



# **RECREATION**

## **Coach, Parent, Player, and Referee Handbook**

### **2009-2010**

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We wrote this Handbook to help Coaches, Parents, Players and Referees. We encourage everyone to read each section to understand the roles of all involved in the success of the Club. Some information is repeated because it is important. When everyone fully understands the policies, procedures and philosophies of the Club, we will improve the playing experience for everyone.

Soccer is a great sport and we are all here because we enjoy it. The theme repeated throughout this Handbook is this: Soccer should be fun for the Players. When everyone keeps this philosophy as the top priority, in practices and in games, we can't help but have a great time.

Impact United Soccer Club  
Recreation Program

# Coach Handbook

Thank you for your willingness to be an Impact United Soccer Coach! Without coaches we would not have teams and our kids could not play. We give you our sincerest appreciation.

Coaches, parents and referees together have an enormous impact on the lives of the children who play soccer. While parents must teach their children to be accountable for their actions, coaches must reinforce positive actions and behaviors.

As coaches, you have the responsibility of being a positive role model: showing cooperation, respect and maturity in all aspects of soccer play. Impact United Soccer Club expects that only the best sportsmanship will be taught at every practice and reinforced at every game.

We want you to feel confident in your position as coach. This Handbook has information and helpful hints to make your job as coach more successful and fun. Please take this advice seriously. We all want Impact United Soccer Club to be a fun, positive influence in our children's lives.

If, after reading this handbook, you have additional questions, please e-mail [RecDirector@ImpactUnited.com](mailto:RecDirector@ImpactUnited.com).

## Pre-Season Preparations

Get to know and understand the game of soccer. Begin with the end in mind. It is important that you learn all you can about coaching. Learn techniques and ideas before the first meeting with your players. If you are prepared, coaching will be much more enjoyable.

**Do some good, old fashioned reading.** Following are some suggestions of great books and websites to review.

The Baffled Parent's Guide to Coaching Youth Soccer  
by Bobby Clark

The Baffled Parent's Guide to Great Soccer Drills  
by Tom Fleck and Ron Quinn

Utah Youth Soccer Association – Technical Tuesday articles  
by Greg Maas [www.uysa.org](http://www.uysa.org)

US Youth Soccer Association – Coaches > Lesson Plans  
<http://usyouthsoccer.org/>

US Youth Soccer Association – Online Store

Impact United Website - [www.ImpactUnited.com](http://www.ImpactUnited.com) > Recreation > Coaches

Best Practices for Coaching Soccer in the U.S.

US Soccer "E" Certification Course Candidate Manual

US Soccer "D" Certification Course Candidate Manual

## Attend Coach Training

There are several opportunities for Coach Training throughout the year. Make an effort to attend any you can.

### State "Youth Modules" Level I and II.

Taught by UYSA Technical Director

Level I U6 - U8 / Level II U10 - U12: (3 hours per level)

- Philosophy of Coaching, Characteristics of Players (age specific), Team Administration, Risk Management, Care and Prevention of Injuries, and Modified Laws of the Game.
- Age Appropriate Field Activities and Progressions
- Free to all Utah Youth Soccer Association (UYSA) Member Coaches
- Offered prior to the beginning of Fall Season. Check [www.ImpactUnited.com](http://www.ImpactUnited.com) for exact date/time.

### Club Coach Training

Taught by Impact United's Director of Coaching

- Age Appropriate Field Activities and Progressions
- Receive new ideas to make practices fun
- Free to all Impact United Coaches.
- Offered multiple times throughout the Fall and Spring Seasons. Check [www.ImpactUnited.com](http://www.ImpactUnited.com) for Dates and Times.

### US Soccer Federation (USSF) "E" License Course

The "E" License is designed for the parent/coach who may or may not have any previous soccer playing or coaching experience. The curriculum focuses on the development of the player, both individually and as part of the team. The emphasis will be to build on the player's technical development by applying tactical concepts within a team environment.

This training will prepare coaches working with players ages 9 - 12 years old by expanding their knowledge and understanding of the technical and tactical demands of the game and the development process necessary for players these ages.

Total training will take 18 hours and include Classroom/Theory discussions and Field/Practical demonstration.

### Fee

- \$75.00 UYSA Members—Impact United Recreation Program will reimburse this fee, by request, for all current Recreation Coaches upon successful completion.

### Date/Time/Location

- Taught throughout the year at different locations across the state. Check [www.UYSA.org](http://www.UYSA.org) > For Coaches > Coaching Courses for exact details.

## Attend Referee Training

We train our own referees and sponsor US Soccer Referee Association Certification courses. We encourage all coaches to attend these training sessions. This will help your knowledge of soccer rules and give you insight into the training given to the referees.

### United States Soccer Federation Recreational Youth Referee - Grade 9

Upon completion of this course, the candidate achieves a Grade 9 and is qualified to referee recreational soccer, from the small-sided games of the very young up to under-14.

Clinics are usually taught in 2 four hour sessions - 8 hours total. There is a \$5.00 administration fee and a \$25.00 registration fee for referees payable after passing the test. Attendees who do not wish to be certified do not need to take the test and pay the fees.

Impact United will sponsor a Grade 9 Clinic once a year in February or March. Other Grade 9 clinics are offered and posted on the Utah State Referee Website—"[www.UtahSoccerRefs.com](http://www.UtahSoccerRefs.com) > Instruction" and is taught by a Certified USSF Instructor.

The Certification is valid for the calendar year and yearly Re-Certification Clinic attendance is required to maintain Grade 9 status.

### Club Referee Training

Impact United Recreation will provide Referee Clinics several times prior to each Season. This is to train entry level Recreation Referees and interested Coaches.

There is no cost for this Clinic and it is taught under the direction of the Club's Head Referee Coordinator.

Check the website [www.ImpactUnited.com](http://www.ImpactUnited.com) for specific Dates and Times.

## Coach's Meeting

Attend the Coach's Meeting prior to each season. Equipment, Practice field sign-up and other important information will be given to you. (Rosters and Schedules will now be available online.) If you cannot attend, please send an assistant or parent representative to pick up these items. This is time sensitive information that you need to have before the season begins.

When you get your team roster, call the parents of your players within two days. The families know the season is beginning and they need to know the details. Inform of the practice schedule and advise them on how to access the game schedules.

## Equipment

Equipment bags will be provided at the Fall Coach's Meeting. You will keep the equipment through the Fall and Spring and return them after the last game of the Spring Season. The equipment provided consists of:

### Standard Equipment Bag

- 8 balls; appropriate size for your team age range.
- 1 ball pump.
- 6 cones.
- U5, U6 and U7 age ranges receive 1 PUGG goal for use during games.
- U8 through U14 age ranges receive 1 Goalie Shirt for use during games.

### Optional Equipment –available by request to [Equipment@ImpactUnited.com](mailto:Equipment@ImpactUnited.com)

- Whistles; especially recommended for U5, U6 and U7 coaches for they referee their own games. These do not need to be returned.
- Limited supply of Practice Vests (a.k.a. Pinnies).
- Extra Cones; as available.

## First Practice

Be Prepared. Use the knowledge gained while studying coaching techniques and attending training sessions. Take time to introduce the players and let them have time to get to know each other and you. Practice can actually be the most fun part of the season.

Keep the following points in mind as you practice:

**If the players aren't having fun – you won't have fun.** Make practice interesting.

**Avoid the three L's – Lines, Laps, and Lectures.** Lines equal chaos (especially for the very youngest player). Replace laps with a variety of exercises or endurance training. Avoid lectures, give short instruction and let the activity be the teacher.

