

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

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**Grand Junction Soccer Club  
Program Manual  
Mission Statement**

"The Grand Mesa Youth Soccer Association is dedicated to providing year-round soccer opportunities that are fun, safe, and challenging for individuals of all ages, abilities, and financial means."

# **Grand Junction Soccer Club Program Manual Coaches Code of Conduct**

Coaches are expected to familiarize themselves with and abide by the CSYSA 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 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 sign and return to Grand Junction Soccer Club a volunteer disclosure statement at least once per seasonal year (fall – spring).

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

The Head Coach for a Competitive Team must be 21 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 "E" 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. Two adults are necessary at every practice and game.

## **Coaching Credit Requirements:**

1. U-11- USSF "E" 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 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 Academy and Team coaches will be required to sign a contract.

## **Salary:**

Premier Team per season	\$1000-\$3000
United Team per season	\$0-\$1500
Inferno and Blaze	\$0-\$1500

**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  
Program Manual  
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 have a field/weather phone line set up at the office 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 Program Coordinator. If resolution is not satisfactory, document your concerns in writing to the attention of the Grand Junction Soccer Club Technical Director.
3. Concerns regarding your child's team should be directly addressed to the Program Coordinator. If resolution is not satisfactory, document your concerns in writing to the attention of Grand Junction Soccer Club Technical 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.
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 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 Program Directors (Coaching Staff). Examples of types of issues deemed appropriate for the Program Director to independently resolve include: a pattern of behavioral issues, education re: policies/procedures and communication issues. The Program Director 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 Program Directors will be directed to the Technical Director for the Grand Junction Soccer Club. Any complaints alleged against the Technical 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 Program Coordinator will discuss further techniques and/or courses of action to resolve the matter with the parents and players.
- If the situation warrants, the Program Coordinator 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 Program Coordinator, 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. A meeting within 72 hours with the Program Coordinator will be required if the ejection is a coach.
- Any player who accumulates three stand alone cautions during a 365-day period shall be suspended automatically for a minimum of one game.
- A red card in the last game of the season carries over to the following season.

The Technical 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 CSYSA/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 can not play up for the sake of playing up.

Players who are in the grade above can play up to stay with their grade.

Players must try-out for their own age group. As per CYS 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. The player wishing to be considered for playing up will notify the GMYSA Director of Coaching 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 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.

## **Grand Junction Soccer Club Program Manual Team Equipment**

The Grand Junction Soccer Club shall offer coaches equipment to be checked out prior to each season. Coaches are responsible for equipment and will return it in good condition. Fees will be charged for any lost and/or damaged equipment. A \$50.00 deposit check will be required to check out any equipment. The deposit check will be held for the entire season. Equipment is to be returned to the Grand Junction Soccer Club office within 10 days of the final game each is to play in that season.

## **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 GMYSA office. The coach and manager may request assistance from any parent or assistant coach to assist the team manager.

### **PROCEDURES:**

The Director of Operations 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**

### **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

### 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.

#### 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 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 payer.

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.

#### 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 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 payer.

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

6v6

#### 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 payer.

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 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**

### **U9**

#### Playing format

8v8

#### 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 payer.

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 and 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 Rec**

#### Playing format

8v8

#### 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 payer.

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 and 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/emailed 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**

### **U9 Academy**

#### Mission

The purpose of the Academy Program 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 Selection

Players will be selected in the month of June prior to their U9 year. The selections will be based on coach and staff evaluations throughout their U8 year. The criteria for selection will be based on;

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

#### Number of Players

Twenty boys and girls players will be offered the opportunity to play in the fall academy season. They will be divided into four teams of ten playing up in the U10 In-house recreational league.

Four players maximum will be added to both the boys and girls programs for the spring season. Selection will be based on coach and staff evaluations throughout the fall season.

#### Teams

The teams will be divided by geographic location for carpooling purposes. There will not be a designated first or second team. The focus is on player development and not team development. Players can be moved around per the U9-U10 Program Coordinator.

