

Emphasizing good sportsmanship, skill development, and equal participation, Page Recreation gives youth a community based, non-competitive program to learn sport specific skills and play games in a safe, organized and fun environment.

Practice

- Practice begins August 20th and coaches will schedule 2-4 practices that week.
- Once games begin on August 27th coaches will hold no more than 1-2 practices per week.
- At Super Soccer Saturday coaches will provide players and parents with practice schedules for the entire season.
- All practice schedules will be posted on-line at <https://cityofpage.recdesk.com/Community/Calendar>
- Players are expected to attend practices and to notify coaches ahead of time if they will be absent.

Photos

- Your coach has set up a team photo session and will provide you with the date, time, and photo package information sheet.
- Whether you plan to purchase photos or not your child should participate in the team photos session.
- Team photos will be taken by the 2nd week of games so players will receive them before the end of the season.
- If you registered late your child's shirt may not arrive until after the group photo session. Your child should wear a shirt of the team color and participate in the group session. You may schedule your individual photo session after the team shirt arrives.
- Please communicate directly with the photographer, Olivia Benally (Nizhoni Photography) 928-640-0492, regarding photos.

Equipment

- Team shirts and soccer socks are provided with registration. (shirts must be tucked in)
- Players provide their own shin guards that must be worn under socks.
- For safety, players not wearing shin guards may not participate in practices or games.
- Players in 2nd grade or older must provide their own soccer cleats (no toe spikes or metal spikes). For safety, players not wearing soccer cleats, may not participate in practices or games.
- For safety, player may not wear jewelry, hard hair clips (soft pony tail bands allowed), hats or bandanas.
- Please send water with your players so they stay hydrated.
- Goalies must wear goalie shirt. (Recreation Department provides)
- Used soccer shoes may be dropped off at the Sports Complex for donation in a shoe exchange. Beginning August 1st, players registered in the upcoming soccer season may select shoes for their own use.

Parent/Guardian Responsibilities

Role Model and Mentor

- Demonstrate and require good sportsmanship and acting in a respectful manner.
- Respect referees' calls and authority.
- Emphasize skill building and fun over competition and winning.
- Provide a positive, accepting and fun, atmosphere.
- Refrain from and prohibit children from using foul language.
- Pick up all trash and place in trash cans and recycling bins.
- Arrive at least 15 minutes before game-time so players and teams are ready to start games on time.

Safety and Supervision

- Ensure children wear safety gear and follow all game and safety rules.
- Attend practices and games with children and supervise non-player children.
- If you drop-off your child, ensure the coach is present before you leave, and arrive at least 15 minutes early for pick up.
- During games stay clear of the goal line and view games from the sidelines **opposite** from the teams.
- Prohibit children from climbing on goals, fences, trees and planters, basketball rims, sheds and other facility features not designed for climbing
- Refrain from and prohibit children from riding bikes, scooters, skateboards, skates or other wheeled vehicles inside the Sports Complex gates (these vehicles may be brought inside the gates and walked)
- Refrain from bringing pets inside the Sports Complex gates

Referees, Rule Enforcement and Referees' Authority

- Coaches will referee 3-year old's through 1st grade games; designated referees will officiate all other games.
- Referees enforce FIFA (Federal International de Football Association) Laws of soccer modified for youth leagues but may let play continue and not call a foul, saying "PLAY ON" if they believe stopping play would give an advantage to the fouling team.
- Coaches may not enter the field, or question calls during games, and may only communicate with referees between quarters/halves for the sole purpose of asking referees to interpret rules related to calls made during the game.
- Players, coaches, or parents who question calls during the game will receive an immediate warning, followed by a yellow card on the second violation
- Referees may eject any player, coach, or spectator from the facility for refusing to follow game or facility rules, or for disrespectful, unsafe or unsportsmanlike behavior.
- It is not appropriate or respectful to call out displeasure with referees, coaches or players.
- Field supervisors will eject coaches, parents or others who verbally or otherwise call out referees, coaches, or players

Game Length and Breaks

<i>All Leagues</i>	5-minute halftime breaks
<i>3 years- 3rd grade</i>	2-minute water and substitution breaks between quarters
<i>3 and 4 year old's</i>	Four 5-minute running quarters
<i>K and 1st grade</i>	Four 8-minute running quarters
<i>2nd and 3rd grade</i>	Four 10-minute running quarters
<i>4th and 5th grade</i>	Two 25-minute running halves
<i>Middle School</i>	Two 30-minute running halves

