



# FC Montco Intramural Rules and Policies

## **GENERAL RULES OF PLAY, SPORTSMANSHIP, and SAFETY**

1. Only volunteers with ALL clearances on file with the club may interact with players in a coaching capacity. Simply put, if you are not fully cleared, you **CANNOT COACH**.
2. The home team will be responsible for supplying the game ball.
3. All players must wear shin guards worn **under** soccer socks. Cleats are recommended for U6 and above.
4. U8-U12: **NO HEADING ALLOWED**: in the event of an intentional header, an indirect kick will be awarded to the other team at the spot of the foul. If a header occurs inside the 6-yard box (GK box), the kick is taken from the 6 yard box mark (i.e. top of the box). If a goal results from a header, the goal is disallowed.
5. No jewelry, watches, necklaces, hair clips (except soft material type) may be worn. The exception is medical alert tags or accessories that are religious in nature.
6. No player may play with a hard cast or splint, unless a doctor's note has been provided, and the cast is completely covered in one inch of thick foam. **The decision to play is up to the discretion of the referee.**
7. Every player must wear their team jersey or color matching pinnie for each game. (Any cold weather clothing must be worn underneath the jersey). The goalkeeper should wear a different jersey (or pinnie) than all other players to clearly identify him/her.
8. Players must be on their own half of the field prior to the start of play, after each goal, and prior to starting the half or quarter. No Slide Tackles.
9. If a team is short players, the other team **MUST** play down to their number in the spirit of the game
10. **NO RUNNING UP THE SCORE**. This **WILL** be tracked. At +3 goal margin, actions must be taken. Examples include:
  - a. Removing a player/adding a player on the opposing side.
  - b. Sitting more skilled players or moving to them into different positions (out of their comfort zone).
  - c. Requiring multiple passes or playing back into your own half before attacking/scoring
  - d. Swapping players

## **OFFICIALS and SIDELINE BEHAVIOR**

11. Referees are in training. **They are to be treated with respect at all times.** Parents will not interact with the referees. Any discussion will be between the coach and the referee. As a coach, we ask patience and to assist, but the referee's decision is final.
12. The referee keeps the official time.
13. Coaches and players should be on the same side of the field: parents and spectators must be on opposite side of the field, for U8 and above. Coaches and players are restricted to their own half and 2 yards off of the touch line. **NO ONE IS PERMITTED BEHIND THE GOALS**. Coaches can come onto the field with the permission of the referee.
14. All players and coaches are expected to line up and shake hands with their opponents and the referee after each game.
15. Coaches coach. Parents cheer. Please read and follow our Sportsmanship and Zero Tolerance policy. Improper conduct will not be tolerated.

## **GUEST PLAYER POLICY**

The governing body of youth soccer in PA (EPYSA) does not allow a registered travel player from any organization to participate in the intramural program under any circumstance, regardless of age. If a team is in need of a player(s) for any given week, the coach should coordinate with another coach in their age group or the one below. **The coach should also contact the VP of Intramurals prior to the game and notify the other team's coach and the referee before the start of the game.** This can be done on game day as long as all requirements are met. The only reason to use a guest player(s) is if a team is without players on their current roster due to conflict or injury. Those using a guest player(s) may not have more than the same number of players as the opposing team or two substitutes on the bench, whichever is less. (Example: if you play 11v11 you can only have 13 players at your game or if you play 9v9 you can only have 10 players at your game, etc). Playing time must favor current team roster players.

## **U5-U8 AGE GROUP & GAME DESCRIPTONS**

**Pee Wee (U5)** Coed 50-minute academy-style training to teach our youngest players the fundamentals of the games. Focus on basic skills development in a fun positive environment.

**Juniors (U6)** Coed 1-hour academy-style training concentrating on building on the skills around ball mastery with the same fun, positive environment from Pee Wees.

### **Under 8 (U8)**

1. Soccer cleats are **STRONGLY RECOMMENDED**. Shin guards covered by socks are **REQUIRED**. No accessories or jewelry of any kind may be worn on the field.
2. Small sided 4v4 games, with no goal keepers and size #4 ball. 5v5 is allowed to manage playing time, if both coaches agree before kickoff.
3. The game is started with a kick-off in the middle of the field determined by coin toss. The other team starts the second half. Opponents must be 8 yards from the center mark
4. (2) 20 minutes halves are played with a 10-minute half time.
5. **EVERY player MUST play half of the game. If you have a larger number of players and (cleared) coaches can manage an additional game to keep the kids moving, feel free to do so. We will always try to have fields and refs available for this "third" game.**
6. Teams change ends at halftime.
7. Out of bounds is restarted with a kick-in, opponents must be 10 feet from the ball.
8. If the ball crosses the goal line and is last touched by a defender, a kick in is taken from the corresponding corner by the attacking team. If the ball crosses the goal line and is last touched by an attacker, a goal kick is taken from the top of the circle. **Opponents must be in their own half on goal kicks.**
9. There are no offsides.
10. **THERE IS NO HEADING.** If heading intentionally occurs, the ball is awarded to the other team at the spot of a foul as an indirect kick.
11. **ALL FOULS** restart as an indirect kick. There are no direct kicks awarded.
12. Substitutions can be made on the fly.
13. **Goals are disallowed** if they from a team's own half, from a kickoff. or occur after an attacker touches the ball inside of the goal circle. **PLEASE encourage teamwork, passing, and involving all in play/scoring by enforcing this rule with your players.**



14. If an attacker touches the ball in the goal circle, play restarts with a goal kick by the defending team. If a defender touches the ball in the goal circle, play restarts with a kick from either corner. NO "OWN GOAL" IS AWARDED.