**Play fun games.** Have a list of activities in mind before you begin. If one idea doesn't work, go to the next one. If everyone is enjoying an activity, continue for a while.

**Always end practice with a scrimmage.** It is a favorite part of practice for most players.

## Game Day

**Arrive at least 10 minutes early** and instruct your players to do the same. Do your warm ups, off field, prior to game start time.

**Start the game on time.** Field space is limited at many locations and games are scheduled back-to-back. Coaches need to be organized and have their game plan and starting lineups in place prior to start time. It is your responsibility to start on time.

**End the game on time.** The Referees have been instructed to end on time.

This means that if your game starts 10 minutes late, no matter the reason, time will not be made up at the end.

**Take care of the fields.** We have lost some school fields because of trash being left behind. You will have a lot on your mind at the end of the game, if you can't check the sidelines for snack trash, assign a parent to do it.

Fields will be marked and nets setup prior to your arrival. Coaches of younger teams will bring their own 'PUGG' Goals. To report unfavorable field conditions, contact the Fields Coordinator at [Fields@ImpactUnited.com](mailto:Fields@ImpactUnited.com).

Referees will be pre-assigned. In some instances a Referee may not be available for your game, your Referee Coordinator will notify you; and you, or a parent, will be asked to referee. In some cases referees will not make it to an assigned game. Please referee the game yourself, or ask a parent, and contact your Area Referee Coordinator (name and number will be on the website) or the Head Referee Coordinator at [Referees@ImpactUnited.com](mailto:Referees@ImpactUnited.com).

**Sportsmanship.** Be the example and, if necessary, the enforcer of good sportsmanship. All players, spectators, referees, and coaches should show the utmost respect at all times, no matter the situation. Please encourage parents and players to make only positive comments to the other team and the officials. Advise your parents to cheer for both sides. Keep soccer positive on all accounts. The players will appreciate the supportive environment.

**Referees.** We have a unique opportunity of bettering the lives of youth in our area. Youth as young as 12 years of age can referee games for Impact United Soccer Club. This work benefits them in so many ways; they are learning responsibility, in many aspects of their job and communication skills with players, coaches, parents and referee coordinators. The skills they are developing will make them better adults.

These kids are bravely taking on a mostly thankless job. They are trying to be the best they can be. They may miss a call, or make an incorrect call, but it's all part of the learning process. It is unacceptable for players, coaches or spectators to criticize the referees before, during or after games. Disagreeing with the referee hurts your child's respect for them. Criticism causes referees to quit rather than become better. Ask any questions in a positive manner and accept the outcome without discussion or disagreement.

The Impact United Soccer Club challenges all coaches, players and parents to shake the hands of the referees after your games. Take the time to thank them for their effort. Our positive reinforcement may help a child grow into a responsible, hardworking adult.

If you are concerned with the performance of a referee, please contact your Area Referee Coordinator (name and number will be on your schedule) or the Head Referee Coordinator at [Referees@ImpactUnited.com](mailto:Referees@ImpactUnited.com). They will discuss any issues with the referees and offer additional training and assistance.

## YOU DON'T COACH THE REFEREE

### Facts about the referee

- The referee is not an opponent.
- The referee works best if he/she is not distracted by outside elements.
- Referees make fewer mistakes in a game than your best player.

### How concentrating on the referee's performance affects your ability to coach

- Miss opportunities to coach your players during the game.
- Miss seeing things that your players need to work on in the next practice.
- Makes you look like a fool and spoils your reputation.

### How you negatively affect players

- Cause players to get cautioned for dissent for following your lead.
- You teach them to take no responsibility for their actions. "It was just a bad call by the referee!"
- You teach players it's OK to disrespect authority.

### Positive actions get results

- Support the referee's decisions for or against you.
- Discipline your players before the referee has to.
- Assume responsibility for the outcome of the game.
- Be a positive role model.
- Report commendable performance to [Referees@ImpactUnited.com](mailto:Referees@ImpactUnited.com) or call your Referee Coordinator.

### How to deal with a deficient referee

- Make notes during the game on the referee's deficiencies (not decisions).
- Never confront the referee during or after the game.
- Put your complaint in writing (be specific) to [Referees@ImpactUnited.com](mailto:Referees@ImpactUnited.com) or call your Referee Coordinator in a timely manner so that it can be addressed quickly.

### In Season Administration

You are responsible for several managerial tasks. You may ask a Team Parent to help you complete these tasks. Following these guidelines helps the volunteer Recreation Committee, and you, avoid problems. All of our time is valuable; please do your part to make this season run smoothly for all involved.

### ROSTERS - Rosters need to be accurate for several reasons.

- Ensures all players have registered properly and paid the required fee.
- Registered players are insured through Utah Youth Soccer Association. If injury occurs to non-registered players, coaches are liable.
- Only players on your team roster will be included in team pictures.
- Only players on your team roster will receive awards at the end of the season.

Please inform the Impact United Club Registrar at, [RecRegistrar@ImpactUnited.com](mailto:RecRegistrar@ImpactUnited.com), of any inconsistencies in your roster. The Registrar will make corrections, additions or deletions based on your information.

**TEAM REGISTRATION for next year.** Very often, many players on a team wish to continue playing together for the following year – with or without you as coach. Regardless of your intentions of coaching next year we ask that you do the following to accommodate your players wishes to stay together.

- At the end of the Spring season, you will be given Team Registration Instructions for next year.
- If you have decided not to continue coaching, please try to identify a parent as a replacement coach. If a replacement coach cannot be found, the individual players will be placed on teams with available space and established coaches.

### **Team Pictures**

Generally, team pictures are taken during the spring season. “Fall only” teams will have pictures taken during the fall season. Impact United provides one team photo for each player. If additional photos are desired, individual players may order directly from the photographer. Order forms are available at [www.ImpactUnited.com](http://www.ImpactUnited.com)

- A Schedule will be made including your picture time and location. The schedule will be available at [www.ImpactUnited.com](http://www.ImpactUnited.com).
- Player Registration fees includes the basic picture package. Please make team pictures a priority so each player can have the promised package.
- The photographer will have team rosters at picture time. Players not on your roster will not be in the team picture. Please check your roster often to avoid discrepancies and disappointment.

**Picture and Award Pick Up and Distribution.** Pictures and awards will be available for pick up before the last game of the season. Dates and Times and locations will be posted on the website. If you cannot Deliver/Pickup at one of these days, send a Team Representative to do it for you.

### **Equipment Return**

Equipment return is scheduled for the **last game day of spring season**. The location will be announced prior to the last game at [www.ImpactUnited.com](http://www.ImpactUnited.com). Coach Reimbursement Checks will be available for pickup at that time. If you cannot return the equipment on this day, please send a representative to do it for you.

### **Coach Expectations**

Impact United Soccer Club wishes to project a positive image. An attitude of cooperation, respect, maturity and positive support for the players, coaches and referees is essential to maintain this image. The following information from U.S. Youth Soccer should be used as guidelines for behavior.

#### **Coach's Code**

- Soccer should be fun for everyone.
- Take a course on the Laws. Regard the Laws as mutual agreement.
- Attend coaching classes to learn the most effective ways to conduct practices.
- Be accepting of the referee's decisions.
- Do not make loud offensive remarks.
- Concentrate on coaching, rather than on the accuracy of the referee's decisions.
- Be positive. Avoid confrontation with any official.
- Be a role model of fair play.
- During games, leave the decisions to the players.
- Set high standards.
- Teach skills and fair tactics.
- Discourage unfair gamesmanship.
- Be firm with parents at games.
- Give good guidelines to parents.
- Communicate with parents often in meetings and social gatherings.
- Play the game and encourage parents to play and to referee.
- Referee games.
- Delegate responsibilities.