#### Training

The team will train 2x per week in the fall and the spring. Supplemental training will be available in the winter and summer months.

#### League Play

The U9 Academy teams will play in the U10 In-house recreational league.

#### Training Objectives

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

#### Cost

The cost for each Academy player will be \$280 per year. 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 U9 Academy**

## Uniform

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

## Training Gear

Each Academy 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.

## Commitment

The expected commitment of an Academy player will be for two seasons. Winter and summer programs will be optional.

## Tournaments

The U9 Academy teams will be expected to participate in various tournaments throughout the year per the direction of the U9-U10 Program Coordinator. Those tournaments might include an out of town tournament as well as the GMIT and Fire Ball Classic.

## Adding Players

Players already on a recreational team who are offered the opportunity to play on an academy team will be changed between seasons. A player who moves to town can be added immediately. A player added to the program will have to pay the difference to participate.

## 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

Academy coaches will be selected by the U9-U10 Program Coordinator. They will be required to follow the objectives of the Academy program. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U10 Academy**

#### Mission

The purpose of the Academy Program 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 Selection

Players will be selected in the month of June prior to their U10 year. The selections will be based on coach and staff evaluations throughout their U9 year. The criteria for selection will be based on;

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

#### Number of Players

Twenty-eight boys and girls players will be offered the opportunity to play in the fall academy season. They will be divided into four teams of fourteen playing up in the U11 WSSL Competitive League.

Four players maximum will be added to both the boys and girls programs for the spring season. Selection will be based on coach and staff evaluations throughout the fall season.

#### Teams

The teams will be divided by geographic location for carpooling purposes. There will not be a designated first or second team. The focus is on player development and not team development. Players can be moved around per the U9-U10 Program Coordinator.

#### Training

The team will train 2x per week in the fall and the spring. Supplemental training will be available in the winter and summer months.

#### League Play

The U10 Academy teams will play in the U11 WSSL Competitive League.

#### Training Objectives

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

#### Cost

The cost for each Academy player will be \$315 per year. 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**

### **U10 Academy**

#### Uniform

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

#### Training Gear

Each Academy 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.

#### Commitment

The expected commitment of an Academy player will be for two seasons. Winter and summer programs will be optional.

#### Tournaments

The U10 Academy teams will be expected to participate in various tournaments throughout the year per the direction of the U9-U10 Program Coordinator. Those tournaments might include an out of town tournament as well as the GMIT and Fire Ball Classic.

#### Adding Players

Players already on a recreational team who are offered the opportunity to play on an academy team will be changed between seasons. A player who moves to town can be added immediately. A player added to the program will have to pay the difference to participate.

#### Removing Players

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

Academy coaches will be selected by the U9-U10 Program Coordinator. They will be required to follow the objectives of the Academy program. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U14 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

#### Number of Players

A maximum of 18 players will be selected for the Fire FC Premier teams. The ideal number for developmental purposes is 15-16.

#### 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 Youth Soccer Association.

#### Training Objectives

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

#### Cost

The Grand Junction Soccer Club registration cost for each Fire FC Premier team player will be \$425 per year. 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. A player added to the program will have to pay the difference to participate.

A coaching fee will also be included in the cost for the Fire FC Blue team. The fee will be determined by the coach's playing and coaching experience.

# **Grand Junction Soccer Club Program Manual U11-U14 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. The training gear will include the club training t-shirt, sweatshirt, training suit, and backpack.

## Commitment

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

## 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 and Fire Ball Classic.

## 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 U11-U14 Program Coordinator and Technical Director. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U11-U14 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

#### Number of Players

A maximum of 18 players will be selected for the Fire FC United teams. The ideal number for developmental purposes is 15-16.

#### Training

The Fire FC United teams will train 2-3x 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 Western Slope Soccer League. The decision will be made by the Head Coach, U11-U14 Program Coordinator, and Technical Director.

#### Training Objectives

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

#### Registration Cost

The Grand Junction Soccer Club registration cost for each Fire FC United team player will be \$385 per year. 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. A player added to the program will have to pay the difference to participate.

