

# BARC

Ballston Area Recreation Commission



# SOCCER MANUAL

Fall 2022

Rev. 9/7/22



**#LetsRecIt!**

## ⊕ Soccer Coaches General Info ⊕

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### BARC's Philosophy

BARC is a recreational program where kids come to learn the fundamentals of the sport and have fun. There's a no tolerance policy for parents or coaches yelling at or insulting players or refs.

*Anyone seen doing this, will be asked to leave. Please remember that our refs are also kids and are learning. They will make mistakes. Use these times as teachable moments for them.*

### Pictures

- ⊕ Pictures on **Saturday, September 24th** (Please see Picture Schedule attached separately). Your picture time will be on the envelopes that are given out the week before the picture day. Please arrive at least fifteen minutes early.
- ⊕ Everyone must wait **outside** during pictures until their team is called. Parents wait outside.
- ⊕ *You will receive your team shirts on your picture day.*
- ⊕ Pictures are a fundraiser for BARC and are a thank you to our sponsors. Please encourage all players to attend.

### Injuries

- ⊕ 1st aid kits are picked up by coaches in the BARC building. They are in the cabinet near the kitchen door.
- ⊕ Please remember to fill out the injury report with child/team name and nature of injury.

### Equipment

- ⊕ Soccer balls, pinnies, and cones are in the sheds. It will be unlocked and opened **15 minutes** prior to the start of the practice/game. There is an air pump there too.
- ⊕ We encourage each child to bring their own ball. If a child needs to borrow a BARC ball, please return it to the shed after soccer.
- ⊕ The benches are for **players only**. Parents should be encouraged to sit on the opposite side of the field from the players, but if they choose to sit on the same side, they do not sit on benches.

### Clinics

- ⊕ Coaches Clinics: Coleman Akey will be running coaches clinics on Monday 9/12/22 (Beginners) and Tuesday, 9/13/22 (Advanced). Here he will go through drills appropriate for that division. All coaches are encouraged to attend.
- ⊕ Player Clinics: Coleman will run a clinic with each team in the division throughout the season. These clinics are indicated with a asterisk (\*) on the schedule. During these clinics, Coleman will work with the coaches to provide fun drill and activities appropriate for that grade level.

## ⊗ Soccer Coaches General Info (Continued) ⊗

### Cancellations

- ⊗ **Cancellations are decided by BARC, not by coaches.** An email blast will go out from either the Soccer Commissioner (Christine Bouchard), or the Executive Director (Nora Osuchowski). **Coaches cannot cancel practices or games.** In general BARC only cancels games if the school notifies us that the fields are not usable (typically due to flooding). We also cancel for **active** thunderstorms, and for a high heat index. In general we go by the school's guidelines for canceling athletic activities. **We do not cancel for rain.**
- ⊗ If as a coach you have a schedule conflict & the assistant can't cover, please ask your team parents to cover. **Do not cancel.** We have numerous parents contact us every season asking to help out. They just don't have the time to coach weekly, but they want to be involved. To date, we've never to cancel when team parents have been asked. If you don't have parents willing to step up, then contact Christine and we will see what we can do.
- ⊗ Rescheduling: In general, BARC will not reschedule canceled games. The fields are utilized by too many other organizations.

### Important Numbers

\* For coaches and assistants. **PLEASE ONLY GIVE PARENTS THE OFFICE NUMBER or Chris' email (email is checked more frequently).**

Christine Bouchard (Soccer Commissioner)

Cell: (518) 526-9393

Email: [cbouchard0820@icloud.com](mailto:cbouchard0820@icloud.com)

Nora Osuchowski (Executive Director)

Office: 885-1634

Email: [ballstonarearec@gmail.com](mailto:ballstonarearec@gmail.com)

Coleman Akey (Technical Coordinator)

Cell: (518) 641-9400

Email: [coleman.akey@gmail.com](mailto:coleman.akey@gmail.com)



We use SportsSignUpPlay (previously siplay) ([www.sportssignup.com](http://www.sportssignup.com)) as our registration site. All of your team roster info is there. (Names, parents' names, email, phone, medical info, etc.) Please use this as your primary way of monitoring and contacting your team. It is the most up to date info. We don't have anything different than what you have. There is also an app for iOS and Android. **If you are a returning coach and you have trouble getting the phone app to update to this new session, first try uninstalling and re-installing the app (this is a very common issue).** Also the desk top version has much more functionality than the mobile app. If you have any questions on this program, please contact Christine.

