

RINEYVILLE COMMUNITY YOUTH SOCCER LEAGUE



U10 Coaches Information: Spring 2022

Rineyville Community Youth Soccer League (RCYSL) Board

President:	Annie Rudick	(502) 501-5031, president@rineyvillesoccer.org
Vice President:	Deedrick Stiff	(618) 332-9924, vice-president@rineyvillesoccer.org
Secretary:	Natascha Lowery	(502) 551-3150, tascha18@yahoo.com
Treasurer:	Memory Strickland	(501) 242-2488, treasurer@rineyvillesoccer.org
Director of Coaches:	Kim Luna	(270) 370-2185, coaches@rineyvillesoccer.org
Director of Officiating:	OPEN	
Scheduler:	Mary Ashburn	(270) 505-5582, scheduler@rineyvillesoccer.org
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Fundraising:	Amanda Ulam	(843) 475-4481, fundraising@rineyvillesoccer.org
U4-U8 Director:	Lee Ulam	leeulam@gmail.com
U10-U14 Director:	OPEN	
Concessions Director:	Cesshecka Benson	(270) 206-1527, imshecka@icloud.com
Risk Management:	OPEN	
Member at Large:	OPEN	

Website: <http://www.rineyvillesoccer.org>

Demosphere Login: <https://my.demosphere.com/sign-in>

Facebook Page: 'Rineyville Community Youth Soccer League'

Park Rules:

No smoking, tobacco use, or vapor products on the park fields. This applies to all; during games and practices. Designated smoking area is the parking lot.

No driving along the gravel path between the soccer fields and baseball fields.

Be good stewards of the park, clean up after your game and take pride in the park. Treat everyone with respect!

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Coach Responsibilities:

Complete the KYSA background check and SafeSport training before the first practice. Ensure the assistant coach and any parent volunteer(s) also complete prior to interacting with the team.

Review the park rules with parents.

Inform your parents of the following suggestions and requirements:

- Shin guards (required)
- Remove all jewelry (required-includes new piercings)
- Cleats (optional, strongly encouraged)
- Soccer ball (optional encouraged) U10 Size 4 ball

Explain Code of Conduct to team and parents.

No yelling, berating, cursing at kids, refs, coaches, or fellow parents and spectators. If they have a problem, ask them to take it offline and it can be discussed with the coach or board members in private after the game or practice.

This is a recreational league. U8 and below do not keep score it is a time to develop players. Move your kids to multiple positions to learn what they are good at and what they enjoy. Each player must play at least half the game.

Parents and spectators must sit on the opposite side of the field from the team, NOT behind the goals. Each team is allowed to have a head coach and one assistant coach. If required a parent volunteer can be utilized in the absence of an assistant coach to help keep kids on the bench under control. Anyone directly interacting with players is required to complete the US Soccer required SafeSport training.

Teach kids soccer rules, team play and sportsmanship.

The fields are shared among all teams. There are limited number of fields and goals; teams must stick to the agreed upon practice times. Coaches are responsible for supplying their own practice outlines. Practice resources are available online at www.kysoccer.net

Game jerseys (home and away) will be given to all players which they are allowed to keep. Black shorts (without pockets encouraged), black socks, cleats, shin guards, and balls must be bought by the parent. There are some cleats and shinguards available from the donated items. Contact Annie Rudick for access to the donated equipment tote.

At the end of the season, medals will be provided by RCYSL. Distributing them to your team is your responsibility to plan.



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Be kind to the referees, many of them are kids themselves and still learning. Always remember you are here to help kids learn the basic skills of soccer.

Don't be afraid to ask questions or ask for help.

Games:

U10 is 7 V 7 with goalie, size 4 ball

Scheduling:

Schedules will be posted on the Demosphere app and emailed to the coaches.

Any issues with the schedule should be addressed with Mary Ashburn, Scheduler.