A coaching fee will also be included in the cost for the Fire FC United team. The fee will be determined by the coach's playing and coaching experience.

# **Grand Junction Soccer Club Program Manual U11-U14 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 and Fire Classic.

## 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 U11-U14 Program Coordinator and Technical Director. They could be volunteers or paid professional coaches. The salary will be paid according to their experience and ability.

**Grand Junction Soccer Club**

# **Program Manual**

## **U11-U14 Fire FC Inferno and Blaze**

### Mission

The purpose of the Fire FC Inferno and Blaze is to create a player developmental program which gives kids an opportunity to play soccer at a level which meets the needs of their commitment, athletic ability, soccer ability, and motivation. The Fire FC Inferno and Blaze teams will be in an environment where winning is not important.

### Player Selection

There are no tryouts for Fire FC Inferno and Blaze Teams. Players will be placed by location, coach choice, and registration date.

### Number of Players

The maximum number of players is 18 for Fire FC Inferno and Blaze teams.

### Training

The team will train 1-2x per week in the fall and the spring. Supplemental training will be available in the winter and summer months.

### League Play

The Fire FC Inferno and Blaze teams will play in the WSSL Competitive League and Recreational League.

### Cost

The cost for each Fire FC Inferno and Blaze player will be \$215 per year. In case a player chooses to leave the program and play in the competitive league then the family will be required to pay the difference.

### Uniform

Each Fire FC Inferno and Blaze player will wear the basic Grand Junction Soccer Club competitive uniform.

### Training Gear

Each Fire FC Inferno and Blaze player will not be required to purchase the club training gear and wear it to each training session.

### Commitment

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

**Grand Junction Soccer Club**

# **Program Manual**

## **U11-U14 Fire FC Inferno and Blaze**

### Tournaments

The Fire FC Inferno and Blaze teams will be expected to participate in the GMIT and Fire Ball Classic.

### Adding Players

Players already on an Inferno and Blaze team who are offered the opportunity to play on a Fire FC Premier or United team will be changed between seasons. A player who moves to town can be added immediately.

### Removing Players

Players who have behavioral or discipline problems can be removed from the Fire FC Inferno and Blaze team at any time. Players can choose to leave the Fire FC Inferno and Blaze teams 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 Inferno and Blaze coaches will be volunteer coaches selected by the U11-U14 Program Coordinator.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U15-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, a higher number of training sessions, and a higher level of league competition and tournaments.

#### Player Selection

Players will be selected at tryouts following the High School boy's soccer season. The selections will be based on coach and staff evaluations throughout the year.

#### Number of Players

A maximum of 18 players will be selected for the roster. U17 and U18 teams could carry a maximum of 22 players.

#### Training

The team will train 3x per week in the winter and the spring. Supplemental training will be available in the summer months.

#### League Play

The Fire FC Premier Teams will participate in the CSYSA League or WSSL.

#### Cost

The cost for each Fire FC Premier player will be \$225 per year. 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.

A coaching fee will be additional and it will be based on the coach's playing and coaching experience.

#### 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. The training gear will include the club training t-shirt, sweatshirt, training suit and backpack.

#### Commitment

The expected commitment of a Fire FC Premier team player will be from November through the last tournament the following summer. Summer programs will be optional.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U15-U18 Fire FC Premier**

#### Tournaments

The Fire FC Premier teams will be expected to participate in various tournaments throughout the year per the direction of the Technical Director. Those tournaments might include numerous out of town tournament.

#### Adding Players

Players can be added at any point in order to keep the numbers. A player who moves to town can be added immediately. A player added to the program will have to pay the difference to participate.

#### Removing Players

Players who have behavioral or discipline problems can be removed from the 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 Technical Director. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U15-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 following the High School boy's soccer season. The selections will be based on coach and staff evaluations throughout the year.

#### Number of Players

A maximum of 18 players will be selected for the roster. U17 and U18 teams could carry a maximum of 22 players.

#### Training

The team will train 2-3x per week in the spring.

