

## Fall 2024- Coaching Information

### Responsibilities

- The primary responsibility of a coach is to develop the soccer players on their team, including the development of their individual soccer skills, their team play and their attitude and enthusiasm for the game, including good sportsmanship.
- Coaches are expected to be a positive role model for the team, exhibiting a positive attitude towards players, parents, opponents, and officials.
- Coaches should be on time for practices and games. If you plan to miss a game or practice, please make sure your players/parents are aware and know who is filling in for you.  
**\*\* Your alternate must be a registered Orbit volunteer.**
- Coaches should not leave players unsupervised at any time, such as during or after a practice or a game.
- Coaches are responsible for making sure all equipment and trash is picked up after practices and games.
- All players, coaches, assistant coaches and volunteers are required to commit to our Code of Conduct- <https://www.orbitfc.org/resources.html>
- "All Play" policy: Everyone is welcome regardless of ability or prior experience. Coaches will be expected to make reasonable accommodations to rules, policies, practice sessions and competitions in order to be inclusive. Coaches are asked to present accommodation requests in writing to the Board of Directors for approval and planning purposes.

### Otis Park Soccer Complex

- The Otis Park Soccer complex is owned by Bedford Parks and Recreation. The parks department is in charge of general maintenance on the property and are responsible for trash removal from the property's bins. They ask Orbit to maintain the restroom facilities and report maintenance issues.
- Orbit Futbol Club is in charge of all maintenance related to game play such as field marking, goal, flag or bench placement, etc.
- Please utilize the designated parking areas on the north and south ends of the field. BPD routinely patrols the area and will tow vehicles parked in "no parking" zones.
- We ask that you stay clear of areas of the field during maintenance, such as field marking, in order to allow our volunteers to complete the task in a timely manner.
- For safety reasons, players should never hang on the soccer goals or use the goals in a manner other than their intended use.
- During game play, all spectators must be at least six feet from the marked lines on the field.

### Season Information

- Season Dates- **August 24<sup>th</sup>- September 28th**
- Tournament: **Week of September 30th -October 4th with finals on Saturday October 5th**
- Games will be played at Otis Soccer Complex

### Player Protective Equipment

- All players must wear shin guards
- U6 – U13 must wear cleats (no toe cleat)
- No body piercings allowed
- Eyeglasses should be tethered so not to fall off while playing

## **Inclement Weather / Rainout Protocol**

- If rainout occurs, game will be rescheduled the weeknights following the rainout.
  - If the rainout game cannot be completed as scheduled, the game will be canceled.
- Decision on rainout is made by the Field Director.
  - Decisions made in conjunction with the Bedford Parks Department.
- Coaches will be contacted if rainouts occur.
  - Coaches are responsible for contacting their players.
- Rainout Information will be posted on Orbit Facebook page.
- Game time inclement weather will be managed by the onsite Game Day Director.
  - In the case of lightning, all participants and spectators must clear the field for 30 minutes from the last lightning strike. A hard whistle will be blown to indicate lightning confirmation.
- The Game Day Director will announce if the game is delayed, rescheduled, or called.

## **Practice Fields**

- Practice location and time is determined by the coach, based on field availability.
- The fields at the Otis Park complex may be closed if it rains. Communication will be sent via text message and email if the fields are closed.
- In the case of closure, each coach will be responsible for arranging alternative practice field locations or canceling practice.
- If you plan to have multiple practices during the week, please use one of the alternate fields locations for your second practice.
- A map will be provided of the specific field locations for the Otis Soccer Complex for practice fields. Please make sure you are considerate to others and use the field you are assigned.
- All practices need to be logged on the schedule, to ensure locations are not double booked. If you need to adjust your practice schedule or check field availability, please contact:  
*Director of Fields - **Matt Courtney at 812-675-3399***

### *Alternate practice locations: (No goals at these locations)*

- Edgewood Park- Next to IU Health Bedford
- Otis Park- Across from the Red Brick Building, near playground and creek
- Mundell Church- Heltonville Area, East of IN 446
- Dive Christian Church- Peerless Road
- Shawswick Elementary School- lower field, Leatherwood Road
- Parkview Football Field- Brian Lane Way (Fall: very select opportunities)
- If additional sites become available coaches will be notified by a club official. Any practice site must be approved to maintain insurance coverage.