Again, we thank you for volunteering to coach Impact United Soccer. We know it's not always easy, but we hope it will always be fun. **Please read the “Parents Handbook” section and encourage your team parents to read it, as well.** If we work together, we will have a successful, smooth running season with happy players, coaches and parents.

# Parent Handbook

Thank you for your support of Impact United Recreation Soccer. Dedicated parents and players keep the club running.

Parents, coaches and referees together have an enormous impact on the lives of the children who play soccer. Parents must teach their children to be accountable for their actions and coaches must reinforce positive actions and behaviors.

As parents, you have the responsibility of modeling fair play, conflict resolution and the “golden rule”. Impact United Soccer Club expects that only the best sportsmanship will be displayed at every game by parents, players and coaches.

We want you to have a full understanding of Impact United Soccer Club policies and procedures. This Handbook should answer all of your questions; please take the time to read all areas. We all want Impact United Soccer Club to be a fun, positive influence in our children’s lives, let’s work together to make this happen.

If, after reading this handbook, you have additional questions, please e-mail [RecDirector@ImpactUnited.com](mailto:RecDirector@ImpactUnited.com).

## Registration Process

Impact United Recreation Soccer registration is held during late spring / early summer for the upcoming soccer year. Generally, the soccer year runs from August through May with divisions for fall and spring seasons.

It is extremely important that you register your child with Impact United before they begin playing soccer. Coaches have team rosters and if your child’s name does not appear on the roster, they will not be allowed to play. Liability to the coaches and the soccer club does not allow for any latitude in this policy.

We are a large soccer club with approximately 3,000 players. In an effort to make soccer a positive experience, we allow “special requests” from players and coaches desiring to play together. “Special requests” will not be honored if team size is already at maximum. If team size is at maximum, your child will be placed on a team with available space.

These requests take additional time to process. Please register on time, **we create team rosters early** to ensure proper placement of players and coaches.

Delayed registration is the cause of most last minute team roster and schedule changes. These changes cause frustration for coaches, players and parents.

Please register on time!

Registration is available online at [www.ImpactUnited.com](http://www.ImpactUnited.com).

**Registration closes 3 weeks prior to the first game of the season.** No new teams will be added after that time. Individual players may be added to teams with available space up to the first game of the season.

## Team Formation Policy

Where possible, teams are formed based on age and location of player. Impact United attempts to place players with other children from their school or nearby schools.

Teams will be formed using the following priority.

- First priority is returning team members (Before July 1st and only up to Max Team Size.)
- Next by “Register to play with a Friend” option. (Before July 1st and only up to Max Team Size.)
- Next by Elementary School geographical area. (As available.)
- Last by any available positions on teams.

**Age Ranges** – The Age Range Matrix is in the appendix of this handbook and on the website. Age groups shall be determined by the player’s age before the last day of July.

**Play up** - It is the policy of Impact United Soccer Club to allow players to “play up” one year, if desired. The policy does not allow for “play downs” in any circumstance.

**Gender** – When girls reach the U7 age range, they have the option to go to an all girls team or remain on a co-ed team. If any girl re-registers with their current co-ed team it will be assumed that they wish to remain co-ed. Girls who choose to move to an all girls team must specify this during registration by selecting Girls Only.

**Team Size** – The following grid outlines the number of players allowed on the field during play and the team size maximums. The maximum team size will not be exceeded in order to insure fair playing time for all members of the team.

Age	Play	Max Team Size	Divisions
U5	4v4	8	Co-ed Only
U6	4v4	8	Co-ed Only
U7*	4v4	8	Co-ed or All Girls
U8*	6v6	10	Co-ed or All Girls
U9*	6v6	10	Co-ed or All Girls
U10*	8v8	12	Co-ed or All Girls
U11*	8v8	12	Co-ed or All Girls
U12*	8v8	12	Co-ed or All Girls
U13/U14*	11v11 ☐	16 ☐	Co-ed or All Girls

\* When players reach the U7 age group, girls have the option to either stay coed or play on an all girls team.

☐ When team size is generally lower among all teams, we may play 8v8.

### Uniform Information

Uniforms are required and consist of a 2 jersey (black and white), black shorts, black socks adidas uniform. Generally, the same uniform is used year to year.

Uniforms are available for purchase at:

Soccer International  
3956 South Highland Drive  
(801) 277-0560

adidas set:	Youth Sizes	Adult Sizes
Two Jerseys (Black and White), shorts, and socks	\$34.50	\$36.50
Individually:		
adidas Jersey (each)	\$13.50	\$14.00
adidas Shorts	\$ 9.00	\$11.25
adidas Socks	\$ 5.00	\$ 5.00

The official uniform must be worn for all games with no deviation. In case of cold or incimate weather, the uniform can be worn over a jacket or sweats.

**Shin guards** are mandatory at all practices and games. Socks must be pulled up over shin guards.

**Shoes** - Only regulation soccer shoes (cleats), gym shoes, or sneakers (with or without rubber cleats) are approved foot wear. Soccer shoes with cleats are strongly recommended for all games and practices. Baseball, Football, or any other shoe with metal cleats and toe cleats (even if the toe cleat is removed) are not allowed.

**Jewelry** - All items of jewelry are potentially dangerous. The term “dangerous” can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent any kind of jewelry has to be forbidden.

Players are not allowed to use tape to cover jewelry. Taping jewelry is not adequate protection.

Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.

**Special note about earrings:** If you child plans on piercing their ears, we recommend scheduling six weeks before the season begins or following the end of season.

**Eyewear** - All glasses must have shatterproof lenses and use a sport's strap to keep the glasses from dislodging during a game or practice. Goggles worn over glasses are not permitted.

### Coaches

Many parents volunteer each year to coach soccer. They are dedicated and excited about the game and about working with the children. Please consider volunteering to coach your child's team. The number of coaches dictates the number of teams we can form. The more coaches we have, the more children can play.

We recommend reviewing the Coach Handbook section to see what your coach has been asked to do. Your offer to help him or her will be most welcome.

### Practice Schedules

Your child's coach will schedule the practice time and field for the entire team. Your coach will contact you 1 - 2 weeks prior to the first game of the season to begin practice sessions.

Players should arrive at practice on time and ready to begin. Always remember shin guards. Please bring a water bottle and soccer ball, if possible.

### Game Schedules

Games are generally played on Saturdays. The Club uses fields throughout four school boundary areas, Cottonwood, Olympus, Skyline and Highland.

Game schedules, indicating game locations and times, are prepared by Impact United Soccer Club representatives. These schedules are available 1-2 weeks prior to the first game and posted online at [www.ImpactUnited.com](http://www.ImpactUnited.com). Please keep your e-mail address current in your account on the website. Important notifications of Schedule changes will be made via e-mail.

### Game Day Guidelines

Please consider these important guidelines as you prepare for the soccer season.

**Please arrive at your games at least 10 minutes early.** Your coach will conduct warm up exercises, off field, before the game start time.

**Games begin and end on time.** If a game starts late, for any reason, the time will not be made up at the end.

**Sportsmanship.** Be the example and, if necessary, the enforcer of good sportsmanship. All players, spectators, referees, and coaches should show the utmost respect at all times, no matter the situation. Please encourage your players to make only positive comments to the other team and the officials. Cheer for both sides. Keep soccer positive on all accounts; the players will appreciate the supportive environment.

