



FC BELTON COACHES' RULES AND GUIDELINES



Code Of Conduct

In the spirit of sportsmanship, participants shall:

- conduct themselves in a manner that represents FC Belton with honor, dignity, and respect.
- always demonstrate the qualities of civility and sportsmanship.
- not use vulgar, abusive, racist, sexist, demeaning, or intimidating language at any time.
- support the players, coaches, and officials in a positive manner.
- always treat the opposing team, coaches, and fans with courtesy and respect.
- refrain from throwing objects for any reason.
- not become inebriated or belligerent.
- refrain from entering playing and team areas at any time, including after the game.

General FC Belton Rules and Expectations

1. There will be no smoking, vaping, drugs, or alcohol use by players, coaches, or spectators during practices or games. Spectators are only allowed to smoke or vape in the parking lot or personal vehicles.
2. There will be no coaching by anyone behind the goal area; including parents, coaches, siblings, or spectators. Violations of this rule may result in game forfeiture or removal from the field by offending individuals.
3. The head coach is responsible for the conduct of his/her team, assistant coach(s), parents and spectators.
4. Practice times, dates and locations are to be determined by the individual coach, not FC Belton.
5. If you have a sponsored team, you **MUST** get a team picture. You must set your own schedule/time with the photographer.

Participation Rules for FC Belton

Players must be present at and participate in at least half of the scheduled practices each week in order to play in the weekly game. The coach will determine, in good faith, the actual amount of play time each player receives based on their participation in practice that week. If there is a problem or concern with this, the coach and/or parent(s) will bring it to the attention of the division director and an official determination will be made collectively.

Equipment & Uniforms

1. All players on each team must wear the uniform provided by FC Belton.
2. All coaches are required to wear the coach's jersey provided by FC Belton.
3. All footwear and shin guards are the responsibility of the parents. Shoes with rubber or plastic cleats are recommended, but not required. Only soccer cleats without a metal toe cleat will be permitted.

4. Shin guards and long socks are required for all practices and games to prevent lower leg injuries.
5. Players who wear any type of glasses on the field **MUST** have a retainer strap.
6. Kneepads are optional.
7. No jewelry may be worn at any time during the game. If jewelry cannot be removed, it needs to be tapped down.
8. Wristbands and headbands must be worn on the wrist or on the head above the ears.
9. Referees may ban any equipment that they deem as unsafe or illegal.

Playing Rules

All games will abide by the United States Youth Soccer Association Guidelines along with IFAB laws. FC Belton reserves the option to add/drop rules where we see a need. The rules, as set forth in this outline, shall be strictly adhered to and supersede rules from all other sources in the specific areas with which they are concerned.

Rules for All Age Divisions

1. Each half begins with a kick-off. All age divisions switch sides of the field after half-time.
2. Slide tackling is not permitted; with a few exceptions.
 - a) Definition of a Slide Tackle: A slide tackle is defined as a player going to the ground to take the ball from an opposing player. For the slide tackle rule to be enforced, both a slide and tackle must occur.
 - b) The Goalkeeper may slide tackle in the penalty area.
 - c) Sliding to save the ball: Sliding to save a ball that is about to go out of bounds is allowed, but only when another player is not in harm's way of the slide. Sliding to save a ball from a goal is also permitted, however, only when another player is not in harm's way.
3. The clock will run continuously each game, stopping only at the intermission periods and for serious injuries requiring medical attention.
4. No player shall contact an opposing player with their hands and extend arms in a pushing motion. These are fouls and a free kick will be awarded.
5. Yellow cards and Red Cards:
 - a) The official has complete discretion in calling fouls and may choose to ignore minor infractions that will slow the game. The referee may issue a yellow card for the first offense of undue harassment by a player, resulting in an indirect free kick. A second offense will result in a red card, immediate removal from the field, and suspension for a minimum of 1 week.
 - b) YELLOW CARD: warranted by a player or coach for violating the laws of the game or for misconduct. A player must leave the field of play until the next dead ball stoppage of play. 2 yellow cards become a red card and will result in removal from the current game, and a 1 game suspension.
 - c) RED CARD: warranted by a player or coach by violating the laws of the game, misconduct, or multiple infractions. A player or coach must leave the field immediately for the remainder of that game and receives a 1 game suspension.
 - d) Foul and abusive language by player, parents, or coaches will result in an automatic red card and suspension for 1 week. If foul or abusive language continues, the player, parent, or coach will be suspended for the remainder of the season.
 - e) If a player leaves the field of play to engage in confrontation with anyone, that player will be suspended for the remainder of the season.