Coaches do not have the ability to cancel a game for weather, this is the responsibility of the head ref or risk management director. If no ref is present for your game, it will be decided between the two head coaches. Rule to go by is – if you see lightning or hear thunder game is delayed for 30 minutes; time restarts upon either occurrence. If the game is going to be delayed for 2x 30 minute periods, game should be cancelled. During the delay, all players must leave the field with parent/guardian to their vehicle or designated storm shelter if available.

Coaches need to notify the scheduler as soon as possible if they will not have enough players to field a team.

We will make every effort to reschedule games if they are cancelled due to weather.

Maintenance:

Each age bracket will be responsible for maintaining the lines on their respected fields. This will be set up on a rotational basis. If a Coach elects to utilize parents to line the field, the Coach is responsible for coordinating for required equipment to do so.

Snacks:

It is suggested that you assign different parents to bring snacks for the team after games. This can be added to your schedule in Demosphere.

Pictures:

Will be conducted on a specific date, with a designated time for each team. Order forms will be provided prior to allow your families the opportunity to review what they want and make the process faster.

If you elect to not take part in the league picture day, you are responsible for coordinating with the photographer on date and time of pictures. If you elect to use a different photographer they must be available for the entire team and provide a reasonable service. Pictures are very important to parents!

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Fundraising:

The League T-shirt - Parent shirts are the biggest fundraiser for the league. These are shirts that parents can purchase and can have them custom printed with text of their choice. The color of the shirts will be similar to the color of the team jerseys. Shirts will be ordered through Gerald's via an online store this season. The profit from these shirts will go toward field maintenance, supplies and equipment. We encourage you to tell friends and family to support the league and their soccer player by purchasing a shirt.

Field Locations:

Radcliff – Dawley Park, Dawley Park Dr, Radcliff, KY, 40160

Vine Grove – Optimist Park, Douglas Acres, Vine Grove, KY 40175

Ft Knox – Caruso Sports Complex, 1050 9th Calvary Regiment Ave, Ft Knox, KY 40122

Ft Knox – Warrior Transition Unit Fitness Turf Field, 9th Cavalry Regiment Ave, Fort Knox, KY 40122

Meade Co – Meade County River Front Park, 146 Water St, Brandenburg, KY 40108

Elizabethtown - Mike Carroll Soccer Complex, 217 Peterson Dr. Elizabethtown, KY 42701

Elizabethtown - Elizabethtown Sports Park, 1401 West Park Road, Elizabethtown, KY 42701

Larue County – Abraham Lincoln Elementary, 2101 Lincoln Farm Rd, Hodgenville, KY 42748

10 and Under

Laws of the Game – Modified Law 1 – The Field of Play DEVELOPMENT FIELD

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 165 feet

Width: 105 feet

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 24 feet is marked around it.

The Goal Area: 12 feet out from the goal line x 24 feet wide.

The Penalty Area: 26 feet out from the goal line x 72 feet wide.

Flagposts: Conform to FIFA Laws of the Game

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The Corner Arc: Conform to the FIFA Laws of the Game.

Build Out Line: Will be the center line. Optional; Equal distance between the top of the penalty area and the center line.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equal distance from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is twelve (12) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet.

Optional: For the developmental field the goal may be a maximum of 6 feet high by 18 feet wide.

Law 2 – The Ball

Size four (4). The ball will need to be FIFA Quality.

Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than five players.

Substitutions: At any stoppage of play and unlimited.

A player who is suspected to have a head injury leaves the field of play for additional evaluation, a substitution can be made in that moment.

Playing time: Each player SHALL play a minimum of 50% of the total playing time, which is controlled by the coach. Teams and matches may be coed. The maximum team roster size is twelve (12).

Law 4 – The Players Equipment

Conform to FIFA Laws of the Game. Non-uniform clothing is allowed based on weather conditions; however, jersey must be worn on top of additional clothes; hoods must be tucked in for safety reasons. Uniforms must distinguish teams. Shin guards are MANDATORY for both practices and games and must be covered entirely by socks. If needed, teams can be distinguished by scrimmage vests. Goalies will be distinguished by a different color jersey or scrimmage vest.

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry; with the exception of a medical alert bracelet, hair accouterments (barrettes and such), cannot be medal or protrude from the head for safety issues).

