

# Orbit Futbol Club- Recreational League

## Rules and Policies- As of June 2018

### Overview

Orbit Futbol Club's primary purpose is to provide a challenging and fun soccer experience for as many children as possible in Lawrence County. We provide organizational support and guidance for players, coaches and volunteers; a safe playing environment; and fair and challenging competition. All players, coaches, assistant coaches and volunteers are required to commit to our Code of Conduct- <https://www.orbitfc.org/resources.html>

### Leadership

Orbit Futbol Club is governed by a board comprised of volunteers in executive and director roles. Link to current board member list: <https://www.orbitfc.org/leadership.html>. Link to Orbit Futbol Club Bylaws: <https://www.orbitfc.org/resources.html>

### Season Information- Fall 2018

- Season Dates- August 25<sup>th</sup>-October 6<sup>th</sup> (no games Labor Day weekend)
- Tournament- Week of October 22<sup>nd</sup> with finals on October 27<sup>th</sup>
- Games will be played at Otis Soccer Complex on Saturdays
- Rainouts/Inclement Weather:
  - First rainout of the season will be made up on October 13<sup>th</sup>. If additional rainouts occur, games will be made up the week nights following the rainout. If the games cannot be made up the week following the rainout, the game will not be made up.
  - Decisions on rainouts will be made by the Field Director, in conjunction with the Bedford Parks Department. Coaches will be contacted if rainouts occur and are responsible for contacting their players. The information will also be posted on our Facebook page.
  - In the case of inclement weather during games, the decision to make up the game will be made by the onsite Recreational Director for the game. In the case of lightning, all participants and spectators must clear the field for 30 minutes from the last lightning strike. The onsite Recreational Director will determine if the games are postponed or will be rescheduled.

### Practice Fields

- Orbit Futbol Club maintains practice fields in both Bedford and Mitchell. Practice location and time is determined by the coach, based on field availability.
- Practice Field Locations:
  - Otis Park Soccer Complex- Leatherwood Road
  - Murray Park- behind the fire barn
  - Free Methodist Field- off of 5<sup>th</sup> St/Across from the Living Room Center
  - Edgewood Park- Next to IU Health Bedford
  - Otis Park Tunnelton Rd- Across from the Red Brick Building
  - Mundell Church- Heltonville Area, East of IN 446
  - Wilson Park- Lot behind the baseball diamond
  - Mitchell High School Soccer Field
  - Frank Street Park- Mitchell
- Some practice field locations, such as the Otis Park Soccer Complex, might be closed due to wet field conditions. In the case of closure, each coach will be responsible for arranging alternative practice field locations or cancelling practice.

## Division Information

### *Overview*

Orbit Futbol Club determines age group placement based on birthdate. Orbit Futbol Club uses July 31<sup>st</sup> 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 are allowed to have their child/children on their team. We will do our best to accommodate requests for siblings or family members to play together— where possible, based on age group.

### *Tots Division (U2-U3)*

- Size 1 ball
- All players are required to wear shin guards
- 30 minute sessions on consisting of 15 minutes of skill building and 15 minutes of scrimmage

### *U6 Division (U4-U6)*

- Size 3 ball
- All players are required to wear cleats (no toe cleat) and shin guards
- Game play: 4- 8 minute quarters, 5 vs 5 with no goalie
  - No heading allowed, a violation will result in an indirect free kick from the point of the heading
  - All players, besides the player taking a goal kick, must be outside the goal box

### *U8 Division (U7-U8)*

- Size 3 ball
- All players are required to wear cleats (no toe cleat) and shin guards
- Game play: 4- 12 minute quarters, 5 vs 5 with no goalie
  - No heading allowed, a violation will result in an indirect free kick from the point of the heading
  - All players, besides the player taking a goal kick, must be outside the goal box