- f) If a player, parent, or coach threatens another player, parent, or coach, a police report must be filed immediately. After the police investigate the situation, and if it is found to be true, the player, parent, or coach will be permanently banned from FC Belton.
 - g) If a fight occurs on the field, the instigating player will be suspended for the season. If the attacked player retaliates, they will be suspended for a minimum of 1 game.
 - h) If a player or coach leaves the bench area to engage in a confrontation with anyone on or off the field, they will be suspended for a minimum of 1 game and possibly for the season. If a coach or player is trying to break up a fight and is going out to retrieve their player or teammate, to de-escalate the situation, then no consequences will be handed down to that coach or player.
 - i) Racial slurs will not be tolerated. If a player, parent, or coach uses a racial slur, they will be suspended for the remainder of the season.
 - j) If a player, parent, or coach threatens or uses foul or abusive language via email toward a member of the board, another player, another coach, or another parent, a police report will be filed and the player, parent, or coach will be banned from FC Belton.
 - k) A suspended player, parent, or coach is to stay away from the fields for the length of their suspension. If a suspended individual is seen at the fields, their suspension will be extended to the length of the season.
 - l) If a parent, player, or coach confronts another parent, player, coach, or board member in the parking lot and threatens them, a police report will be filed, and the offending parent, player, or coach will be banned from FC Belton.
 - m) If a player, parent, or coach receives multiple red cards in a season, they will be subject to longer suspension or removal from the league
6. Weather issues will be dealt with by the board as they arise. This could impact the length of the season.
 7. If a game is stopped due to weather or other causes which make further play unsafe or impossible, a game is considered complete if at least half of the game was played at the time of stoppage.
 8. If a team shows up late, it will be at the discretion of the referee and the opposing team as to how much time will be given to warm up.

Division Specific Rules

U5, U7, and U9:

1. Please remember that our referees are youth referees. They are learning how to take charge, be responsible, and direct a game. Respect them and their calls. There is zero tolerance for the mistreatment of our youth referees. They have been instructed to stop the game and get a board member if they are ever made to feel uncomfortable. We can and will suspend coaches if necessary.
2. If a coach or parent has an issue with the youth referee, please find a board member between quarters or at the half so that we can address the issue.
3. If there is any interference with the play of the game from a parent before, during, or after the game, the parent will be ejected from the game. If the parent does not adhere to the ejection and immediately leave, that team will automatically forfeit the game and the parent will be suspended for the following game.
4. No offsides
5. Throw-ins, goal kicks, and corner kicks will be used to put the ball back into play.
6. Free-kicks and penalty-kicks will be awarded for fouls.

U5

1. Format of Play: 5 v 5
2. No Goal Keeper
3. Ball size 3
4. Goal size: 4' x 5'
5. Field size: 60' x 90'
6. Game time: Four, 8-minute quarters and 5-minute halftime
7. One coach is permitted on the field during game play. Coaches may not hold the hands of their players.
8. No score will be kept, but referees will keep record of the game.
9. Players may play in a defensive position at the top of the key when the ball is on the opposing team's half. When the ball crosses into their half of the field, the defending player can drop into the penalty box and defend the goal.
10. Each game should be officiated by 1 or 2 youth referees.

U7

1. Format of Play: 7 v 7
2. No Goal Keeper
3. Ball size 4
1. Goal size: 6' x 4'
4. Field size:
5. Game time: Four, 10-minute quarters and 5-minute halftime
6. No score will be kept, but referees will keep record of game.
7. Players may play in a defensive position and stay on the outside of the penalty box when the ball is on the opposing team's half. When the ball crosses into their half of the field, the defensive player may drop into the penalty and goalie box to defend the goal. They may not use their hands like a goal keeper.
8. Each game should be officiated by 2 youth referees.