**Referees.** We have a unique opportunity of bettering the lives of youth in our area. Youth as young as 12 years of age can referee games for Impact United Soccer Club. This work benefits them in so many ways; they are learning responsibility, in many aspects of their job and communication skills with players, coaches, parents and referee coordinators. The skills they are developing will make them better adults.

These kids are bravely taking on a mostly thankless job. They are trying to be the best they can be. They may miss a call, or make an incorrect call, but it's all part of the learning process. It is unacceptable for players, coaches or spectators to criticize the referees before, during or after games. Disagreeing with the referee hurts your child's respect for them. Criticism causes referees to quit rather than become better. Ask any questions in a positive manner and accept the outcome without discussion or disagreement. Please encourage the other parents on your team to do the same.

The Club challenges all parents, coaches and players to shake the hands of the referees after your games. Take the time to thank them for their effort.

Our positive reinforcement will help a child grow into a responsible, hard-working adult.

**Let the coach - coach.** Your child's coach is a volunteer giving of his/her time to develop and encourage your player. Please treat them with respect and kindness. Your coach has been given many resources for training and coaching techniques. At games, let your coach do their job; do not coach your child from the sideline, this creates confusion and lack of respect for the coach's direction. Only positive, uplifting comments should be made. Please encourage other parents to do the same.

**Take care of the fields.** We have lost some school fields because of trash being left behind. Please do your part to pick up snack trash or any other litter you may see.

### **Team Registration**

Your player, along with others on his/her team may wish to continue playing together for the following year. Team registration is possible. Your child's coach will receive a team registration instructions prior to the last game of the Spring Season.

- If your child's coach will not be coaching the next year, a replacement must be found. If a replacement coach cannot be found, the individual players will be placed on teams with available space and established coaches. Please consider volunteering.

### **Team Pictures**

Generally, team pictures are taken during the spring season. "Fall only" teams will have pictures taken during the fall season. Impact United provides one team photo for each player. If additional photos are desired, you may order directly from the photographer. Order forms are available at [www.ImpactUnited.com](http://www.ImpactUnited.com).

- A Schedule will be made including your picture time and location. The schedule will be available through your child's coach or at [www.ImpactUnited.com](http://www.ImpactUnited.com).
- Please make team pictures a priority. Your child will enjoy fond memories of her/his team and the team will enjoy fond memories of your child.
- The photographer will have team rosters at picture time. If your child is not on the roster, he/she will not be in the team picture. Please register your child properly to avoid discrepancies and disappointment on picture day.
- Team pictures will be given to your coach. He/she will distribute pictures at the last game of the season.

### **Team Awards**

It is fun for the children to receive an award for a good season of play. Awards are provided by Impact United Soccer and are distributed, by your coach, at the last game of the spring season.

### **Picture and Award Pick Up**

Your child's coach will pick up pictures and awards for the entire team prior to the last game of the spring season. If your coach cannot pick up on one of the assigned days, he/she will ask a Team Representative to do it.

### **Volunteering Opportunities**

The Impact United Soccer Club is successful because of it's many volunteers. Please see the volunteer page at [www.ImpactUnited.com](http://www.ImpactUnited.com) for volunteering opportunities such as, Coach, Team Parent, Recreation Committee Member, etc.

### **Determination of Playing Seasons**

Impact United Recreation determines the soccer season by this general rule:

#### **Fall Season –**

- Starts first weekend after school is in session (for both SLC and Granite Districts).
- Count forward eight weeks.
- No play on Labor Day Weekend.
- No play on UEA (Fall Recess) Weekend.

#### **Spring Season -**

- Ends prior to the last day school is in session (for both SLC and Granite Districts).
- Count backwards eight weeks.
- No play on Spring Break Weekend (most usually Easter Weekend).
- No play on Memorial Day Weekend.

### **Parent Expectations**

Impact United Soccer Club wishes to project a positive image. An attitude of cooperation, respect, maturity and positive support for the players, coaches and referees is essential to maintain this image. The following information from U.S. Youth Soccer should be used as guidelines for behavior.

#### **Parent's Code**

- Be knowledgeable of the game.
- Encourage fair play at home.
- Focus on good nutrition.
- Be supportive; i.e. Be sure the player attends practices; pick him/her up on time.
- Watch practices; focus on new strategies.
- Ask your own children to describe his/her role, what new skills have been learned.
- Find soccer videos, watch them with children.
- Attend games.

- Be positive or quiet at games.
- Be calm and have good manners.
- Support the coach's and referee's decisions.
- Concentrate on praising other people's children during games.
- Volunteer to help the coach.
- Encourage communication between coach and parent.
- Read newspaper articles about older soccer players' successes; provide models for your own children.
- Become a referee.
- Play the game of soccer.

Again, we thank you for allowing your child to play with Impact United Soccer. We hope the experience will be a positive and enjoyable one for you and your player. If we work together, we will have a successful, smooth running season with happy players, coaches and parents.

# Player Handbook

Impact United Soccer Club welcomes you! We are excited that you have registered to play soccer this year. We hope you have a fun and positive experience.

Please consider these important guidelines as you prepare for the soccer season. Help your parents and coaches remember also.

**Please arrive at your games at least 10 minutes early.** Your coach will conduct warm up exercises, off field, before the game start time.

**Games begin and end on time.** If a game starts late, for any reason, the time will not be made up at the end.

**Be an example of Good Sportsmanship.** You are responsible for your own actions. All players, spectators, referees, and coaches should show the utmost respect at all times, no matter the situation. Please make only positive comments to the other team and the officials. Cheer for both sides. Everyone will have more fun.

**Respect the Referee.** Youth as young as 12 years of age can referee games for Impact United Soccer Club. These kids are learning skills that will help them be better people.

These kids are bravely taking on a scary job. They are trying to be the best they can be. They may miss a call, or make an incorrect call, but it's all part of the learning process. It is unacceptable for players, coaches or spectators to criticize the referees before, during or after games. If you have questions about a call, tell your coach. Your coach should be the only person asking questions of the referee. Please encourage your teammates to do the same.

Impact United Soccer Club challenges all parents, coaches and players to shake the hands of the referees after your games. Take the time to thank them for their effort.

**Listen to your Coach.** Your coach is a volunteer giving of his/her time to develop and encourage you. Please treat them with respect and kindness. Your coach has been given many resources for training and coaching techniques. Please listen to their direction and give them the respect they deserve.

**Take care of the fields.** We have lost some school fields because of trash being left behind. Please do your part to pick up snack trash, or any other litter you may see. Do not damage the field, goals, nets or school/park property.

## Website

Check out the Impact United Website at [www.ImpactUnited.com](http://www.ImpactUnited.com). This website has many ideas to help you be healthy and active. We have found some sites with ideas we thought you might like. If you find a site that you think other players would appreciate, send an email to [Comments@ImpactUnited.com](mailto:Comments@ImpactUnited.com).

### Nutrition

[www.nutritionexplorations.org/kids](http://www.nutritionexplorations.org/kids)  
[www.healthychoices.org](http://www.healthychoices.org)  
[www.kidshealth.org](http://www.kidshealth.org)

### Exercise

[www.presidentschallenge.org](http://www.presidentschallenge.org)

### Soccer Rules

- Impact United Rules of Play Grid – Impact Recreation has special rules.
- Laws of the Game – Read about the official rules from FIFA.