#### League Play

The Fire FC United Teams will participate in the CSYSA League or WSSL.

#### Cost

The cost for each Fire FC United player will be \$225 per year. 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.

The coaching fee will be additional and it will be based on the coach's playing and coaching experience.

#### 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. Training suit and backpack are optional.

#### Commitment

The expected commitment of a Fire FC United team player will be from November through the last tournament the following summer. Summer programs will be optional.

# **Grand Junction Soccer Club Program Manual U15-U18 Fire FC United**

## Tournaments

The Fire FC United teams will be expected to participate in various tournaments throughout the year per the direction of the Technical Director. Those tournaments might include an out of town tournament and the GMIT and Fire Ball Classic.

## Adding Players

Players can be added at any point in order to keep the numbers. A player who moves to town can be added immediately. A player added to the program will have to pay the difference to participate.

## 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 Technical Director. They will be paid according to their experience and ability.

# **Grand Junction Soccer Club**

## **Program Manual**

### **U15-U18 Fire FC Inferno and Blaze**

#### Mission

The purpose of the Fire FC Inferno and Blaze Teams is to create a player developmental program which gives kids an opportunity to play soccer at a level which meets the needs of their commitment, athletic ability, soccer ability, and motivation. The Fire FC Inferno and Blaze teams will be in an environment where winning is not important.

#### Player Selection

There are no tryouts for Fire FC Inferno and Blaze Teams. Players are placed similar to U5-U10 Developmental teams. They will be placed by location, coach choice, and registration date.

#### Number of Players

The maximum number of players is 18 for Fire FC Inferno and Blaze Teams.

#### Training

The team will train 1-2x per week in the spring.

#### League Play

The Fire FC Inferno and Blaze teams will play in the WSSL Competitive League or Recreational League.

#### Cost

The cost for each Fire FC Inferno and Blaze player will be \$115 per year. In case a player chooses to leave the program and play in the competitive league then the family will be required to pay the difference.

#### Uniform

Each Fire FC Inferno and Blaze player will wear the basic Grand Junction Soccer Club competitive uniform.

#### Training Gear

Each Fire FC Recreational player will not be required to purchase the club training gear.

#### Commitment

The expected commitment of a Fire FC Inferno and Blaze player will be for the spring season.

**Grand Junction Soccer Club**  
**Program Manual**  
**U15-U18 Fire FC Inferno and Blaze**

Tournaments

The Fire FC Inferno and Blaze teams will be expected to participate in the GMIT or Fire Ball Classic.

Adding Players

Players can be added at any point in order to keep the numbers. A player who moves to town can be added immediately.

Removing Players

Players who have behavioral or discipline problems can be removed from the Fire FC Inferno and Blaze team at any time. Players can choose to leave the Fire FC Inferno and Blaze teams 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 Inferno and Blaze coaches will be volunteer coaches selected by the U11-U14 Program Coordinator

**Grand Junction Soccer Club  
Program Manual  
Monday Night Futbol**

The Monday Night Futbol program will be a spring and fall program for U7-U10 players interested in more skills and small sided games training. The program will be supplemental to the developmental league and will be open to all GJSC players as well as kids not participating in the GJSC.

The program will be held on five Monday's for an hour and fifteen minutes at a time. Training will be provided by the GJSC staff, team coaches, and skills trainers.

**Grand Junction Soccer Club  
Program Manual  
Futsal**

The GJSC Futsal program will be an in house league run by the club in order to have as many kids playing winter soccer as possible. The GJSC will assign a commissioner who will oversee the development of the league and will make all the decisions as pertaining to the running of the program.

**Grand Junction Soccer Club**  
**Program Manual**  
**Girls Select**

The Girls Select Program will be a supplemental In-house ODP like training program for the top U14-U18 girl's competitive players in the Fire FC program. The staff and team coaches will be selecting the top players from each team to participate. The Girls Select Program will consist of training by the Fire FC staff at the Mesa State Soccer Stadium and then selection for a tournament prior to the start of the high school soccer season.