You will enter your teams schedule into the system. There is a video on how to do this on our website (Resources page) and Christine is available to help with this.

### Practices

- ⊗ There are occasional practices throughout the season, even after games have started. They are noted on the master schedule with a (P) next to the teams playing. Please don't use this entire time to scrimmage. **No more than the last 15 minutes.**
- ⊗ We have drills available on our website if needed. Please email Coleman if you need help with drills.

### **Calling or emailing parents before the start of the season**

- ⊗ Call or email all families on your team **by Sunday, 9/11/22.**
- ⊗ Introduce yourself. **It is your option** to give your phone number for them to call if they aren't going to make a practice or game.
- ⊗ Tell them the **DIVISION, NAME & NUMBER OF THE TEAM.** Some businesses are sponsoring more than one team so the division is important.
- ⊗ Tell them where the practice is (see field diagram) and that the field names are attached to the goals. Give them a way to find you. Wearing a red hat, green shirt, etc.
- ⊗ Tell them the day and time of your first practice. (After that they can follow the schedule online or through SportsSignUpPlay).
- ⊗ Tell them that the master schedule is on the BARC website as of 9/12/22 ([ballstonarearec.org](http://ballstonarearec.org)).

## ⊕ Rules/Eligibility - Kinder Kickers (5 v 5) ⊕

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For Spring Soccer, a player must be eligible for Kindergarten in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Kindergarten in September.

1. Each team shall consist of up to 11 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division.
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Sneakers only** - NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained.
9. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.  
**Make calls instructional in nature.** (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division**.
15. Teams will alternate kick-off each quarter.  
Changing sides at half time is not required in this division.
16. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
17. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

## ⊗ Rules/Eligibility - First Grade Dribblers (5 v 5) ⊗

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For Spring Soccer, a player must be eligible for First Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for First Grade in September.

1. Each team shall consist of up to 11 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division.
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Sneakers only** - NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained.
9. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.  
**Make calls instructional in nature.** (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division**.
15. Teams will alternate kick-off each quarter.  
Changing sides at half time is not required in this division.
16. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
17. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

## ⊗ Rules/Eligibility - Second Grade Strikers (5 v 5) ⊗

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For Spring Soccer, a player must be eligible for Second Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Second Grade in September.

1. Each team shall consist of up to 11 players.
2. **5 vs 5 games.** Coaches may agree to play with fewer players, but teams must be even. There are **no goalies** in this division. *(It is ok to introduce goal keeping skills in practices (only one ball and hand sanitizing required before and after any goal keeping skills!) but not in full head to head play)* ⊗
3. **Use Size 3 ball.**
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
8. **Soccer cleats are recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained ⊗.
9. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building. (See Staff).
10. No necklaces, bracelets, or hats. Earrings must be removed or taped. Coaches should check all players before the game begins for proper footwear, shin guards and jewelry.
11. Coaches shall act as officials in this division. Use a whistle.  
**Make calls instructional in nature.** (ex. "Off Blue, Red throw in.")
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods *(with the exception of injured, cautioned, disqualified, or late players)*.
13. Teams may substitute players at the coaches' discretion.
14. There is **no heading in this division**.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.** ⊗
16. There are no slide tackles. Additionally, no player will play the ball from a lying down position. This is a foul (call "Dangerous Play") and the other team will be granted a free (indirect) kick from the location of the infraction. Instruct the offending player that they must stand up before they can make a play on the ball.
17. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.