Game Start, Players and Coaches

- Games will begin at their designated start times.
- Players and coaches should arrive 15 minutes before game time so they are ready to start games on-time.
- Referees will begin pre-game shoe and equipment safety check 10 – 15 minutes before game start.
- If both teams have more than 2 substitutes, coaches may play the maximum number of players
- If either or both teams have 2 or fewer substitutes, coaches may play only the minimum number of players
- Teams unable to field the minimum number of players (see below) after a 5-minute grace period will forfeit the game.
- In the 3 years – 3rd grade leagues, if both teams are unable to field the minimum number of players, teams may play 4 x 4 games (with no goal keeper) following US Soccer small sided game format.
- In the 4th grade – Middle School leagues, if both teams are unable to field the minimum number of players team may play 7 x 7 (with goal keeper) games following US Soccer small sided game format.
- For 3 years – 1st grade one coach is on the field to referee and assist players. In other leagues coaches may not be on the field.

<u>League</u>	<u>Players on the field</u>	<u>League</u>	<u>Players on the field</u>
3 & 4 years old	4 – 5, no goalie	2 nd grade	6 - 8
K & 1 st grades	5 – 7, no goalie	3 rd grade	7 – 9
		4 th & 5 th grades	8 - 10
		Middle School	9 - 11

Substitutions

- All players in all leagues must play at least 50% of game time and no player may play and entire half.
- Both teams sit on the same side of the field (opposite spectators) with a common area substitution-box between the teams
- 3 years – 1st grade allow unlimited substitutions at any time
- 2nd grade – Middle School allow unlimited substitutions under the following conditions
 - Ball must be out of play (throw-in, goal kick, or corner kick)
 - The team has ball possession, or the other team also makes a substitution
 - The players must report to the substitution box and wait for the official to stop play and wave the players onto the field.
 - The goalkeeper can only be changed with another field player when the ball is out of play. The referee must be notified prior to the change to wave in the substitute or allow the field player change.

Line Judges

- All teams must provide line judges for their sides of the field and the coaches will ask teams for parent volunteers.
- Referees will give line judges flags before the game starts
- The sole purpose of line judges is to assist referees by raising the flag to signal “out of play” balls
 - Signal the direction of play for in-bounding throw-ins
 - Refrain from calling penalties, offside, goals or other rules

Scorekeepers, Scoring, Ties and Standings

- *3 years - 1st grade*– No scores or standings kept
- *2nd grade – Middle School*
 - The referee is the official scorekeeper and timekeeper.
 - Assistant coaches or another parent from each team will act as assistant scorekeepers.
 - Team scorekeepers and referees will communicate to ensure teams know the score at the end of each period.
 - To score, balls (on the ground or in the air) must entirely cross the goal lines, be between goal posts and under cross bars.
 - If the ball has entirely crossed the line, even if the goalie catches the ball within the goal, it is counted as a goal.
 - Any player on a team may score goals, including goal keeper.
- *2nd grade - 5th grade* –If the score is tied at game end, the tie stands.
- *Middle School* – If the score is tied at game end, referees will implement a shootout tiebreaker.

Headers

- Only Middle School players may intentionally head the ball in practice or in games. If other players intentionally head the ball the opposing team will be awarded an indirect free kick.
- Middle School players may head the ball in practice or games, however, coaches must monitor heading so individual players do not head the ball more than 25 times each week. Coaches should monitor weekly headers on the Middle School Header form provided by the Recreation Department.

Misconduct

- The Recreation Department does not tolerate misconduct of any kind and referees will issue the following to enforce the laws:
 - “Warn” - tell players to improve their behavior, if no improvement, “Cautions” will be given
 - “Caution” – yellow card misconduct offenses
 1. Entering the field of play without the referee’s permission
 2. Continually breaking the rules
 3. Arguing with the referee’s decision
 4. Unsportsmanlike behavior
 - “Send Off” – red card misconduct offenses
 1. Violent behavior, such as spitting, malicious kicking, hitting, etc.
 2. Serious foul play against the spirit of the game
 3. Using foul or abusive language or insulting or threatening any player, coach, official, staff or spectator
 4. Committing a second cautionable act after having already received a yellow card (The referee will first show the second yellow card followed by the red card)
 - Players given red cards are sent off the field and may not play (or be replaced) for the rest of the game or play in the next scheduled game
 - Players given a second red card during the season receive a 3-game suspension
 - Players given a third red card during the season are suspended for the rest of the season
- All yellow and red card misconduct calls result in indirect free kicks for the non-offending teams

Fouls

All fouls result in Free Kicks

- 1) Intentionally kicking or trying to kick an opponent (not going for the ball)
- 2) Intentionally tripping an opponent

