

# MCCS DIVISION RULES AND INFORMATION

## Micro Mini's Co-Ed

- Trainer run session
- 45 Minute Sessions
- Ball Size #3

## Little Kickers: Co-Ed

- 3v3, no goalkeeper, Fall
- **4v4, no goalkeeper, Spring Season**, (May play 3v3 if numbers are low)
- Game time: two 15 minute periods, 2 minute break at half time.
- Ball Size #3
- Little Kicker coaches are permitted on entire field for the both seasons.

## Big Kickers: Co-Ed

- 4v4 in Fall (no goalkeeper) /
- 5v5 in Spring Season (adding goalkeeper),
- Game time: four 10 minute periods, 2 minute break between 1<sup>st</sup> and 2<sup>nd</sup> /3<sup>rd</sup> and 4<sup>th</sup>, 5 minute break at half time.
- Ball Size #3
- Big Kicker coaches are permitted on entire field for the both seasons.

## Freshmen Co-Ed

- 6v6, 5 plus a goalie
- Game time: four 10 minute periods, 2 minute break after 1<sup>st</sup> & 3<sup>rd</sup> periods (players remain on field), 5 minute break after 2<sup>nd</sup> period (half-time).
- Half the girls that dress on game day must be on the field at any time.
- Ball size # 3
- **Freshman coaches are permitted on entire field for first 5 games of fall season**, and then on the defensive side of field for the remaining games of fall season. For the spring season, Freshman coaches will be permitted on defensive side of field for first 3 games, and then only along their sideline between the "18 yard line" for remaining games.

## Sophomores Co-Ed:

- 7v7 6 plus a goalie
- Game time: two 25 minute periods, 5 minute break after 1<sup>st</sup> period (half-time).
- Half the girls that dress on game day must be on the field at any time.
- Ball size #4

## Juniors Co ed:

- 9v9, 8 plus a goalie
- Game time: two 30 minute periods, 5 minute break after 1<sup>st</sup> period (half-time).
- Half the girls that dress on game day must be on the field at any time.
- Ball size #4

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### Substitutions: Freshman to Juniors

(Big Kickers and Little Kickers are permitted to sub at any time during the game)

A. When:

- On either team's throw-in, at the discretion of a referee.
- On a goal kick by either team.
- On injury by either team. **Only** injured player may be subbed out.
- After a goal by either team.
- At half-time by either team.

B. If a coach is slow after requesting the substitution, the referee may refuse the request.

C. All substitutions made at halfway line.

### Off-sides:

No off-sides in Little Kickers, Big Kickers or Freshman divisions, but try not to let an offensive player remain stationary in front of an opponent's goal area.

### 5 Point Rule: (excerpts from SSI)

The five goal rule is a guideline all coaches are to follow. The intent is all games are scrimmages, not World Cups. We are dealing with youth players, not professionals. To keep the scrimmages as friendly as possible, we use the 5 goal rule so as not to run up the score. As a coach, you should know your individual player's strengths and weaknesses. Any time you score multiple goals in a short period of time, it is safe to say that you are the stronger team at that moment. Some points to help control games that may get out of hand:

- Switch your strong players with your non-dominating (weaker) players.
- After the 3<sup>rd</sup> goal up, begin making changes. Do not wait until a five goal spread.
- **Never yell out "Do not score!"**, or any other type of negative comments. The other team has feelings too.
- Put restrictions on players like one touch passing.
- Play down a player.
- The score could be higher than a 5 point spread differential as long as you did all you could.
- Make sure that your **intentions are relayed** to both the ref and the opposing coach so there is no misunderstanding.

All referees are mandated to enter scores. Any 5 point or higher spread **will** be questioned by Head Referee. We expect full compliance with the 5 Point Rule.

### Player's Equipment:

- Matching uniforms.
- Goalkeepers must wear different color shirts, including different than other team's color.
- Goalkeeper must wear helmet.
- **Shin guards must be completely covered by socks.**
- **No metal framed eye glasses!** Referees have been instructed not to allow children to play with metal framed glasses. Approved glasses **MUST** have a **safety strap**. Sports goggles are **STRONGLY** recommended. This is for the safety of the children!
- **No earrings, not even if taped. No jewelry.**
- No metal or hard plastic hair control devices.
- Hoods must be tucked in.