## **Educational Opportunities:**

Links for practice plans or drill suggestions by age group:

- <https://usysuniversity.org/courses>
- <https://aysovolunteers.org/>
- <https://www.youtube.com/user/soccerU/videos>
- <https://youthsports.rutgers.edu/articles/coaching-athletes-on-the-autism-spectrum/>
- <https://justadaptit.com/2023/11/01/soccer-curriculum-store/>

## **Addressing Issues**

All issues with other Coaches and Referees should be addressed with the Coaching and Referee Directors, and/or with the onsite Recreational Director. If you have an issue with the Coaching Director or the onsite Recreational Director, please contact one of our board members.

Coaching Director- Annie Goodwine (812) 797-9304

Referee Directors- Aaron Johnson (812) 276-8321 or Andrew Wilson (812) 278-0893

## Division Information

### Overview

Orbit Futbol Club determines age group placement based on birth date. Orbit Futbol Club uses July 31st as the cutoff date for age group placement. We adjust age groups in the Fall only. Due to safety concerns, we only allow players to play up one age group. Parents must request for players to be moved up an age group at the time of registration. Changes cannot be made after team placement.

Based on guidelines from Indiana Youth Soccer, Orbit Futbol Club will not take coaching requests. Coaches and Assistant Coaches can have their child/children on their team.

### Tots Division (U2-U3)

- Size 1 ball (Provided by Orbit for use during the session)
- 1, 30-minute session consisting of skill building, interactive displays and team participation
  - o Tots activity will be led by volunteer coaches with direct parent involvement

### U6 Division (U4-U6)

- Size 3 ball
- Game play: 4, 8-minute quarters
- 5 vs 5 with no goalie (defender at goal is allowed)  
(Playing range: 4 vs 4 is acceptable when short players)
  - o No heading allowed - violation will result in an indirect free kick from the point of the heading

### U8 Division (U7-U8)

- Size 3 ball
- Game play: 4, 12-minute quarters
- 5 vs 5 with no goalie (defender at goal is allowed)  
(Playing range: 4 vs 4 is acceptable when short players)
  - o No heading allowed - violation will result in an indirect free kick from the point of the heading
  - o All players, besides the player taking goal kick, must be outside the goal box

### U10 Division (U9-U10)

- Size 4 ball
- Game play: 2, 25-minute periods
- 8 vs 8 (7 players + goalie)  
(Playing range: 8 vs 8 to 10 vs 10 is acceptable)
  - o No goalie punts or drop kicks- must distribute the ball to a player in the defensive half of the field
    - violation will result with indirect free kick from top of penalty box nearest the foul
  - o No heading allowed
    - violation will result with indirect free kick from the location of the heading
  - o Off-sides will not be called except for intentional "cherry-picking" (referee discretion)

### U12 Division (U11-U13)

- Size 4 ball
- Game play: 2, 30-minute periods
- 8 vs 8 (7 players + goalie)  
(Playing range: 8 vs 8 to 10 vs 10 is acceptable)
  - o No heading allowed
    - violation will result with indirect free kick from the location of the heading