- 3) Intentionally jumping at an opponent
- 4) Intentionally charging an opponent violently or dangerously
- 5) Charging an opponent from behind (tackle made from behind may be ruled a charge from behind)
- 6) Hitting, trying to hit or spitting at an opponent
- 7) Intentionally holding an opponent
- 8) Intentionally pushing an opponent
- 9) Intentionally heading the ball (except Middle School)
- 10) Intentionally handling the ball (except by a goalkeeper in his or her penalty area) *If players are not trying to control the ball or are instinctively protecting themselves from injury, the referee should not call a hand ball foul.*
- 11) Dangerous play (high kicking near an opponent's head, playing a ball held by the goalkeeper, heading a low ball, players on the ground continuing to play for the ball) *Players falling to the ground must get up before they can re-enter play.*
- 12) Illegal obstruction (trying to prevent an opponent from getting closer to the ball when not within playing distance of the ball)
- 13) Charging the goalkeeper in the goalkeeper's area (Youth League rules)
- 14) The goalkeeper may handle the ball for no more than 5 seconds; penalty called on 6th second

Free Kicks

- Free kicks are awarded when referees call any fouls or misconduct
 - 3 years - 3rd grade - All free kicks are indirect free kicks for the non-offending teams
 - 4th – Middle School
 - Misconduct fouls numbered 1-10 above result in a direct free kick
 - If defending teams commit fouls 1-10 within their own penalty areas, penalty kicks are awarded to the attacking teams
 - Fouls 11-14 result in indirect free kicks for the non-offending teams
- With an indirect free kick, a goal may be scored only when one or more players from either team touch the ball after it is kicked into play and before it enters the goal
- With a direct kick, a goal may be scored directly from the free kick
- During a free kick referees signal the direction of play and kicking teams set the ball where the infraction occurred and kick the ball. Opposing teams must not be within 10 yards of the kickoff

Penalty kicks

- 3 years - 3rd grade – Indirect free kicks are awarded instead of penalty kicks
- 4th grade - Middle School
 - The kick is taken from the penalty mark
 - All players except the kicker and the opposing goalkeeper must be outside the penalty area
 - The goalkeeper must stand on the goal line until the ball is kicked
 - The kicker may not play the ball after the initial kick until it is touched or played by another player
 - After the ball is played (traveled the distance of its circumference) it is in play and all players may enter the penalty area
 - Actions taken if there is a violation of the above rules by the:
 - defending team -- the kick shall be retaken if a goal has not resulted
 - attacking team (other than the kicker) -- if a goal is scored it will be disallowed and the kick retaken
 - kicker -- an indirect free kick is awarded the opposing team at the location of the infraction

Throw Ins

- Taken to restart the game after the ball has gone out of play past the sideline (entirely over the line)
- Taken by any player on the team that did not touch it last
- As the ball leaves the throwers hands, some part of both feet must remain on the ground
- The ball must be thrown with equal strength from both hands in continuous movement from the back of the head.
- A player cannot score a goal by throwing directly into either goal
- 3 years – 1st grade – If players improperly throw the ball on the first attempt, the referee will explain the proper method then allow a second throw-in.

Goal Kicks

- Occur when attacking teams kick balls past the goal lines, but not in the goals
- Balls are out of play and defending teams are awarded goal kicks
- Balls are placed anywhere in the goal area and defending teams kick the ball down field
- Opposing teams must stay outside the penalty area until after the ball leaves the penalty area

Corner Kicks

- Occur when a defending team touches the ball last when it goes past the goal line, but not in the goal
- Ball is out of play and attacking team is awarded a corner kick
- Ball is placed anywhere in the corner area and the attacking team may have players within the goal area
- Defending players may not be within 10 yards of the ball during corner kicks

Start of Play, Kick-Off and Drop Ball

- Coin tosses will determine which team will kick-off.
- Kicking teams line up on the midfield lines. Opposing teams must stay behind the midfield circle until after the ball is kicked off.
- If referees stop play for any reason other than rules being broken or time running out, play restarts with a "Drop Ball". A drop ball is not played until it hits the ground (two opposing players stand ready to play the ball as the referee drops it).
- When goals are scored, scored against teams kick off. After halftime teams switch sides and teams that did not kick off to start the games kick off after halftime.

Ball in and Out of Play

- The ball is out of play when one of the following occurs:
 - The entire ball is completely outside the outside edge of the sideline or goal line.
 - The game is stopped by the referee (whistle).
- The ball remains in play when it bounces off a goal post or cross bar and remains in the field of play.
- The ball also remains in play when it bounces off of a referee and stays in the field of play.