### Scouting Requirements

Cub Scout Soccer Belt Loop  
Cub Scout Soccer Pin  
Webelos Athlete Activity Pin  
Webelos Fitness Activity Pin  
Webelos Sportsman Activity Pin

Boy Scout Athletics Merit Badge  
Boy Scout Personal Fitness Merit Badge  
Boy Scout Sports Merit Badge  
BSA Physical Fitness Award

### Career In Sports

Get the details about a possible career in sports. The Bureau of Labor Statistics of the U.S. Department of Labor has put out a report about "Athletes, Coaches, Umpires, and Related Workers". You can get an idea about what it takes to make a living in sports.

## Player Expectations

Impact United Soccer Club wishes to project a positive image. An attitude of cooperation, respect, maturity and positive support for the players, coaches and referees is essential to maintain this image. The following information from U.S. Youth Soccer should be used as guidelines for behavior.

### Player's Code

- Play the game for the game's sake.
- Be generous when you win.
- Be gracious when you lose.
- Be fair always, no matter what the cost.
- Obey the laws of the game.
- Work for the good of your team.
- Accept the decisions of the officials with good grace.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and dignity.

# Referee Handbook

Thank you for refereeing Impact United Soccer this season! We appreciate your willingness to take on this responsibility. Your job is very important to our club. You are an official, a teacher and an example to the thousands of children who play soccer with us each year. Please keep a professional, positive image at all times.

This Handbook will answer many questions you may have regarding referee job expectations. Please read the entire Handbook. If you still have questions, please e-mail [Referees@ImpactUnited.com](mailto:Referees@ImpactUnited.com)

## Qualifications

Impact United Soccer Club is pleased to be able to provide an opportunity for youth and adults in our area to “mentor” our recreation program soccer players and earn some money while doing it.

Our qualifications are simple and easy to meet.

- Must be at minimum age 12.
- Must have and always conduct oneself with a professional attitude.
- Must be able to work Saturdays.
- Must attend a Referee Meeting at the beginning of each season.
- Must either take and pass a soccer rules test yearly or maintain “Grade 9” status.

## Training Opportunities

Impact United Soccer Club provides training clinics for our referees and sponsors US Soccer Referee Certification courses.

While we have been very pleased with the job performances of our recreation referees in the past, Impact United Recreation Soccer is working to raise the standards for our club even higher. We have had great success with our training programs and US Soccer Referee Grade 9 Certification courses. Grade 9 referees are generally given first priority in job assignments and are paid at a higher scale.

We encourage any referee not currently Certified Grade 9 to consider this opportunity.

Please see the Referee Page on [www.ImpactUnited.com](http://www.ImpactUnited.com) for clinic dates and times.

## Club Referee Training

Impact United Recreation will provide Referee Clinics several times prior to each Season. This is to train entry level Recreation Referees and take a soccer rules test.

There is no cost for this Clinic and it is taught under the direction of the Club’s Head Referee Coordinator.

Check the website [www.ImpactUnited.com](http://www.ImpactUnited.com) for specific Dates and Times.

## United States Soccer Federation Recreational Youth Referee - Grade 9

Upon completion of this course, the candidate achieves a Grade 9 and is qualified to referee recreational soccer, from the small-sided games of the very young up to under-14.

Clinics are usually taught in 2 four hour sessions - 8 total. There is a \$5.00 administration fee and a \$25.00 registration fee for referees payable after passing the test.

Impact United will sponsor a Grade 9 Clinic once a year in February or March. Other Grade 9 clinics are offered and posted on the Utah State Referee Website—[www.UtahSoccerRefs.com](http://www.UtahSoccerRefs.com) > Instruction and is taught by a Certified USSF Instructor.

The Certification is valid for the calendar year and yearly Re-Certification Clinic attendance is required to maintain Grade 9 status.

## Pay Scale

Age Group	Game Length	Center Referee		Assistant Referee		Linesman	
		Non-Certified	Grade 9 Certified	Non-Certified	Grade 9 Certified	Non-Certified	Grade 9 Certified
U8	50 Min.	\$8.00	\$12.50				
U9, U10	50 Min.	\$8.00	\$12.50	\$7.50	\$12.00		
U11, U12	60 Min.	\$9.00	\$14.00	\$8.50	\$13.00		
U14	70 Min.	\$12.50	\$17.00			\$7.50	\$12.00

## Responsibilities

### Center Referee

- Arrives at the field at least 10 minutes prior to scheduled start of game.
- Inspects field, ball and equipment to be sure they are safe and legal.
- Inspects players' shin guards (mandatory), footwear (no baseball or football cleats) and jewelry/earrings (none).
- Conducts coin toss.
- Keeps the official time of the game. Signals start of game, halftime and end of game.
- It is imperative that games begin on time. Set the example by being on the field, ready at game start time.

- It is important that games end on time. If the game begins late, for any reason, the game must end on time.
- Clearly communicates all calls to players, coaches and fellow officials.
- Signals out-of-bound balls, offside violations (EXCEPT IN U8) and goals scored in area he/she is covering.
- Indicates that a substitute can enter the field.
- Calls fouls according to the Laws of the Game in area he/she is covering. Awards direct free kicks (EXCEPT IN U8), indirect free kicks and penalty kicks (EXCEPT IN U8).
- Makes decisions using information from assistant referee (or linesman in U14). Is responsible for final decision in case of disagreement with assistant referee.
- Assures the safety of all players.

### **Assistant Referee**

- Arrives at field at least 10 minutes prior to scheduled start of game.
- Assists center referee in player inspection prior to game.
- Assist center referee by being ready, on the field at game start time.
- Games MUST end on time. Help the game move smoothly to avoid any delays.
- Clearly communicates all calls to players, coaches and center referee.
- Signals out-of-bound balls, offside violations (EXCEPT IN U8) and goals scored in area he/she is covering.
- Makes sure that center referee is aware of a requested substitution.
- Calls fouls according to the Laws of the Game in area he/she is covering. Awards direct free kicks (EXCEPT IN U8), indirect free kicks and penalty kicks (EXCEPT IN U8).
- Provides any input to center referee as requested.
- Respects final decision made by center referee in case of disagreement.
- Assures the safety of all players.

### **Linesman (applicable only in U14)**

- Arrives at field at least 10 minutes prior to scheduled start of game.
- Assists center referee in player inspection prior to game.
- Assist center referee by being ready, on the field at game start time.
- Games MUST end on time. Help the game move smoothly to avoid any delays.
- Gives appropriate flag signal to indicate when: a) the ball is out-of-bounds; b) which team gets the throw-in; c) when a team wants to substitute; d) when an attacker is offside; and e) when a foul has happened but the center referee couldn't see it.
- Assures the safety of all players.

### ***Rules of Play for Impact United Recreation***

The Impact United Recreation Soccer committee has developed a rules grid showing the differences for recreation age groups U5 to U14. You MUST bring a copy of this rules grid to every game you referee. A copy of the rules grid is included with this handbook and always available from your Referee Coordinator or on the Referee Page at [www.ImpactUnited.com](http://www.ImpactUnited.com).

We want you to be familiar with all the rules of soccer; however, it is most important for you to understand the rules that you will be using most often when you referee recreation games.

The Laws of the Game that will be most useful to you in refereeing recreation soccer are those that govern play. You should be most familiar with:

- Law 8 – The Start and Restart of Play
- Law 9 – The Ball In and Out of Play
- Law 10 – The Method of Scoring
- Law 11 – Offside
- Law 12 – as it regards to fouls but not Misconduct
- Law 13 – Free Kicks
- Law 14 – The Penalty Kick
- Law 15 – The Throw-In
- Law 16 – The Goal Kick
- Law 17 – The Corner Kick

### ***Referee Uniform and Equipment***

The Impact United Referee uniform consists of a yellow Impact United referee shirt and black shorts or pants. You will be given a referee shirt upon passing either the Impact United Referee Exam or the US Soccer Referee Grade 9 Exam. If the weather is cold, wear your referee shirt OVER your jacket or coat.

