according to their registration date.

Recruiting of players is not allowed. The Grand Junction Soccer Club may disband a team if feels has not followed the rules by recruiting players from other geographic locations. New Players will be placed on teams based on geographic location, coach choice, carpooling, and registration date

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for details.

#### Refunds

No refund of registration fees are allowed under any conditions, except:

Written petitions by the parents/guardians to the Board of Directors for extenuating circumstances – at the Board’s discretion.

If a player is injured before the season begins and they have not played in any games, a written request may be made to the GJSC prior to the second scheduled game of the season. A \$20.00 processing fee will be charged.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Level Up**

#### Mission

The purpose of the Level Up (LU) is to create a player developmental program which gives kids a more challenging soccer experience through higher level coaching and a higher level of league competition.

#### Player Participation

The criteria we want players and parents to consider before registering for LU will be based on;

- Commitment/motivation
- Physical ability
- Soccer ability
- Coachability

#### Number of Players

This will depend on the number of qualified coaches we have for the program.

#### Teams (Level Up Academy)

The players will be divided in order to create “even” teams. We will try to put a friend or two together and issues like carpooling will be considered.

#### Training

The team will train 2x per week in the fall and the spring with LU Staff in a pool of players. They will train 1 time per week with an appointed coach. In many cases this will be a qualified volunteer coach who is appointed by the club.

#### League Play

The 9/10 Level Up Academy Teams will play in the Fire FC Recreation League.

#### Training Objectives

The training objectives for the Academy program will be technical skill development.

#### Cost

The cost for each Academy player will be \$290 per season. In case a player chooses to leave the program and play in the recreational league then the family will be credited the difference for future Grand Junction Soccer Club programs.

# **Grand Junction Soccer Club**

## **Program Manual**

### **Level Up**

#### Uniform

Each Academy player will wear the Grand Junction Soccer Club recreational uniform.

#### Training Gear

Not mandatory.

#### Commitment

The expected commitment of a LU player is the season they are registered. Ideally, players will play both seasons. Winter and summer programs will be optional.

#### Tournaments

9/10 LU participants will have the option to play in at least one tournament per season. Often more, but this is not mandatory.

#### Removing Players

Players who have behavioral or discipline problems can be removed from the Academy program at any time.

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for an application.

#### Team Coach Selection

Level Up coaches will be selected by the Executive Director and/or LU Directors. They will be required to follow the objectives of the Player Development Program. They will be paid according to their experience and ability.

**\*\*Fire FC runs 3 different Player Level Up Programs. All the rules above apply to the 7/8 and 5/6 Program; however, these are training only programs. They play on recreation teams in our rec. programs and do not play in tournaments.**

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U18 Fire FC Premier**

#### Mission

The purpose of the Fire FC Premier Teams is to create a player developmental program which gives kids a more challenging soccer experience through higher level coaching, increased number of training sessions, and a higher level of league/tournament competitions.

#### Player Selection

Players will be selected at tryouts. The selections will be based on coach and staff evaluations throughout the previous year. The criteria for selection will be based on;

- Commitment/motivation
- Physical ability
- Soccer ability
- Coachability
- Attitude/good teammate

#### Number of Players

A maximum of 24 players will be selected for the Fire FC Premier teams.

#### Training

The Fire FC Premier teams will train 3x per week in the fall and the spring. Supplemental training will be available in the winter and summer months.

#### League Play

The Fire FC Premier teams will play in the Colorado State Soccer Association. Some will play in JPL and MLS Next Academy.

#### Training Objectives

The training objectives for the Fire FC Premier teams will be determined by the Technical Director and or Executive Director.

#### Cost

On our website under competitive costs.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U18 Fire FC Premier**

#### Uniform

Each Fire FC Premier team player will wear the Grand Junction Soccer Club competitive uniform.

#### Training Gear

Each Fire FC Premier team player will be required to purchase the club training gear and wear it to each training session.