Offside

3 years – 1st grade -- No offside penalties

All other leagues

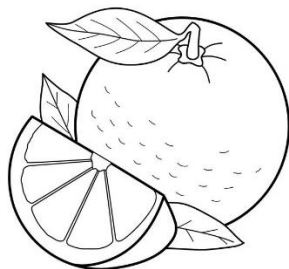
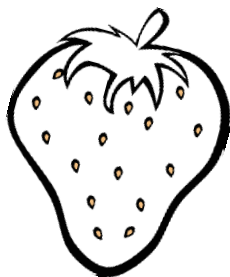
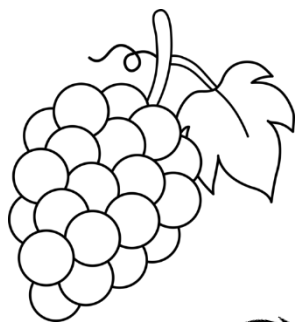
- Offside Position (Different than Offsides and Not a rule violation) occurs when players are in the offside position and they are:
 - Ahead of the ball, AND
 - Not in his or her half of the field, AND
 - There are fewer than 2 opponents even with or ahead of him or her.
- Offside (Rule Violation) occurs when referees deem players in the offside position are either:
 - Participating in play, OR
 - Interfering with an opponent, OR
 - Are trying to otherwise take advantage of being in an offside position. (Influence the play)
- Exceptions occur if players in the offside position receive the ball directly from:
 - Throw-in, OR
 - Corner kicks, OR
 - Goal kick

Recreation Department Contacts and Office Hours

<u>Location</u>	<u>Phone</u>	<u>Mailing Address</u>	<u>Office Hours</u>	
Page Sports Complex 477 Haul Road Page, Arizona 86040	Office: (928) 645-4380 Office: (928) 645-4381 Cell: (928) 691-0209	PO Box 1180 Page, Arizona 86040	Monday – Thursday 2 PM – 5 PM	
<u>Recreation Director</u> Jackie La New jlanew@pageaz.gov (928) 660-8457	<u>Recreation Assistant</u> Cheryl John cjohn@pageaz.gov	<u>Recreation Assistant</u> Jaycee Billy jbilly@pageaz.gov	<u>Field Maintenance</u> Blaine Simpson bsimpson@pageaz.gov	<u>Community Services Director</u> Debbie Winlock dwinlock@pageaz.gov (928) 645-4272

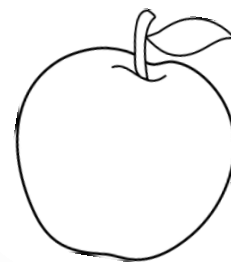
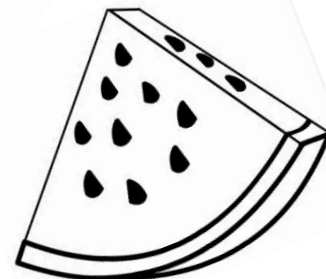
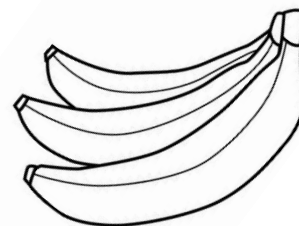
Suggestions for **Healthier Snack** Options

One of the reasons we have our kids in sports is to **encourage physical activity** and **good health**. We want our kids to play in sports so they move their bodies, burn off energy, and be strong- so let's give them a snack that keeps them healthy. The best thing for kids to drink before, during, and after sports is regular water, according to the American Academy of Pediatrics. The electrolytes lost during sweat can easily be replaced with their next meal. If Every child brings a water bottle, and **parents take turns bringing a healthy snack** for after the game then parents would only have to bring the snack and not have to worry about also providing drinks. If you choose to bring any fresh fruit or vegetables, please wash it so it's ready to grab and eat. *(Please do not bring fruit roll-ups or fruit snacks, since those are mostly added sugar)*. Here is a **list of suggested healthy snacks**:



Bananas
Clementines
Oranges
Seedless Grapes
Apples
Strawberries
Blueberries
Mixed Berries
Box of Raisins
Baby Carrots
Celery Sticks

Sugar Snap Peas
No-Sugar Added Applesauce
Yogurt Tubes
Low-Fat Cheese Sticks
Whole Wheat Crackers



***Please make sure you check with the parents and the coach about any potential food allergies before preparing any team snacks.**