There are additional items you will need at EVERY game:

- your whistle
- a watch
- copy of age specific rules grid
- a quarter or flipping coin to determine field side and ball possession
- water bottle
- Sunscreen

Center referees will also bring flags for linesman use.

### ***Scheduling***

Generally, the Impact United Recreation games are played on Saturdays. There are three to four Referee Coordinators assigned to schedule referees. Impact United has limited access to fields. You may be asked to referee at a field which is not in your neighborhood.

Referee Coordinators try to give each referee equal opportunity to work. Whenever possible, she/he will schedule two consecutive games at the same field to ease transportation arrangements.

New referees will most often work as assistant referees to gain experience. As you gain experience, you will be assigned as center referees and be given more opportunities to work.

\*\*If you cannot make it to your scheduled game due to an unforeseen conflict, such as illness, you must contact your Referee Coordinator AS SOON AS POSSIBLE so a replacement referee can be found.

\*\*If you fail to show up at a scheduled game, without giving prior notice to your Referee Coordinator, you will be given a warning and put on probation. If you repeat the offense, your name will be removed from the referee list and you will no longer be called to work.

### **Referee Game Cards**

In order for you and the Referee Coordinator to have record of the work you have done, it is necessary for you to fill out Referee Game Cards. These cards are available from your Referee Coordinator or on the Referee Page at [www.ImpactUnited.com](http://www.ImpactUnited.com). You need to fill out a time card for EVERY game you referee.

Cards must be filled out completely with your full name, position, date, time, field location, the name of the Referee Coordinator who scheduled you and both coaches signature. Please have the coaches sign your game card BEFORE the game begins.

You will be paid at the end of the season. Please keep track of your game cards. You must turn them in to your Referee Coordinator at the end of the season so you can be paid.

### **Game Cancellations**

Coaches are required to contact the Referee Coordinator at least one hour prior to the scheduled game time. The Referee Coordinator will then contact you to inform of the cancellation.

If a game is canceled and you are not given prior notification, and you show up to work, you will still be paid.

### **Appropriate Conduct**

Impact United Soccer Club expects that all coaches, players, spectators and referees will behave in a respectful manner. As a referee, you are expected to treat all coaches and players with the proper regard.

Please DO NOT raise your voice or become argumentative if confronted by a coach, player or parent. Calmly explain that the game must go on. If you feel that you have been treated disrespectfully, please notify your Referee Coordinator. She/he will discuss the situation with the Impact United Recreation Committee and proceed with the best course of action.

If a coach, player or parent is concerned with your performance, they have been asked to contact your Referee Coordinator to discuss the situation.

### **Observation**

Referee Coordinators will observe several games throughout the season. Please be prepared to accept constructive feedback without becoming defensive. Maintain a positive, professional attitude through all discussions.

### **Referee Expectations**

Impact United Soccer Club wishes to project a positive image. An attitude of cooperation, respect, maturity and positive support for the players, coaches and referees is essential to maintain this image. The following information from U.S. Youth Soccer should be used as guidelines for behavior.

### **Referee Code**

- Study the game of soccer.
- Know the laws and the rules.
- Attend meetings, clinics, seminars.
- Be professional; i.e. On time, in proper uniform, prepared, fit.
- Show respect to players, coaches, parents and spectators.
- Know and use proper procedures.
- Explain the rules when needed.
- Help less experienced referees.
- Take each game seriously.
- Smile, enjoy the game.
- Always remain calm.
- Be neutral.
- Be firm, fair and honest.
- Be consistent.
- Implement good management techniques.
- Show courage and confidence; avoid arrogance.
- Accept only the number and level of assignments that can be done well.
- Seek evaluation from coaches/players.
- Be assessed regularly.
- Play the game to better understand it.

**Impact United Recreation  
Modified Rules of Play: U5 – U7**

	<b>U5</b>	<b>U6</b>	<b>U7</b>
Maximum Team Size	8	8	8
Number of Players	4v4 (no goalie)	4v4 (no goalie)	4v4 (no goalie)
Ball Size	#3	#3	#3
Size of Field (yds)	20 x 30	20 x 30	25 x 40
Size of goals	Yellow "PUGG" Goals	Yellow "PUGG" Goals	Yellow "PUGG" Goals
Game Length	(4) 6 min. quarters	(4) 8 min. quarters	(4) 10 min. quarters
Halftime Break	3 min.	3 min.	3 min.
Referees	Coaches Referee	Coaches Referee	Coaches Referee
Offside	No	No	No
Kickin/Throwin	Kickin	Kickin	Kickin
Direct Free Kicks	IFK only	IFK only	IFK only
Penalty Kicks	No	No	No
Slide Tackle Allowed?	No. IFK for Dangerous Play	No. IFK for Dangerous Play	No. IFK for Dangerous Play

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U5 - U8 are at any stoppage of play.
- All recreation players must play at least 50% of the game.
- U5 coaches – Play 3v3 if needed depending on team size

**Impact United Recreation  
Modified Rules of Play: U8 – U9**

	<b>U-8</b>	<b>U-9</b>
Maximum Team Size	10	10
Number of Players	6v6 (goalie + 5)	6v6 (goalie + 5)
Ball Size	#3	#4
Size of Field (yds)	30 x 50	40 x 60
Size of goals	5' x 10'	5' x 10'
Game Length	(2) 25 min. halves	(2) 25 min. halves
Halftime Break	5 min.	5 min.
Referees	1 Center Ref	1 Center Ref 1 Assistant Ref
Offside	No	Yes
Kickin/Throwin	Throwin	Throwin
Direct Free Kicks	IFK only	Yes
Penalty Kicks	No	Yes
Slide Tackle Allowed?	No. IFK for Dangerous Play	No. IFK for Dangerous Play

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U8 are at any stoppage of play.
- Substitutions for U9 – U14 are at: 1) Own possession throwin 2) Any goal kick 3) Any kickoff 4) Any injury
- All recreation players must play at least 50% of the game.
- Please call your referee coordinator with any problems with the referees.

**Impact United Recreation  
Modified Rules of Play: U10 – U11**

	<b>U-10</b>	<b>U-11</b>
Maximum Team Size	12	12
Number of Players	8 v 8 (goalie + 7)	8 v 8 (goalie + 7)
Ball Size	#4	#4
Size of Field (yds)	50 x 70	50 x 70
Size of goals	Full	Full
Game Length	(2) 25 min. halves	(2) 30 min. halves
Halftime Break	5 min.	5 min.
Referees	1 Center Ref 1 Assistant Ref	1 Center Ref 1 Assistant Ref
Offside	Yes	Yes
Kickin/Throwin	Throwin	Throwin
Direct Free Kicks	Yes	Yes
Penalty Kicks	Yes	Yes
Slide Tackle Allowed?	No. IFK for Dangerous Play	Yes

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U9 - U14 are made prior to 1) Own possession throwin 2) Any goal kick 3) Any kickoff 4) Any injury
- All recreation players must play at least 50% of the game.
- Please call your referee coordinator with any problems with the referees.