Law 5 – The Referee

Registered referee with a minimum U. S. Soccer certification of Grade 8 or parent/coach or assistant coach.



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Law 6 – The Other Match Officials

None.

Optional: Use registered Assistant Referees, if available. If registered Assistant Referees are not assigned, it is permissible to use club linesmen/women (preferably parents) to signal ball out of play only.

Law 7 – The Duration of the Match

Conform to the FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes. There shall be a half-time interval of up to ten (10) minutes. No added time at the end of either half.

Law 8 – The Start and Restart of Play

Conform to the FIFA Laws of the Game, with the exception that the defending team is at least eight (8) yards from the ball until it is in play. No Punting or Drop Kicks

Law 9 – The Ball In and Out of Play Conform to the FIFA Laws of the Game.

Law 10 – The Method of Scoring Conform to the FIFA Laws of the Game.

It is the responsibility of the Coach to get the scores from the Head Referee and post the final score on Demosphere after each game.

Law 11 – Offside

Conform to the FIFA Laws of the Game, with the exception that the build-out line also serves as an offside line. Check with the home field regarding Offsides.

- a. One Referee, No Offsides except if “cherry picking” (Rineyville, Elizabethtown, South Nelson, Radcliff)
- b. Three Referees, Offsides (Vine Grove, Larue Co, Fort Knox)
- c. Either may apply at Meade Co depending on referee coverage.

Law 12 – Fouls and Misconduct

Conform to the FIFA Laws of the Game with the exception that an indirect free kick is awarded to the opposing team at the spot of the offense if a goalkeeper punts or drop-kicks the ball. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Law 13 – Free Kicks

Conform to the FIFA Laws of the Game with the exception that all opponents are at least eight (8) yards from the ball until it is kicked.



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Law 14 – The Penalty Kick

Conform to the FIFA Laws of the Game, with the exception that the penalty mark is ten (10) yards from the goal line.

Law 15 – The Throw-In

Conform to the FIFA Laws of the Game.

Law 16 – The Goal Kick

Conform to the FIFA Laws of the Game with the exception that opposing players must retreat behind the build out line until the ball is in play. The team taking the goal kick may choose to restart play before the opponents have retreated behind the build out line. The ball is in play when it is kicked directly out of the penalty area.

Law 17 – The Corner Kick

Conform to the FIFA Laws of the Game with the exception that opponents remain at least eight (8) yards from the ball until it is kicked.

Coaches Box –

Coaches will stay on their respected half of the field.

Laws of the Game links:

<https://ussoccer.app.box.com/s/xx3byxqgodqt1h15865/file/296741999141>.

<https://www.ussoccer.com/referees/laws-of-the-game>

http://www.kysoccer.net/kysoccer_administrative/rules/



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FIRST-TIME COACHES

Help! I Volunteered!

Many first-time coaches volunteer or are volunteered to do the job. With these coaching basics and this volunteer coach guide full of many resources from US Youth Soccer Director of Coaching, Sam Snow, you can create a fun, learning soccer environment for your players in training and in games.

Interacting with Parents

Quick Tips:

- Involve the parents and enlist their support.
- Communicate your philosophy and team goals.
- Having the parents support and reinforce your discipline policies are crucial. Your expectations for player behavior should be clearly stated at the beginning of the season.
- Engage parents in the process of understanding best soccer practices

Game Day Management

Quick Tips:

Making the game more enjoyable for players

- Teach fair tactics.
- During matches, leave the tactical decisions to the players.
- Concentrate on coaching.
- Stay calm.
- Always be positive and be a role model of fair play.
- Set high standards for themselves, the players, the officials and the parents.
- Provide good behavior guidelines to parents.
- Be firm with parents.
- Communicate.
- Enjoy the work. Enjoy the game. Strive to win.

For additional training and resources visit <https://learning.ussoccer.com/>

Online grass roots training classes are available here for each level of play. The cost is \$25, but will be refunded by the RCYSL Board when a coach provides proof of purchase and completion to Director of Coaching, Kim Luna.