

Sprouts Soccer League

Frederick County Division of Parks and Recreation

Field of Play:

- Dimensions are smaller to accommodate the movement capabilities of 5–7-year-old children.

Field Markings:

- Each park field may be different, but all fields are appropriately sized for U8 play

Goals:

- We will be using pop-up pug goals; Coaches - please bring your goals to the games

Ball:

- It must be a size three for game play. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

Player Attire:

- All players must wear shin guards; Cleats are recommended. A jersey, shorts, and socks will be provided by the first game.

Number of Players:

- Coaches should strive for 5v5 game play. Administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY. To allow for more playing time/easier substitutions, coaches can agree on 6v6 for the match if enough players allow.

The Referee:

- This league will be using Coach/Ref. Both coaches can be on the field during game play and mutually call the game.

Parent Assistants:

- Parents can be used to assist officiating and as linesmen but **are not permitted on the field—Only head coaches.**



Duration of the Match:

- games will begin at the scheduled time. There will be 20-minute halves, with running clock for both. The half-time break will be approximately five (5) minutes. Once game is completed, all players must leave the field immediately to allow for next scheduled game.

Kick Ins:

- Any ball traveling out of bounds on either sideline will result in a **kick-in**.

Goal Scored:

- To start each half, and after goals, the ball will be brought back to midfield for a kickoff by the appropriate team.

Headers:

- Headers will not be practiced. In games, headers need to be unintentional. If a header does occur, please encourage the player to use their body in future attempts.

Offside:

- There shall be no offside called during these games.

Goalkeeper:

- No goalie will be allowed for either team.

Corner/Goal Kicks:

- Only kick ins for this age-group (See above)

Roster Size:

- Recommended minimum – 7 players / maximum – 12 players

Playing Time:

- There shall be unlimited substitutions, which may occur on the fly. A minimum of at least 50% playing time is required.



Injuries/Medical Equipment:

- League director must be notified beforehand if a player plans to play with a cast on. Casts must be bubble wrapped and approved by a referee before games. Casts must be bubble wrapped for participation in any practices as well as games and approved by the coach. A player cannot participate at games or practices while wearing an orthopedic boot until the boot has been removed to limit the chance of re-injury or possible injury to others.

Scores / Standings:

- Scores may be recorded but not posted. Standings will not be kept. – this is a recreational, beginner/instructional league.

Lopsided rule:

- Losing team can add 1 player if winning team gets ahead by 4 goals. If the lead increases to 6 goals, then the coaches will need to communicate on the best action to take. More passes before taking a shot on goal, etc.

Sportsmanship:

- Unsportsmanlike conduct from coaches, players, or spectators will not be tolerated, and should be immediately reported to the league director. Violators could face suspension from Frederick County Parks and Recreation programs.

The League Director reserves the right to make final determination on any rules or interpretations that may arise throughout the season