**Impact United Recreation  
Modified Rules of Play: U12-U13/U14**

	<b>U-12</b>	<b>U13/U14</b>
Maximum Team Size	12	16
Number of Players	8 v 8 (goalie + 7)	11 v 11 (8 v 8 if needed)
Ball Size	#4	#5
Size of Field (yds)	60 x 90-110	75 x 110
Size of goals	Full	Full
Game Length	(2) 30 min. halves	(2) 35 min. halves
Halftime Break	5 min.	5 min.
Referees	1 Center Ref 1 Assistant Ref	1 Center Ref 2 Linesmen
Offside	Yes	Yes
Kickin/Throwin	Throwin	Throwin
Direct Free Kicks	Yes	Yes
Penalty Kicks	Yes	Yes
Slide Tackle Allowed?	Yes	Yes

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U9 - U14 are made prior to 1) Own possession throwin 2) Any goal kick 3) Any kickoff 4) Any injury
- All recreation players must play at least 50% of the game.
- Please call your referee coordinator with any problems with the referees.

## Simplified Soccer Rules

We encourage you to become familiar with the rules of soccer. The following is intended to be only a summary of the more important points. Several of these rules do not apply in the younger age groups and are noted. We also abide by a special set of rules and procedures outlined in the Modified Rules section of this Appendix. All rules conform to FIFA (the international governing body of soccer) and are modified as allowed. To review all of the rules, go to [www.FIFA.com](http://www.FIFA.com).

### Team

11 players per team unless playing small-sided games, as do our U5 - U11 teams.

### Goalkeeper

Wears a differently colored jersey than teammates. He or she is the only player who may play the ball with the hands, but only inside his or her own penalty area. May not take more than six seconds to release the ball after he or she has once gotten control of the ball. There are no Goalkeepers in U5, U6, and U7 games.

### Ball Out of Play

All of the ball must go COMPLETELY past the OUTSIDE EDGE of the touch line or the goal line, either on the ground or in the air to be out of play.

### Scoring a Goal

The entire ball must go completely past all of the goal line into the goal.

### Throw In - for U8 and above.

When the entire ball crosses over the outside of the touch line play stops and a Throw In is awarded the opposing team at the spot the ball went out. The player taking the Throw In must have both feet on the ground BEHIND or ON-TOP-OF the touch line and deliver the ball from behind the head with both hands. An improper throw in results in a turnover where the opposing team will throw in the ball.

### Kick In - for U5, U6, & U7

When the entire ball crosses over the outside of the touch line play stops and a Kick In is awarded the opposing team at the spot the ball went out. The player will simply kick the ball back into play.

### Corner Kick

When the entire ball crosses over the end line without scoring a goal and is last touched by a defending player, play is restarted by an attacking player taking a kick from the corner area nearest where the ball went over the goal line.

### Goal Kick

When the entire ball crosses over the goal line without scoring a goal and is last touched by an attacking player, play is restarted by a defending player taking a kick from anywhere inside the defending goal area.

### Offside Penalty

A player is in an OFFSIDE POSITION (but not necessarily guilty of an offside offense) if

- he or she is ahead of the ball, and
- he or she is in the opponent's half of the field, and
- there are fewer than two opponents ahead of him or her.

There is an offside offense only if, in the opinion of the referee, a player in an offside position participates in the play, interferes with an opponent, or otherwise tries to take advantage of his/her offside position. The foul is judged at the time the ball is kicked, not when received. An indirect free kick is awarded to the other team when an offside offense occurs.

### Indirect Free Kick

An IFK, from which a goal may not be directly scored, is awarded to the opposing team for the following non-penal fouls:

- Playing in a dangerous way or putting oneself into a dangerous position.
- Impeding the progress of an opponent trying to get to the ball.
- Preventing the goalkeeper from releasing the ball into play.
- Goalkeeper delaying the game.

### Direct Free Kick

A DFK, from which a goal may be directly scored, is awarded to the opposing team for the following penal fouls when committed carelessly, recklessly or with excessive force:

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent.
- Jumping at an opponent.
- Violently charging an opponent.
- Charging an opponent.
- Striking or attempting to strike an opponent.
- Pushing an opponent.

A DFK is also awarded for:

- Making contact with the opponent before touching the ball when tackling an opponent.
- Holding an opponent.
- Spitting at an opponent.
- Deliberately handling the ball (except by a goalkeeper in his or her own penalty area). Note on the "Hand Ball" foul: If the player is not trying to control the ball or is instinctively protecting himself or herself from injury there should be no foul called.

**Penalty Kick**

The award of a penalty kick is made when a defender inside the defender's penalty area commits a penal foul. This DFK is taken from the penalty spot. All players except the kicker and goalkeeper must be outside the penalty area, behind the ball and at least 10 yards from the penalty spot until the kick has been taken. The ball is in play after it has been kicked forward. The kicker may not re-kick the ball until another player touches it.

**Advantage Clause**

Any penalty that might, in the opinion of the referee, give an advantage to the team committing the foul shall not be called by the referee.

**Misconduct - Caution** (showing of the Yellow Card)

May be issued by the referee for:

- Unsporting behavior, including particularly hard fouls.
- Dissent by word or action.
- Persistent infringing the Laws of the Game.
- Delaying the restart of play.
- Failing to respect the required distance at a corner kick or free kick.
- Entering or re-entering the field without the referee's permission.
- Deliberately leaving the field without the referee's permission.

**Misconduct - Sending Off** (showing of the Red Card)

Is issued by the referee for:

- Serious foul play.
- Violent conduct.
- Spitting at anyone.
- Denying an obvious goal scoring opportunity by a deliberate hand ball.
- Denying an obvious goal scoring opportunity by any penal foul.
- Using offensive, insulting or abusive (or threatening) language.
- Receiving a second caution in the same game.
- An ejected player may not be replaced by a substitute and must immediately leave the field.

**Volunteer Activity**

Impact United Recreation needs your support to run a successful soccer program. With close to 3,000 players, volunteer support is a necessity! There are many ways you can help make Impact United Soccer Club run smoothly.

**Coach**

Take the opportunity to coach a team. Working directly with the players is a challenging and rewarding experience. As a thank you, the Head Coach will receive his players Registration Fees refunded at the end of the season.

**Team Parent**

Communicate between the coach and parents by making phone calls. Set up snack schedules. Other duties as agreed upon with the team coach. This is a great way to help your child's coach focus on training and confidence building.

**Registration Events**

Spend time helping with registration open houses. We need help setting up, taking down and answering parent, player and coach questions.

**Publicity**

During registration dates, help post and take down signs at intersections in the Impact United playing areas. Assist with distribution of marketing materials.

**Special Activity**

Contact volunteers 1-2 days prior to their commitment on an as needed basis. Help with special activities such as the Dribble, Pass and Score Contest and other events throughout the year.

**Sponsorship/Professional Services**

The club is interested in locating businesses who may wish to advertise by way of sponsorship. We also would like to know if you have a business or service and can offer your assistance to the club.

**Recreation Committee**

A variety of committee member positions are available. These positions are described in the Recreation Committee section at [www.ImpactUnited.com](http://www.ImpactUnited.com) > Recreation > Recreation Committee. As a thank you for serving on the committee, members will receive a waiver for one child's registration fees.

**Board Member**

The Impact United Soccer Club Board meets monthly to ensure both the recreation and competition leagues are complying with league regulations and to discuss any issues involving the Club in general.

If you are interested in any of these positions – please e-mail [RecDirector@ImpactUnited.com](mailto:RecDirector@ImpactUnited.com).

# Note about Impact United Competition Program

In addition to the Recreation League, Impact United Soccer Club offers a Competitive League for players in the U11 – U18 age ranges who wish to increase their skills in a competitive environment with trained, licensed coaches.