### **U10 DIVISIONS, (7v7 or 9v9, size 4 Ball)**

Referees will be assigned. A coach, assistant coach or parent from each team should referee one half if no referee arrives by the scheduled start time. Teams play (2) 25 minute halves with 5 minutes at halftime.

1. U10 usually plays 7v7 but may play 9v9 depending on guidance from the club each season depending on roster numbers and available subs. **Format must be agreed to be both coaches and communicated to the referee before kick off.**
2. NO HEADING ALLOWED for U10 or U12 (please see above)
3. NO PUNTING for U10, regardless of format. On goal kicks, opposing team should retreat to halfway between the penalty area and the half line. If no "buildout line" is painted, cones must be placed in both halves, with defenders retreating to behind these cones.
4. The game is started with a kick-off in the middle of the field determined by coin toss. The other team starts the second half.
5. **Throw ins:** Ball going over the sideline is to be restarted with a proper throw in. If taken incorrectly, give instruction, let them retake once. The second foul throw results a turnover.
6. If the ball completely crosses the end line and is last touched by a defender or the keeper, a corner kick is taken. Place the ball anywhere on or inside the corner arc.
7. If the ball completely crosses the end line, last touched by an attacker, a goal kick is taken by the defending team. The goal kick must be taken from the top of the goal box. No offensive players may be in the penalty box when the kick is taken. The ball is in play when it leaves the penalty area.
8. Fouls such as tripping, kicking, striking, pushing, jumping at, holding or charging an opponent, as well as intentionally handling the ball, are penalized as direct kicks at the point of the foul. These fouls committed within the penalty area by the defensive team are penalized with a penalty kick. Additional fouls such as dangerous play, impeding an opponent or when a goalkeeper touches the ball with their hands after it has been deliberately kicked (pass back) or thrown in directly to them by a team-mate are penalized as indirect kicks at the point of the foul.
9. Substitutions are made at the discretion of the referee - **either team can substitute any time** the ball goes over an outside boundary line (touch line or end line) or prior to any kick off (start of quarter, after goal, etc.).
10. Offside: A basic understanding of the [offside rule](#) is expected, and will be enforced. An attacking player receiving the ball from a teammate must have 2 defenders (remember this includes potentially the goalkeeper) between them and the goal. Players must be "onside" when the ball is passed (not when received). The receiving player must be actively involved in play or seeking to gain advantage to be called offside. **The referee determines this and their word is final in all matters relating to this and all other laws of the game.** The restart for offside is an indirect kick to the defending team at the spot of the offense (e.g. where the ball was received, touched, by the attacker). For goal kicks, throw ins, and corner kicks, attackers cannot be offside.
11. Coaches are not allowed on the field except to attend to an injury at the invitation of the referee.
12. The winning coach must report the score of the game to the club ([referees@fcmontco.org](mailto:referees@fcmontco.org)) by Sunday 8pm. Include division, both jersey colors, and winning coach name in subject line.
13. *Additional rules will be supplied if you are playing in the Westmont League.*



### **U12 DIVISIONS, (7v7 or 9v9, size 4 ball):**

1. All rules as above with the exception of the restrictions on punting are to be enforced. Please follow guidance from the club on playing format (7v7 or 9v9), which must be agreed upon by both coaches and communicated to the referees.
2. Goalkeepers should get field time during the season. Alternating games or game halves follows our overall philosophy, and is in line with our travel program.
3. At this age, players can start to “specialize” a bit, but should spend time in at least two positions over the course of the season. For example, CB/CM or Winger/Wingback/Striker.
4. (2) 30 min halves are played with a 5 min halftime. **All players must play at least half the game. Track your playing time!**
5. *Additional rules will be supplied if you are playing in the Westmont League or SCSL.*
6. The winning coach must report the score of the game to the club ([referees@fcmontco.org](mailto:referees@fcmontco.org)) by Sunday 8pm.

### **U14-U19 (11v11, size 5 ball)**

Co-ed recreational travel (30-40 min from Heebner) with local clubs. **Follow SCSL (Suburban Counties Soccer League) rules.**

**Concussion Information:** As parents we are always worried about the health of our children. In recent years more and more attention has been directed at understanding Concussions. The Center for Disease Control and Prevention (CDC) has established a program titled HEADS UP to Youth Sports. The site contains specific concussion information geared to Coaches, Parents, Officials and the Kids. As part of your clearances, you should have completed training on the CDC website. **Should you need to discuss a potential head injury with a parent or player, or if a player exhibits signs of a concussion at any time, please notify the club immediately ([intramurals@fcmontco.org](mailto:intramurals@fcmontco.org) and [secretary@fcmontco.org](mailto:secretary@fcmontco.org)).** Be ready to share the attached “one sheet” with families or upload it to your TeamSnap site. Players that exhibit symptoms MUST have a doctors clearance before returning to a practice or a game.

[EPYSA Policy on Concussions](#)  
[CDC Concussion information](#)

If you have any questions please let us know ([intramurals@fcmontco.org](mailto:intramurals@fcmontco.org)). Thanks again for being a part of our family here at FC Montco, and for making a difference for our children!

Sincerely,

**Steven Orcutt**, Scheduling and Fields  
**James Green**, VP of Intramurals  
**Pete Maxwell**, President

