



SPROUTS SOCCER LEAGUE

AGES 5-7



League Coordinator: Phil Kefauver; 301-600-1778; pkefauver@frederickcountymd.gov

Rules of Play Adapted for FCPR from US Youth Soccer

Field of Play: dimensions are smaller to accommodate the 5 versus 5 game, and are appropriate for the movement capabilities of 5-7 year-old children.

Field Markings: each park field may be different but all fields are appropriately sized for U8 play

Goals: we will be using pop-up pug goals; Coaches - please bring your goals to the games

Ball: must be a size three for game play. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

Player Attire: all players must wear shin guards; Cleats are recommended. Team jerseys will be provided at the first game.

Number of Players: coaches should strive for 5v5 game play. Administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

The Referee: this league will be using Coach/Ref. Both coaches can be on the field during game play and mutually call the game. All rule infringements shall be briefly explained to the offending player.

Parent Assistants: parents can be used to assist officiating and as linesmen, **but are not permitted on the field—Only head coaches**

Duration of the Match: games shall begin at the scheduled time. There will be 20 minute halves, with running clock for both. The half-time break shall be approximately five (5) minutes. Once game is completed, all players must leave the field immediately to allow for next scheduled game.

Kick-Ins: any ball traveling out of bounds on either sideline will result in a **kick-in**

Goal Scored: To start each half, and after goals, the ball will be brought back to midfield for a kickoff by the appropriate team.

Headers: Headers will not be practiced. In games, headers need to be unintentional. If a header does occur please encourage the player to use their body in future attempts.

Offside: there shall be no offside called during these games.

Goalkeeper: no goalie will be allowed for either team.

Corner/Goal Kicks: Only kick-ins for this age-group (See above)

Roster Size: Recommended minimum – 7 players / maximum – 12 players

Playing Time: there shall be unlimited substitutions, which may occur on the fly. A minimum of at least 50% playing time is required.

Scores / Standings: Scores may be recorded but not posted. Standings will not be kept. – this is a recreational, beginner/instructional league.

Sportsmanship: Unsportsmanlike conduct from coaches, players, or spectators will not be tolerated, and should be immediately reported to the league director. Violators could face suspension from Frederick County Parks and Recreation programs.



Cancellation Line Info: If the weather is questionable, please call 301-600-6291 (option 2). This line will be updated if there are any cancelations. A Standard greeting means practices/games are on

If a practice date happens to be rained out it will be not be made-up.

Game rainouts will be re-scheduled on a Saturday at the end of the season

***All players will receive recognition at the completion of a terrific season!**