Impact United Competition Soccer generally holds annual tryouts in the spring. Players will be asked to demonstrate many skill sets and will be observed by the Competitive Coaching Staff. At the end of the tryout process, players are placed on teams according to their playing level. This process ensures the natural development of players.

Any player wishing to join the Impact United Competitive League is required to attend the appropriate tryout session.

Because of the tryout process, it is not possible to honor “special requests” for teammates or coaches. Only individual players may tryout. No entire teams or group of players will be able to transfer from the Recreation League to the Competitive League. Individual Players are placed on teams according to their playing level.

For those Adults interested in becoming a Competition Coach, you must attend a UYSA Coach Licensing Clinic and pass the exam. The “D” level License (with the pre-requisite of the “E”License) is required for coaching any age group in the Competition Program of the Utah Youth Soccer Association. Coaches are approved and assigned by Impact United’s Director of Coaching.

More information on Coach Licensing can be found at [www.UYSA.org](http://www.UYSA.org) > Coaching Clinics”.

For more information regarding the Competition League, see the Competition section of [www.ImpactUnited.com](http://www.ImpactUnited.com) or contact the Director of Competition or the Director of Coaching.

Age Groups for 2009-2010 Playing Year													
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Year	1	2	3	4	5	6	7	8	9	10	11	12	
2005	U-5	U-5	U-5	U-5	U-5	U-5	U-5	—	Too young to play				—
2004	U-6	U-6	U-6	U-6	U-6	U-6	U-6	U-5	U-5	U-5	U-5	U-5	
2003	U-7	U-7	U-7	U-7	U-7	U-7	U-7	U-6	U-6	U-6	U-6	U-6	
2002	U-8	U-8	U-8	U-8	U-8	U-8	U-8	U-7	U-7	U-7	U-7	U-7	
2001	U-9	U-9	U-9	U-9	U-9	U-9	U-9	U-8	U-8	U-8	U-8	U-8	
2000	U-10	U-10	U-10	U-10	U-10	U-10	U-10	U-9	U-9	U-9	U-9	U-9	
1999	U-11	U-11	U-11	U-11	U-11	U-11	U-11	U-10	U-10	U-10	U-10	U-10	
1998	U-12	U-12	U-12	U-12	U-12	U-12	U-12	U-11	U-11	U-11	U-11	U-11	
1997	U-13	U-13	U-13	U-13	U-13	U-13	U-13	U-12	U-12	U-12	U-12	U-12	
1996	U-14	U-14	U-14	U-14	U-14	U-14	U-14	U-13	U-13	U-13	U-13	U-13	
1995	—	Too old to play Impact United Rec.						—	U-14	U-14	U-14	U-14	U-14

• Age group is determined from the players age as of July 31st.

• No player may be registered to a team that competes in an age group more than one year older than the player's age group.

• In no cases can a player "play down".

## ***Coach / Parent / Player / Referee Expectations***

Impact United Soccer Club wishes to project a positive image. An attitude of cooperation, respect, maturity and positive support for the players, coaches and referees is essential to maintain this image. The following information from U.S. Youth Soccer should be used as guidelines for behavior.

### **Coach's Code**

- Soccer should be fun for everyone.
- Take a course on the Laws. Regard the Laws as mutual agreement.
- Attend coaching classes to learn the most effective ways to conduct practices.
- Be accepting of the referee's decisions.
- Do not make loud offensive remarks.
- Concentrate on coaching, rather than on the accuracy of the referee's decisions.
- Be positive. Avoid confrontation with any official.
- Be a role model of fair play.
- During games, leave the decisions to the players.
- Set high standards.
- Teach skills and fair tactics.
- Discourage unfair gamesmanship.
- Be firm with parents at games.
- Give good guidelines to parents.
- Communicate with parents often in meetings and social gatherings.
- Play the game and encourage parents to play and to referee.
- Referee games.
- Delegate responsibilities.

### **Parent's Code**

- Be knowledgeable of the game.
- Encourage fair play at home.
- Focus on good nutrition.
- Be supportive; i.e. Be sure the player attends practices; pick him/her up on time.
- Watch practices; focus on new strategies.
- Ask your own children to describe his/her role, what new skills have been learned.
- Find soccer videos, watch them with children.
- Attend games.
- Be positive or quiet at games.
- Be calm and have good manners.
- Support the coach's and referee's decisions.
- Concentrate on praising other people's children during games.
- Volunteer to help the coach.

- Encourage communication between coach and parent.
- Read newspaper articles about older soccer players' successes; provide models for your own children.
- Become a referee.
- Play the game of soccer.

### **Player's Code**

- Play the game for the game's sake.
- Be generous when you win.
- Be gracious when you lose.
- Be fair always, no matter what the cost.
- Obey the laws of the game.
- Work for the good of your team.
- Accept the decisions of the officials with good grace.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and dignity.

### **Referee Code**

- Study the game of soccer.
- Know the laws and the rules.
- Attend meetings, clinics, seminars.
- Be professional; i.e. On time, in proper uniform, prepared, fit.
- Show respect to players, coaches, parents and spectators.
- Know and use proper procedures.
- Explain the rules when needed.
- Help less experienced referees.
- Take each game seriously.
- Smile, enjoy the game.
- Always remain calm.
- Be neutral.
- Be firm, fair and honest.
- Be consistent.
- Implement good management techniques.
- Show courage and confidence; avoid arrogance.
- Accept only the number and level of assignments that can be done well.
- Seek evaluation from coaches/players.
- Be assessed regularly.
- Play the game to better understand it.



## Impact United Soccer Club Quick Contact List

### For info related to the Recreation Program:

**First**— Read this **Handbook**. Your answer may be here.

**Second**—Check the **Website** - [www.ImpactUnited.com](http://www.ImpactUnited.com)

**Third**— **e-mail** our Registrar or Director:

RecRegistrar@ImpactUnited.com

RecDirector@ImpactUnited.com

**Fourth**—Leave a message with our Registrar 582-KICK (5425)

### For info related to the Competition Program:

**First**— Check the **Website** - [www.ImpactUnited.com](http://www.ImpactUnited.com)

**Second**—**e-mail** the Competition Registrar or Director:

CompRegistrar@ImpactUnited.com

CompDirector@ImpactUnited.com

#### Recreation Committee

- Loren Mott, Director of Recreation    RecDirector@ImpactUnited.com    467-7764
- **Cheri Jackson, Registrar**            **RecRegistrar@ImpactUnited.com**    **582-KICK**
- Deanna Naylor, Fields Manager      Fields@ImpactUnited.com          466-5521
- Barbara Hatch, Equipment Manager    Equipment@ImpactUnited.com      474-2629
- Karin Cooper, Recreation Referees    Referees@ImpactUnited.com        474-2728
  - Lacy Gill                                    • Victoria Klingonsmith            • Heather Romualdo
  - Betty English                                • Stacey Lloyd                        • Jane Thomas
  - Shana Heyn                                  • Louise Ramsey                      •
  - Mary Jo Jorgensen                        • Karen Coulam                        •

#### Board of Directors

- Stephen Hull, President                President@ImpactUnited.com        272-7836
- Troy Anderson, Competition          CompDirector@ImpactUnited.com
- Loren Mott, Recreation                RecDirector@ImpactUnited.com      467-7764
- Mauricio Menjivar, Coaching        ClubHeadCoach@ImpactUnited.com    484-2312
  - Troy Bagley                                • Jennifer Madsen                    • Neil Richardson
  - Cheri Jackson                              •    •