## ⊕ Rules/Eligibility - Junior Division (7 v 7) ⊕

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For Spring Soccer, a player must be eligible for Third Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Third Grade in September.

1. Each team shall consist of up to 15 players. ⊕
2. **7 v 7 games** (6 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even. ⊕
3. **Use Size 4 ball.** ⊕
4. Games consists of four 10-12 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.* ⊕
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained. ⊕
8. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry. ⊕
10. In this division, **referees begin to officiate games**. Please have your players acknowledge and thank the referees at the end of the game. ⊕
11. **On-Field Coaching:** At the Junior level, One coach from each team can coach from the field during weekday games. *When coaching from the field, instruction/direction should not inhibit the flow of the game.* During Saturday games, coaching will be from the bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart.
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.** ⊕
16. Punting and heading are **NOT** allowed at the Junior Level.
17. There is **no slide tackling from the side or behind**. This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction ⊕
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction. ⊕
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.



## ⊕ Rules/Eligibility - Intermediate Division (7 v 7) ⊕

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For Spring Soccer, a player must be eligible for Fourth or Fifth Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for Fourth or Fifth Grade in September.

1. Each team shall consist of up to 15 players. ⊕
2. **7 vs 7 games** (6 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even.
3. **Use Size 4 ball.**
4. Games consists of four 10-12 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.*
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained.
8. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry.
10. **Referees officiate games.** Please have your players acknowledge and thank the referees at the end of the game.
11. **On-Field Coaching:** There is no on-field coaching in the Intermediate division. Coaches should coach from the sidelines near their bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart.
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.**
16. Punting and heading **ARE** allowed at the Intermediate Level. ⊕
17. There is **no slide tackling from the side or behind.** This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction.
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction.
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.

## ⊕ Rules/Eligibility - Senior Division (11 v 11) ⊕

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For Spring Soccer, a player must be eligible for 6th through 9th Grade in fall of the upcoming school year. For Fall Soccer, a player must be eligible for 6th through 9th Grade in September.

1. Each team shall consist of up to 22 players. ⊕
2. **11 vs 11 games** (10 field players plus Goalie). Coaches may agree to play with fewer players, but teams must be even.
3. **Use Size 5 ball.** ⊕
4. Games consists of four 12-15 minute quarters with 10 minutes of warm-up/stretching etc. *Referees can discuss times of quarters with coaches and decide.*
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
7. **Soccer cleats are highly recommended, but not mandatory.** Improper footwear is prohibited (such as baseball / football or any type of metallic cleats) and will result in removal from play until proper footwear is obtained.
8. Shin guards and soccer socks (over shin guards) are **mandatory**. If a player does not have shin guards they can check the leave-a-pair/take-a-pair area in the BARC building (See Staff).
9. No necklaces, bracelets, or hats. Earrings must be removed or taped. Referees will check all players before the game begins for proper footwear, shin guards and jewelry.
10. **Referees officiate games.** Please have your players acknowledge and thank the referees at the end of the game.
11. Coaching occurs from the sideline/bench. ⊕
12. Each player must play 2 periods. No player is allowed to play 4 periods until **ALL** players have played 3 periods (*with the exception of injured, cautioned, disqualified, or late players*).
13. Coaches will ask a referee if a substitution can be made on either team's restart. Have players report to the center line when making substitutions unless it is an injury. ⊕
14. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
15. Teams will alternate kick-off each quarter **AND exchange sides at halftime.**
16. Punting and heading **ARE** allowed at the Senior Level.
17. There is **no slide tackling from the side or behind.** This is an immediate foul and a warning to the player. The opposing team will be awarded a direct kick from the point of infraction.
18. A call of "**Dangerous Play**" will be made if a player's foot is raised near the shoulder or head of another player or if a player attempts to make a play from a lying down position. The referee will make this call and award the opposing team an indirect kick. Referee will advise the player who committed the foul as to why the call was made and offer instruction.
19. **Build-Out Line:** We will not use a build out line rule this season, please just encourage your players to allow space for the opposing team to put goal kicks into play.