#### Commitment

The expected commitment of a Fire FC Premier team player will be for two seasons. Premier level players will also train in the winter.

#### Tournaments

The Fire FC Premier teams will be expected to participate in various tournaments throughout the year per the direction of the U11-U14 Program Coordinator. Those tournaments might include an out of town tournament as well as the GMIT.

#### Player Movement

Players will be evaluated throughout each season of competition. Player movement can occur between seasons if it is in that player's best interest to move. Players can be offered the opportunity to guest play for league or tournament play. Fire FC Premier team players might be offered the opportunity to guest play with the Fire FC United team. A player who moves to town can be added immediately if it is in his or her best interest.

#### Removing Players

Players who have behavioral or discipline problems can be removed from the Fire FC Premier team at any time. Players can choose to leave the Fire FC Premier team at any time, but would prefer for them to finish up the season.

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for an application.

#### Team Coach Selection

Fire FC Premier team coaches will be selected by the Executive Director and/or Technical Director. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U18 Fire FC United**

#### Mission

The purpose of the Fire FC United Teams is to create a player developmental program which gives kids a more challenging soccer experience and the opportunity to develop to the next level. This will be done through exposure to staff training, more challenging training sessions, and an appropriate level of league and tournament play.

#### Player Selection

Players will be selected at tryouts. The selections will be based on coach and staff evaluations throughout the previous year. The criteria for selection will be based on;

- Commitment/motivation
- Physical ability
- Soccer ability
- Coachability
- Attitude

#### Number of Players

A maximum of 24 players will be selected for the Fire FC United teams.

#### Training

The Fire FC United teams will train 3x per week in the fall and the spring. Supplemental training will be available in the winter and summer months.

#### League Play

The Fire FC United teams will play in the Colorado State Youth Soccer Association or Mountain Region League. The decision will be made by the Head Coach, U11-U14 Executive Director, and Technical Director.

#### Training Objectives

The training objectives for the Fire FC United teams will be determined by the Technical Director and/or Executive Director.

#### Registration Cost

On the club website under competitive costs.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U18 Fire FC United**

#### Uniform

Each Fire FC United team player will wear the Grand Junction Soccer Club competitive uniform.

#### Training Gear

Each Fire FC United team player will be required to purchase the club training gear and wear it to each training session. The training gear will include the club training t-shirt and sweatshirt. The purchase of the training suit and backpack will be optional and each team will have that choice.

#### Commitment

The expected commitment of a Fire FC United team player will be for two seasons. Winter and summer programs will be optional.

#### Tournaments

The Fire FC United teams will be expected to participate in various tournaments throughout the year per the direction of the U11-U14 Program Coordinator. Those tournaments might include an out of town tournament as well as the GMIT.

#### Player Movement

Players will be evaluated throughout each season of competition. Player movement can occur between seasons if it is in that player's best interest to move. Players can be offered the opportunity to guest play for league or tournament play. Fire FC United team players might be offered the opportunity to guest play with the Fire FC Premier team. A player who moves to town can be added immediately if it is in his or her best interest.

#### Removing Players

Players who have behavioral or discipline problems can be removed from the Fire FC United team at any time. Players can choose to leave the Fire FC United team at any time, but would prefer for them to finish up the season.

#### Scholarships

Scholarships are available upon request. Please contact the Grand Junction Soccer Club office for an application.

#### Team Coach Selection

Fire FC United team coaches will be selected by the Executive Director and Technical Director. They could be volunteers or paid professional coaches. The salary will be paid according to their experience and ability.



## **Additional Programs**

Fire FC runs many additional programs. Things like 3v3 league, futsal, middle school soccer, fall kick off camp, etc. These are all supplemental programs that kids can sign up for if there is interest. Like any program run by Fire FC, we can remove a player or parent who takes away from the learning of others or is detrimental in any way deemed by the Executive Director and/or coaching staff.