### *U10 Division (U9-U10)*

- Size 4 ball
- All players are required to wear cleats (no toe cleat) and shin guards
- Game play: 2- 25 minute periods, 7 vs 7 with goalie
  - No goalie punts- goalie must distribute the ball to a player in the defensive half of the field. A violation will result in an indirect free kick from the top of the penalty box nearest the foul.
  - No heading allowed, a violation will result in an indirect free kick from the point of the heading
  - Coaches should practice off-sides but will not be called in game play, with the exception of intentional off-sides

### *Middle School Division (U11-U15)*

- Size 5 ball
- All players are required to wear cleats (no toe cleat) and shin guards
- Game play: 2- 30 minute periods, 8 vs 8 with goalie

*\*Depending on the number of players registered in this age group, we reserve the right to split the group into a U12 and U15 division. Ball size, equipment requirements and game time will be the same for both divisions.*

## Game Play Rules

- *Kickoff*: The initial kickoff will be determined by a coin toss, prior to the start of the game. Teams will kick off after each goal and at the start of each quarter/period.
- *Substitutions*: For divisions U10, MS and HS- coaches can make substitutions, with referee consent, at the following times-
  - Prior to a throw-in, in your favor
  - Prior to a goal kick, by either team
  - After a goal, by either team
  - After an injury, when the referee stops play- only injured player and 1 player from the opposing team
  - Between quarters/periods
- *Slide-tackling*: Slide tackling is not permitted under any circumstance. The minimum penalty will be a direct free kick awarded to the opposing team. Additional disciplinary action (including but not limited to a RED CARD and game suspension) may result for intentional, repeated, or violent slide tackling.
- *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
- *Hand-Ball*: Intentional use of the hands/arms (hand-to-ball or arm-to-ball) is prohibited at all times by all players, except the goalie. A direct free-kick will be awarded at the point of touching.
  - For U6, U8 and U10- if a player protects his/her face or head, the player will not be called for a hand-ball
- *Switching goals*: Teams will switch goals at halftime for all divisions
- *Foul Levels*: Based on referee opinion
  - *Careless*- results in an indirect/direct free kick to the opposing team
  - *Reckless*- yellow card to the offending player, results in an indirect/direct free kick to the opposing team
  - *Excessive*- red card to offending player & player must leave the field. Offending team cannot replace the red card player; they must play down a player. Opposing team gets an indirect/direct free kick.

## Otis Park Soccer Complex

- The Otis Park Soccer complex is owned by Bedford Parks and Recreation. The parks department operates concessions at the complex and is in charge of general maintenance on the property. They also maintain the restroom facilities and are responsible for trash removal on the property.
- 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 designate 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.
- Equipment such as goals and benches should not be removed from the property, without prior authorization by the Orbit Futbol Club Board
- During game play, all spectators must be at least two feet from the marked lines on the field

## **Coaching Information**

### *Overview*

Orbit Futbol Club's recreational league utilizes volunteer coaches for all age groups. Coaches are required to attend coaching meetings and trainings (based on age groups). All coaches are required to commit to Orbit's Code of Conduct and authorize Orbit Futbol Club to conduct a background check prior to contact with players. Coaches are reimbursed for one player registration per team coached.

### *Coaching 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 a coach plans to miss a game or practice, they are responsible for making players/parents aware and letting them who is filling in for the session.
- Coaches should not leave players unsupervised at any time, such as during or after a practice or a game.

### *Education Opportunities:*

- Orbit Futbol Club will reimburse coaches for completing their "F" license. The "F" license takes approximately 2 hours to complete and is an online program. Link to course: <https://dcc.ussoccer.com/>
- Orbit Futbol Club will also reimburse coaches for other licenses- upon approval from the Orbit Futbol Club Board.

## **Addressing Issues or Providing Feedback**

- All issues with Coaches should be reported through the Orbit Board- contact a board member or submit information via the website: <https://www.orbitfc.org/contact-orbit-fc.html>
- All issues with Referees should be addressed with the Director of Officiating or with your coach. Please do not address the referees directly during the games, as it disrupts game play.
- Orbit Futbol Club appreciates feedback and suggestions. You can speak to a board member or submit the information via the website: <https://www.orbitfc.org/contact-orbit-fc.html>