U9

1. Format of Play: 9 v 9
2. Goal Keeper
3. Ball size 4
4. Goal size: 18.5' x 6.5'
5. Field size: 135' x 180'
6. Game time: Two, 20-minute halves and 5-minute halftime
7. Players will be competing for 1st, 2nd and 3rd place trophies.
8. If a game is tied at the end of regulation time, the game will go to a penalty shoot-out to determine a winner.
9. Each game should be officiated by 3 youth referees.
10. Offsides will not be called for an indirect free kick unless it becomes a consistent problem. Please remind your players of the off-sides rule and don't allow "cherry-picking".

U11-U17:

1. If a game ends in a tie in U9-U17, the game will proceed to a penalty shoot-out.
 - a. Each team will be given 5 attempts to score a goal on the opposing team's keeper. Players eligible to participate had to have been on the field when the final whistle was blown. The referee will determine which team shoots first. If after five rounds of kicks, the teams have scored an equal number of goals (or neither team has scored any goals), additional rounds of one kick each are used until one team scores and the other misses. This is known as sudden death. The entire team must shoot prior to anyone shooting twice, then they may shoot again. Players who are not taking the penalty kick, must remain in the field's center circle. Players who were not on the field when regulation time ended, must remain off of the field.
2. For a game's score to count for the team's season rankings, the minimum number of players on the field will be at least half of the format of play (i.e. 9v9 format of play will have at least 5v9. If the team cannot come up with half, that team will forfeit, and a make-up game will not be given. A team can get players from **younger** divisions to play-up to give them the required numbers of players.
3. If a referee has an issue with a coach or parent during the game, they can card the parent or coach and/or eject them from the game.
4. If a coach or parent has an issue with the referee, please find a board member so that we can address the issue.
5. If there is any interference from a parent with the coach or the referee before, during, or after the game, the parent will be ejected from the game. If the parent does not adhere to the ejection and immediately leave, that team will automatically forfeit the game and the parent will be suspended for the following game.
6. There will be no spectating, sitting, standing, or congregating near any goal lines of any fields. If you have parents congregating behind the goal line, please ask them to move to the parent's side of the field. If they do not, the game will be stopped until they move.
7. Only coaches and players are allowed on the player sideline unless an injury has occurred, and the parent is attending to the player.
8. This is not an exhaustive list. All other IFAB laws of the game shall apply. You can read up on those rules [here](#).

U11

11. Format of Play: 9 v 9
12. Goal Keeper
13. Ball size 4
14. Goal size: 18.5' x 6.5'
15. Field size: 135' x 180'
16. Game time: Two, 25-minute halves. 5-minute halftime
17. Each game should be officiated by 2 center referees; provided by a company that FC Belton chooses to contract with.
18. Teams will be competing for 1st, 2nd and 3rd place trophies.
19. Nobody is allowed near or under the Oak tree by the U11B field during game play.

U13

1. Format of Play: 11 v 11
2. Goal Keeper
3. Ball size 5
4. Goal size:
5. Field size: 165' x 220'
6. Game time: Two, 30-minute halves. 5-minute halftime
7. Each game should be officiated by 2 center referees; provided by a company that FC Belton chooses to contract with.
8. Teams will be competing for 1st, 2nd and 3rd place trophies.

U17

1. Format of Play: 11 v 11
2. Goal Keeper
3. Game time: Two, 35-minute halves. 5-minute halftime
4. Ball size 5
5. Goal size: 24' x 8'
6. Field size: 236' x 340'
7. Each game should be officiated by 1 center referee and 2 side-line referees; provided by a company that FC Belton chooses to contract with.
8. Teams will be competing for 1st, 2nd and 3rd place trophies.

How To Become a Coach for FC Belton

- ❖ Register online at FCBelton.com
- ❖ Complete and pass a background check *yearly*
- ❖ Attend training sessions offered by FC Belton
- ❖ Attend the coaches' meeting at the beginning of each season
- ❖ Remain with the team for the duration of the season
- ❖ Turn in any borrowed equipment at the end of season to any FC Belton Board Member