## Game Play

- Recreational play means we are here to have fun. Coaches need to make their best effort to provide equal playing time during the regular season.
  - Recommendation for teams with large rosters - try to rotate a different group of players to start each half.
- Kickoff:
  - Initial kickoff will be determined by a coin toss, prior to the start of the game
  - Kickoff after each goal and at the start of each quarter/period
- Player Substitutions:
  - Substitutes must be in position, ready to enter play by kneeling at the center flag. No other players will be considered for substitution.
  - Player(s) cannot enter the field until signaled by the center referee.
  - If both teams have substitutes in position, then both teams may substitute
  - All substitutes must exit via the closest point of the touchline/goal line and return to the bench outside of the play area.
  - When:
    - Unlimited for all age groups
    - Prior to a throw-in, in your favor
    - Prior to a goal kick, by either team
    - Prior to a corner kick, by either team
    - After a goal, by either team
    - Injury incident (only injured player and 1 player from the opposing team)
    - Between quarters/periods
- Slide-tackling:
  - Never permitted
    - Violation will result with direct free kick awarded to opposing team
      - Repeated, intentional, or violent actions will result in RED CARD
- Goalkeepers:
  - Goalkeepers must wear a unique jersey and gloves
  - Goalkeepers must release the ball within six (6) seconds after gaining possession and returning to their feet
  - Goalie not permitted to pick-up ball during times of intentional pass-back
- Goal Kick
  - U10 & up - May be taken from anywhere inside the penalty area. Opponents are required to drop behind the build out line until the ball is put back into play.
    - In the past, the team taking the goal kick could not touch the ball until it had left the penalty area. Now, a player from the team in possession may reside in or enter the penalty area and touch the ball as soon as it is in play. For the ball to be considered in play it must have been kicked and clearly moved. This change is meant to speed up the play of the game.
- Hand-Ball:
  - hand-to-ball or arm-to-ball is not permitted
    - Violation is direct free-kick awarded at the location of foul
  - Referee discretion when player protects his/her face
- Halftime:
  - Teams will switch goals at halftime
- Throw-in
  - Player must use both hands with ball, thrown over head, with both feet touching ground
    - Violation is possession change
      - U6 players may be given second opportunity before possession change

- Final Score
  - Coaches report to the center field sideline at the conclusion of the game, prior to dismissing the team. Coaches from both teams must sign the scorecard on site. Any dispute of game score accuracy must be made prior to signature. A signed card is FINAL and will not be overturned.
- Overtime in Tournament
  - During tournament play if regulation time concludes with a tie then the following policy applies:
    - One(1) overtime period of ten(10) minutes
    - If tie continues, penalty kick shootout begins with five(5) kickers from each team. All five players will have the opportunity to shoot.
    - If tie continues, five(5) new kickers from each team will take the field until the tie is broken.

**Foul (referee discretion):**

- Careless / Minor Foul
  - Stop Play and or Warning issued to offending player
    - results in an indirect/direct free kick to the opposing team
- Reckless / Repeated Minor Fouls
  - YELLOW CARD issued to offending player
    - results in an indirect/direct free kick to the opposing team
- Excessive or Violent Actions
  - RED CARD issued to offending player
    - Offending player must leave the field + at minimum of one game suspension
    - Offending team must play one player less on field
    - Opposing team gets an indirect/direct free kick
- Coach/Team Representative/Spectator Fouls
  - If any coach, assistant coach, athletic trainer, or representative of the team on the sidelines is found to be guilty of misconduct but the referee cannot distinguish who committed the infraction, the highest ranking team official will receive the YELLOW/RED CARD

**Orbit Code of Conduct violations can result in the issuance of a YELLOW/RED CARD to any spectator and result in removal from the contest and up to the removal from the following two contests.**

**2024 Board of Directors**  
**General Contact: info@orbitfc.org**

**Executive Committee**

**President: Nick Webb- 812-201-4587; webbo\_5@yahoo.com**

**Vice President: Rebecca Decker 812-369-5376; rebecca@gilbertmordoh.com**

**Treasurer: JW Fansler 812-583-6062; fanslerjw@gmail.com**

**Secretary: Amy Shock 812-508-9877; amyshock@hotmail.com**

**Director of Operations/Registration:**

**Allison Roodschild 812-276-5632; the\_roodschilds@yahoo.com**

**Directors**

**Director of Safety & Compliance:**

**Jon Roodschild 812-276-5611; theroodschilds@gmail.com**

**Director of Fields:**

**Matt Courtney- 812-675-3399; mattcourtney85@gmail.com**

**Director of Referees:**

**Aaron Johnson- 812-276-8321; a.johnson@riverviewfarmsinc.com**

**Andrew Wilson- 812-278-0893; enderjwilson@gmail.com**

**Director of Coaching:**

**Annie Goodwine 812-797-9304; nagwine8@gmail.com**

**Director of Marketing/Fundraising:**

**Ashley Ingram 812-583-7780 ; ashley.ingram001@gmail.com**

**Director of Camps/Special Activities:**

**Nate Goodwine- 812-276-9933; n8goodwine@gmail.com**

**At-Large Board Members**

**Andrew Rusch- 765-860-7210; ruschtutoring@gmail.com**

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